

# FOOD

## PL0 Tooth Powder & Gum Serum

Price point: \$52

<https://www.primallifeorganics.com/>

A healthy gut is key to overall health, and it starts in the mouth. Traditional toothpastes are filled with toxins but Primal Life Organics' dental products clean naturally without harsh toxic chemicals.



## AnyList Recipe & Meal Plan Subscription

Price point: ~\$10/Individual, \$15/family

<https://www.anylist.com/>

Easily import, categorize, and share your favorite recipes and create weekly meal plans.



## 60 Day Reset

Price point: ~\$100/mo

<https://www.abbyenglandwellness.com/60-day-reset-diet/>

My 60 Day Reset Group Coaching program presses the reset button helping you course correct from the not-so-great habits you may have adopted through the pandemic.

**60-Day Reset Diet**  
**Virtual Group Coaching Program**

