

A man and a woman are smiling and preparing vegetables in a kitchen. The man is cutting a yellow bell pepper on a wooden cutting board, and the woman is standing next to him, looking at the camera. There are several red and yellow bell peppers and tomatoes on the counter. The background shows a kitchen with white cabinets and a window.

healthworks

Eat food. 🇺🇸 🇯🇵
Not too much.
Mostly plants.

– Michael Pollan
