to do this night



- [x] ~~read through nutrition article 1~~
- [x] ~~read through nutrition article 2~~
- [x] ~~find original articles for school recommendations~~
- [x] ~~send to ben~~
- [x] ~~reading 1 highlight~~
- [x] ~~reading 2 highlight~~
- [ ] reading 3 highlight
- [ ] reading 4 higlight
- [ ] write down highlights in book
- [ ] plan

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