

Hey there!

I just wanted to give you a quick heads-up – I have a few food allergies to watch out for:

- **Eggs**
- **Tree nuts (like almonds and walnuts)**
- **Soy products**

Even traces of these can trigger a reaction, so I'm cautious about meals and snacks. If you're ever unsure about something, feel free to double-check with me!

Thanks a ton for your understanding. 😊

Take care,  
Abdul