

A top-down view of two chocolate-glazed donuts on a decorative plate. The donut on the left is partially eaten, showing a white filling. The donut on the right is whole and topped with white icing drizzles. The plate has a black and white floral pattern. Several yellow heart and star emojis are scattered around the donuts. The text 'Calm Good Choices' is overlaid in cyan.

Calm  
Good  
Choices