

EAT *to* LIVE

{ BASIC TIPS TO HELP
YOU MAKE HEALTHIER
CHOICES IN FOOD }



ANNA SCOTT



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Eat to live

healthy food for everyday, Volume 1

Anna Scott

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EAT TO LIVE

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Dedication

Eat to live : Tip guide on selecting healthy food

Get this Kindle book now for only 1.99 Regularly priced at \$5.99.

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Eat to live Tip guide on selecting healthy food are a new and innovative way of cooking food that has gained more and more terrain in the last couple of years due to multiple benefits

This book focuses on each and every one of these benefits

Eat to live is a 4000 plus paged book that provides guide on selecting healthy food, it discusses the different classes of food and the nutrient supplied by each of this class.

This guide talks about the fundamentals of healthy eating, provides details about what to eat and what not to eat. Healthy eating does not have to be complicated this guide made a list of everyday food that can be prepared easily and in a relatively short period of time. A whole page is dedicated to proteins that are essential part of our diet, stating different types from the snacks to whole protein meal. This guide has

taken the guesswork out of creating the perfectly healthy diet for you and your family.

With the right kinds of foods, you can avoid heart disease, stay slim and boost your immune system. The guide also provides the right kind of initiative for beginners concerned with improving their overall health through healthy eating. The book emphasizes loading up on fruits and vegetables, and the right kind of fruits and vegetables to take. This book provides invaluable guidance in selecting healthy food to eat, while it may be difficult to find the right kind of healthy foods to eat daily, this book gives vital information as to the right type of food to eat to derive maximum benefits. It goes on to List 40 different healthy meals to eat and the right proportion to eat them. This book discusses the different types of health issues that can result from eating too much processed and snacks. It gives general tips on factors that can help individuals make right decisions when it comes to eating healthy. The guide provide s a complete daily plan of five different meals for individuals who need help with planning their diet, as well as the calorie content of basic proteinous food.

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Eat to live

***BASIC TIPS TO HELP YOU MAKE HEALTHIER CHOICES IN
FOOD***

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Introduction

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1. Make Dinner Fun

Dinner should be about enjoying your meal in a relax atmosphere. Dinner becomes a great experience, where you're able to have fun with your family and eat healthy meal together. Talking will normally slowly down your eating pace, you will not need to hurriedly consume your food there by not overeating.

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2. Avoid temptation.

It's so easy to simply to walk into a store with good intention, but later walk out with loads of processed foods. Sadly though our wills are not so strong when it comes to buying unhealthy food or junks, especially if it has been in our habit to buy such junk food.

Think of more healthy alternatives to your favorite unhealthy foods. Rather than high calorie snacks, try Low calorie snacks and yogurts are better alternatives to high calorie fat ice creams.

Never shop when you're starving. This way you won't pick out unhealthy food because they look enticing at the moment. Remove unhealthy foods in your house. If they are not around, you won't be tempted to eat them.

3. Eat fast and healthy and healthy foods at house.

At the end of the day when you are completely stressed up, you realize you still have to eat; it's simple to go to a fast food and chew away unhealthy foods on the table. It may seem to save time but in the long run your health is affected.

Look online for simple and fast dishes made with all 100 % natural components. Many dishes can be made in 30 minutes or less and only have 5 components.

The best part is that there are many simple, fast, and healthy diet strategies you can create at home. This requires some planning, but you'll be more satisfied, save money, and be healthier as well.

When you cook, create large batches and freeze the leftovers. This way, you'll already have foods in the freezer that you can just thaw, heat, and serve. No mess, no fuss! This is the opportune way have fun with "fast" foods at house.

4. Eat Slower.

It takes the brain approximately about 20 minutes to get the signal that the stomach is full, if you eat too fast you'll take in a lot more than your body actually require. When you're still thinking that you're starving, it's easy to make wrong choices or eat unhealthy food, if you slowly down while you're eating, you'll eat less and still feel full without any form of discomfort.

You should be relaxed before sitting down for a meal, eat when you are supposed to not when you are hungry so that you will not be forced to rush down the food. Avoid having the cable TV on or eating while focusing on another activity. Siting calmly at the table will allow everyone to relax and appreciate their food.

There is a relationship between your level of activity and how much you eat (daily calorie intake), so it is important that you balance your consumption with your level of activity. If you eat too much, you'll put on bodyweight. If you eat too little, you'll shed bodyweight. The average man needs around 2,500 energy consumption a day (10,500 kilojoules). The average woman needs 2,000 energy consumption (8,400 kilojoules).

Eat a variety of foods to ensure that you're getting a balanced diet and that your body is receiving all the nutritional value it needs.

Getting started

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Starchy food

Starchy foods are important source of energy and should be included in your diet. Starchy foods consist of potatoes, cereals products, pasta, grain and bread. Select wholegrain varieties they contain more fibre, and can cause you to feel packed for a longer time.

It is important to include at least one starch food with the main food, some individuals think foods made of starch are fattening, but it is interesting to know that they contain fewer than half the calories of fat (Gram by Gram).

Eat plenty of clean fruit and fresh vegetables

It's recommended that we eat at least five different servings of fresh vegetables a day. It's easier than it sounds. A cup of 100% natural non-sugary fruit juice (150ml) can count as one serving, and fresh vegetables cooked into dishes also counts. You can replace your mid-morning snack with dried fruits or eat chopped banana for breakfast.

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Eat more fish

Fish is an excellent source of protein and contains many nutritional supplements, vitamins and minerals. Eat at least two servings a week, such as at least one part of greasy seafood. Oily seafood is excellent in omega-3 body fat, which may help to prevent cardiovascular illness. You can buy clean, frozen and canned fish: but keep in mind that processed and smoked seafood have high salt concentration.

Oily seafood consists of salmon, mackerel, herring, clean seafood, sardines. Non-oily seafood consists of tinned seafood, and hake. If you eat fish constantly select a wide variety of them as much as possible.

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Cut down on saturated fat and sugar

We need a measure of fat in our diet, but it's essential to pay attention to the quantity and kind of fat we're consuming. There are two main types of fat: saturated and unsaturated. Too much saturated body fat can increase the quantity of cholesterol in the blood vessels, which increases your risk of developing cardiovascular illness. Saturated fat is discovered in many foods, such as cheese, desserts, cookies, cream, butter, lard and pies. Try to cut down, and pick foods that contain unsaturated rather than bad body fat, such as vegetable oils, greasy seafood and avocados.

For a more healthy choice, use a little amount of veggie oil or reduced-fat spread instead of butter, lard or ghee. When you're having meat, choose avoid the ones that contain fat and it is advisable to cut off any cuts observable fat.

Sugary foods and beverages, such as alcohol beverages, are often high in energy (measured in kilojoules or calories), and could contribute to excess bodyweight. They can also cause mouth odor and even bad gums, especially if eaten between foods.

Cut down on sugary beverages, alcohol beverages, desserts, cookies, which contain excess sugars: this is the kind of glucose we should be reducing down on rather than carbohydrates that are naturally present in foods such as clean fruit and dairy.

Labels can help: use them to check how much sugar food contains. More than 22.5g of sugar per 100g indicates that the foods are excellent in glucose.

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Eat less salt

Even if you don't add salt to your foods, you may still be consuming too much. About three-quarters of the salt we eat are already in the foods we buy, such as cereals products, soups, breads and sauces. Excessive salt consumption can lead to increased high blood pressure resulting in hypertension. Those who hypertension is more likely to develop cardiovascular illness or have a heart stroke.

Use foods brands to help you cut down salt consumption. More than 1.5g of sodium per 100g indicates the food is high in salt. Children and grownups over 11 should eat no more than 6g of salt a day. Younger kids should have even less.

Get Active and maintain a healthy weight

Eating a healthy, and balanced diet plays an essential role in maintaining a proper and healthy bodyweight, this is an integral part of overall wellness. Obesity can lead to susceptibility to different diseases such as diabetes, certain cancers, cardiovascular illness and heart stroke. Maintaining a healthy body weight will contribute to an overall healthy body.

Most grownups need to shed bodyweight, and need to eat low in calorie, in order to do this. If you're obese, aim to eat less and be more active. Eating a healthy and a balanced diet plan will help: aim to cut down on foods that are high in fat and sugar, and eat plenty of fruits and fresh vegetables.

Don't forget that alcohol is also high in energy consumption, so reducing the quantity you drink can help you to maintain a healthy bodyweight. Physical action can help you to maintain weight-loss or be in shape. Being active doesn't have to mean hours at the gym: you will discover ways to fit more activity into your everyday way of life. For example, try getting off the bus one stop early on the way home from work, and walking. Being actually active may help prevent cardiovascular illness, heart stroke and diabetes.

After a good workout keep in mind not to reward yourself with a meal that is high in energy, if you are hunger after workout, choose foods or beverages that are lower in calorie but still filling.

Don't get thirsty

We need to eat about 1.2 liters of liquid every day to stop us getting dehydrated. This is in addition to the fluid we get from the foods we eat. All non-alcoholic beverages also count as fluid, but water and dairy products are the healthiest.

Avoid sugary soft and bubbly beverages that are high in added sugars usually high in calorie and bad for teeth. Even non sugary fruit juice is has some amount of sugar, so don't drink more than one cup (about 150ml) of fruit juice each day.

Don't miss breakfast

Some individuals miss morning food because they think it will help them shed bodyweight. In fact, research has shown that eating morning food can help individuals control their bodyweight. A healthy breakfast is an integral part of a balanced diet plan, and provides some of the nutritional supplements we need for excellent wellness. Whole meal cereals, with clean fruit sliced over the top are a tasty and nutritious morning food. Healthy eating is very essential for your overall wellness. If you eat healthy from an early age it is less likely to experience or suffer from diseases related to being overweight later in life. However, it is never too late to change your dietary routines no matter what they are or how old you are. Your whole body consumes foods for energy but many of the things found in foods are things we don't really need. They are stored in the body as fat.

Eating healthy is very different from dieting and that is worth noting. Too many individuals assume that consuming healthy food indicates they have to go starving but that isn't true. What you may not realize is that a large salad with low fat dressing likely has less calorie consumption than a fast food and it will fill you up longer. Eating three meals and two healthy snacks per day is essential for your overall metabolism and health.

Explore new foods too when it comes to consuming healthily. You might discover food you like along the line, meal that you have never paid attention to. There are plenty of exquisite recipes online that you

can try. A nutritionist can help you to plan your meals if you are not sure how to get started.

Taking note of label on foods is very essential as well. You will be surprised to realize how many additives are in many of them. That is why they are not as healthy as you might think. There are quite a few natural foods on the market these days as well. They don't have more nutritional values but they can prevent the intake of harmful residues from chemicals. Many experts believe that these toxins or chemicals can lead to individuals not feeling at their very best. Maintaining diet plans may require that you evaluating these natural foods for yourself too. That way you can eat your family eat meals that don't contain hormones and clean grown foods without the use of chemicals on them.

Healthy eating will help you have a whole body that is in a healthy state. You will have fewer issues with excess bodyweight and you will have energy for work and for everyday exercise. Eating properly also helps individuals to sleep better and to have better mental wellness.

If you need to make changes in your diet now is the time to start, you don't have to completely give up everything but you should eat many of the foods you do right now in moderation. It can take a while to adapt to your decision to eat better, but you will enjoy the benefits in earnest.

HEALTHY FOOD

It can sometimes be difficult to find the right healthy foods to eat daily. As most individuals are active throughout the day to day lives maintaining a healthy diet plan all the time can sometimes be relegated to the background due to a hectic schedule. Theoretically individuals should only eat non processed meals that are filled with their daily supplement and nutritional needs, but most times people go for the easier options.

The right quantity of calorie consumption for a woman is around 2000 kcals and 2500 kcals for a man. This should be balanced up with fibers, vitamins, fruits and vegetables just to name a few. Most individuals take natural supplements but that may not be needed if the diet plan is healthy in the first position. Now let us talk about 40 healthy meals/food-

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Whole grain bread.

* fibers cereals products from oatmeal, whole kernel maize, or whole rice.

* Whole fibers pasta created from whole rice or spelt.

* Corn meals that has not been degerminated makes excellent maize bread.

* Corn snacks created from the entire kernel of maize.

* Brownish or wild rice (or blends of both).

don't forget your asparagus, natural beans, natural beans, him,
weeds, potatoes, green spinach, crush, tomato vegetables and yams
oranges, be aware that fact: blueberries, red grapes, orange, pears,
blueberry, raspberries and watermelon

Low-fat milk low-fat or no-fat dairy products, 1% or skimmed milk
products, yogurt

Beans and black beans, lima beans, fast beans, pinto beans
brown rice, maize, oatmeal, whole wheat

Nut products and Seeds: cashews, nuts, pumpkin plant seeds,
walnuts

fish, scallops, shrimp, tuna

Poultry and other lean chicken, chicken, venison

A List of Healthier Meals to Eat Everyday

Meal 1:

- High fibers cereals preferable porridge or weat-bix (wheat a bix).

Have this with skimmed or partial skimmed milk products - 200

Calories

- 1 Piece of clean fruit. A Bananas id best as it provides excellent power per providing to help you begin the day - 72 Calories

- 1 Cup of natural tea (no glucose, just the tea bag and water)

Meal 2:

- 28g of nuts with the skin left on for added fibers. - 160 Calories

- 1 information of proteins powdered mixed in h2o or skimmed milk products (about 20g of protein) this form of proteins is an excellent way to add more high quality proteins into your healthy foods to eat daily. - 130 Calories

Meal 3:

- 200g to 250g of prepared various meats (steak or chicken is my favorite). 40g of green spinach, 50g of natural beans, providing of lettuce. Dress your clean vegetables and lettuce in 1 single tbsp. complete of healthy fat. (Extra virgin mobile extra virgin olive oil is the best). - 670 Calories

Meal 4:

- A food created with multigrain bread with a various meats of your option but no prepared foods. If you must use butter use only a small bit and make sure its low fat. - 300 Calories

Meal 5:

- 200g of prepared various meats with 50 - 70g of clean vegetables
of your option. - 460 Calories

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Classification

Soy

Not only does it fill you up for hours, but it contains proper nourishment to get your body system returning to the way it was when you felt extremely pleased with it. You will discover it in many different preferences and basically, you just add milk products and clean fruits to it. This is what junk meals should really be like.

Beans

Beans are flexible and healthy, with a variety of preferences and colors to choose from. Beans are one of the best sources of soluble fibers, which can help reduce cholesterol levels, blood vessels pressure level, and glucose levels. Beans are also excellent in proteins and low in calorie consumption. Since beans can be integrated into almost any formula or consumed alone, you will have tons of cheap, healthy meals possibilities.

Egg

75 calorie consumption each, chicken eggs are a proper bargain. Forget about the worry of cholesterol levels because egg consumption leads to less than 1 percent to the risk of cardiovascular illness when other factors are considered. Egg have an excellent proportion of nutritional value to calorie consumption, which means that they help you stay complete and empowered while helping you sustain a proper bodyweight. Enjoy them for morning meal, lunchtime, or dinner in bakes and omelets, or hard prepared in soups.

Pasta

Pasta is delicious, filling, and always a low cost-effective way to nourish oneself. It is low in salt and fat and excellent in whole grain, which helps you sustain a consistent level of power. Feed is also prepared with vitamin b folic acid, an essential vitamin. Since pasta is simple to merge with other foods, such as clean vegetables, foods, and cereals.

Lovely Potatoes

Sweet Celery and yams are also flexible foods that are healthy and cost-effective. They are low in salt, calorie consumption and stuffing, simple to cook, and loaded with vitamins A and C, metal, and thiamine. They also contain beta-carotene and are complete of fibers. They can be cooked, microwaved, or prepared in steaming h2o. Begin by using them in position of white potatoes.

Brown Rice

One bag of brown rice can provide as many as 20 meals. Talk about being economical, the beauty of brown rice is that it can be combined with a variety of other ingredients so you can get different preferences. Since it is a fantastic resource of fibers, supplement B, metal, manganese, and selenium, it increases your defense mechanisms, decreases cholesterol levels, and decreases the risks of cardiovascular illness and diabetes.

Freezing Fruits and Vegetables

While clean, raw clean vegetables and clean fruit that are in season should always be a first option, having a supply of frozen clean vegetables in the fridge is an inexpensive, healthy, and flexible plan b. They maintain almost all of their nutritional value, since they're selected and frozen while at their peak nourishment and taste. It is

simple to reach for a bag of frozen clean vegetables and add them to any meals. Throw them in soy drinks, cereals, soups, lasagna, or stir-fries.

PROTEIN

It is recommended that we include a lot of protein in our diet and this is because it plays a role in accelerating fat-burning metabolism and reducing the hunger that can lead to over eating. Additionally, protein works to slow the release of carbohydrates into your bloodstream, which can prevent the sudden increase in blood sugar that are thought to cause fat storage and flabby energy levels.

It is recommended that individuals should seek out at least 1 g of protein for each pound of body weight to maintain and build muscle. To reach this high amount, however, you'll need to make sure you have variety of protein rich food to feed on.

Greek yogurt

Protein Power: 23 g per 8 oz. serving

The yogurts contain about twice as much protein as other types of yogurt. Also contains gut-friendly bacteria and bone-building calcium.

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Cottage cheese

Protein Power: 14 g per 1/2 cup serving

This curd-riddled cheese product is laced with casein protein—a slow-digesting protein that supplies your growing muscles with a steady supply of vital amino acids. It could be taken at bedtime as a snack

Eggs

These eggs are near-perfect muscle food. That's because the biological value—a measure of how much protein from the food can be incorporated into proteins in the body—of an egg is higher than that of nearly any other item in the store. The biological value is largely dictated by the amount of essential amino acids a food possesses.

Milk

Protein Power: 8 g per 1 cup serving

Milk remains a reliable source of top-notch protein with a biological value just a little of that found in an egg. It is not compulsory not take flavorless skim milk when you can still enjoy the richer taste of 2 percent milk without consuming excess fat. Besides, the extra fat will help you absorb the fat-soluble nutrients like vitamin D present in the great white.

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Steak

Protein Power: 23 g per 3 oz. serving

These leaner cuts of steak provide a fantastic 1 g of protein for every 7 calories; rib eye, on the other hand, delivers roughly 1 g of protein for every 11 calories. Plus, round steak is considered one of the more economical cuts.

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Ground beef (90% lean)

Protein Power: 18 g per 3 oz. serving

Using 90 percent ground beef provides just the right amount of fat so your burgers and meatloaf won't taste like paper. Beyond a payload of protein, this red meat is also a good source of the creatine.

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PEANUT BUTTER

Protein Power: 8 g per 2 tb/sp serving

Though not as trendy as other nut butters like almond, peanut butter still has high protein content.

Mixed nuts

Protein Power: 6 g per 2 oz. serving

Nuts like peanuts, cashews, and almonds make for a crunchy way to add more protein and healthy unsaturated fats to your diet.

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Edamame

Protein Power: 8 g per 1/2 cup serving

While the frozen-food of these green soybeans will give your diet a boost of plant protein, fiber, vitamins, and minerals.

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Green peas

Protein Power: 7 g per 1 cup serving

While protein is not abundant in most vegetables, subzero green peas contain enough that you'll want to keep a bag stashed in your freezer at all times. They're also a good source of fiber to help keep cravings for junk food at bay..

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Soba noodles

Protein Power: 12 g per 3 oz. serving

They contain more protein than most wheat-based noodles. Even better, they cook in about half the time as whole-wheat pasta.

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Turkey breast

Protein Power: 24 g per 3 oz. serving

The turkey breast can supply the body with high amount of protein.

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Corned beef

Protein Power: 24 g per 3 oz. serving

The high protein levels in this salt-cured beef is sure to, build up your muscles.

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Light tuna

Protein Power: 22 g per 3 oz. serving

Economic canned light tuna actually provides a little more protein than more expensive canned white tuna.

Chicken

Protein Power: 21 g per 3 oz. serving

Pop the lid on ground-up white chicken meat to instantly add a shot of high-quality protein to your sandwiches and salads.

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Sardines

Protein Power: 21 g per 3 oz. serving

The canned sardines are rich in protein, they also deliver high quantity of omega-3 fats and vitamin D. Research suggests that higher intakes of vitamin D can bolster testosterone production.

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Navy beans

Protein Power: 20 g per 1 cup serving

Beans are a fantastically cheap source of protein, and of the most commonly available canned legumes, navy beans lead the way. Each cup also supplies an impressive 13 g of dietary fiber.

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Jerky

Protein Power: 13 g per 1 oz. serving

We're not jerking you around when we say jerky is a snack food that means serious muscle-building business. And what's not to love about its chewiness factor.

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[Protein bars](#)

Convenient, delicious protein right away different variety of bars with different protein content

Power: 24 g per 3 oz. serving

Ounce for ounce, these tiny bars are the surprising winners when it comes to canned protein, Because of their size, they also don't accumulate toxins/chemicals the same way that bigger bars do.

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Conclusion

Thank you again for downloading this book!

Remember, it's your way of life, and the products that you use today will impact you tomorrow and beyond. So, take care of your whole body, even the parts you don't see all plenty of time. The more you take care of your human whole body (from your cells to your limbs) by feeding it nourishing foods and overcoming the impulses to engage more than you innately know you should, the more of way of life you can appreciate by keeping your healthy diet strategy way of life wherever way of life requires you.

Finally, if you enjoyed this book, please take the time to share your thoughts and post a review on Amazon. It'd be greatly appreciated!

Thank you and good luck!

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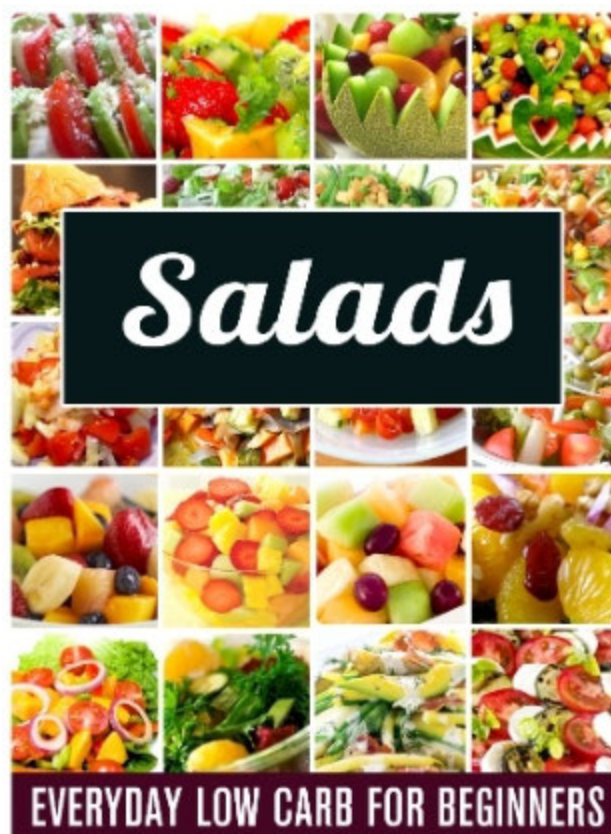
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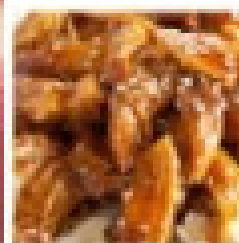
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Beginners



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RECIPES FOR
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Low Carb

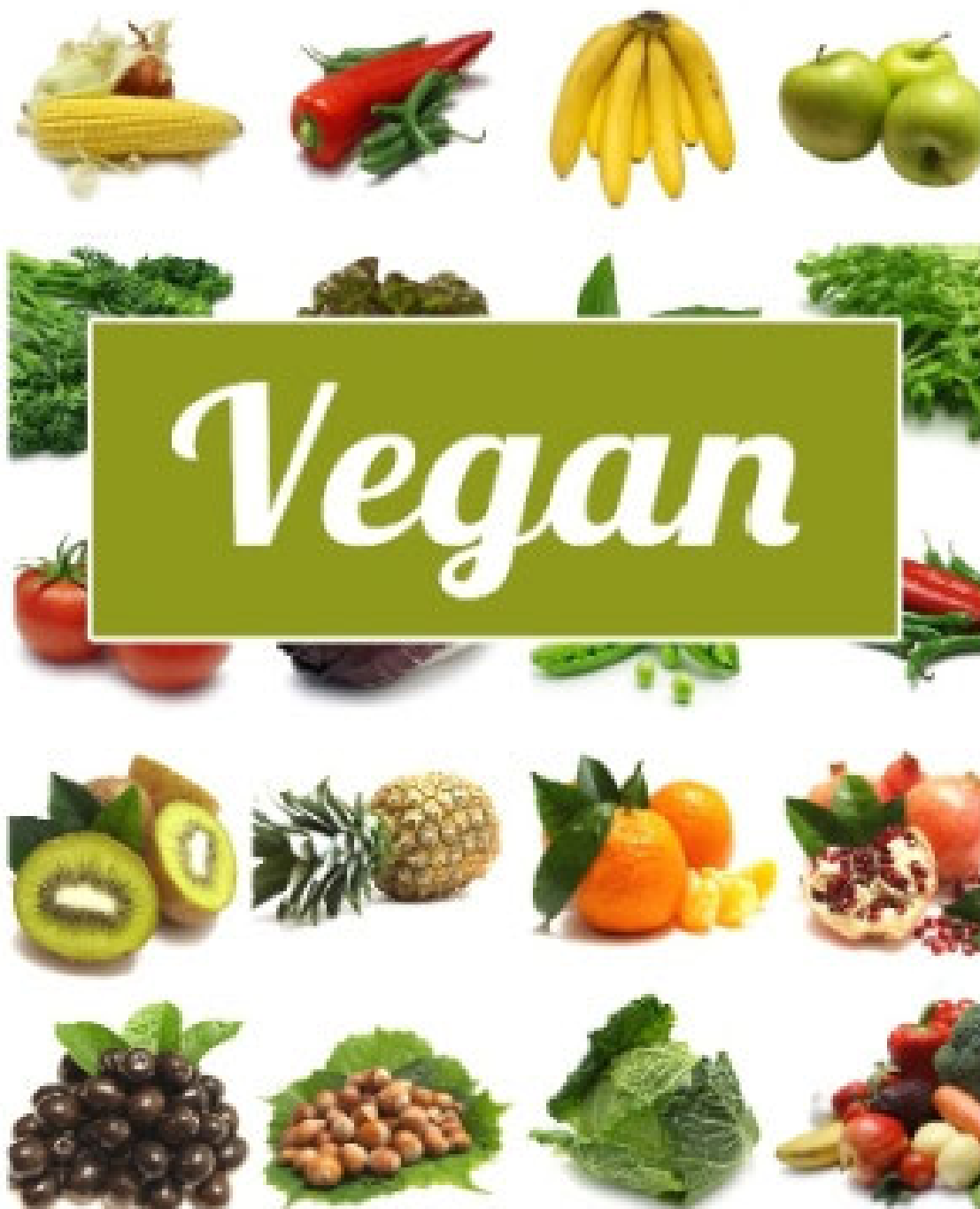


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Salads: Everyday Salads 30 Delicious Recipes



Salads

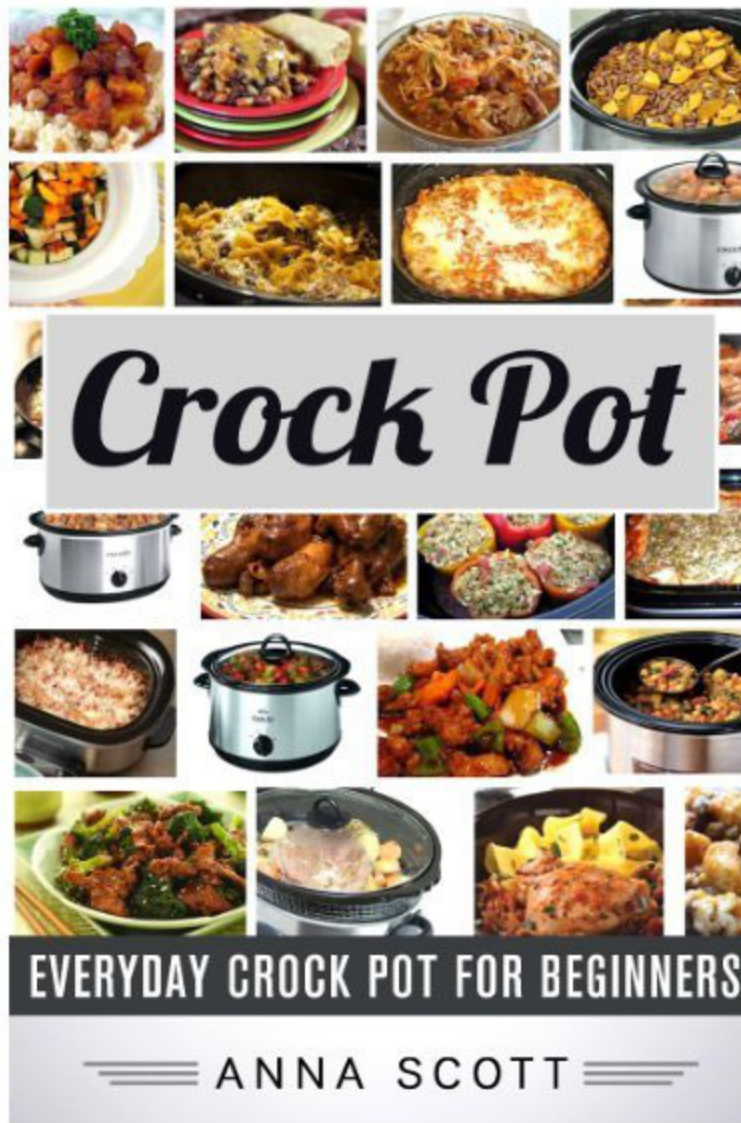


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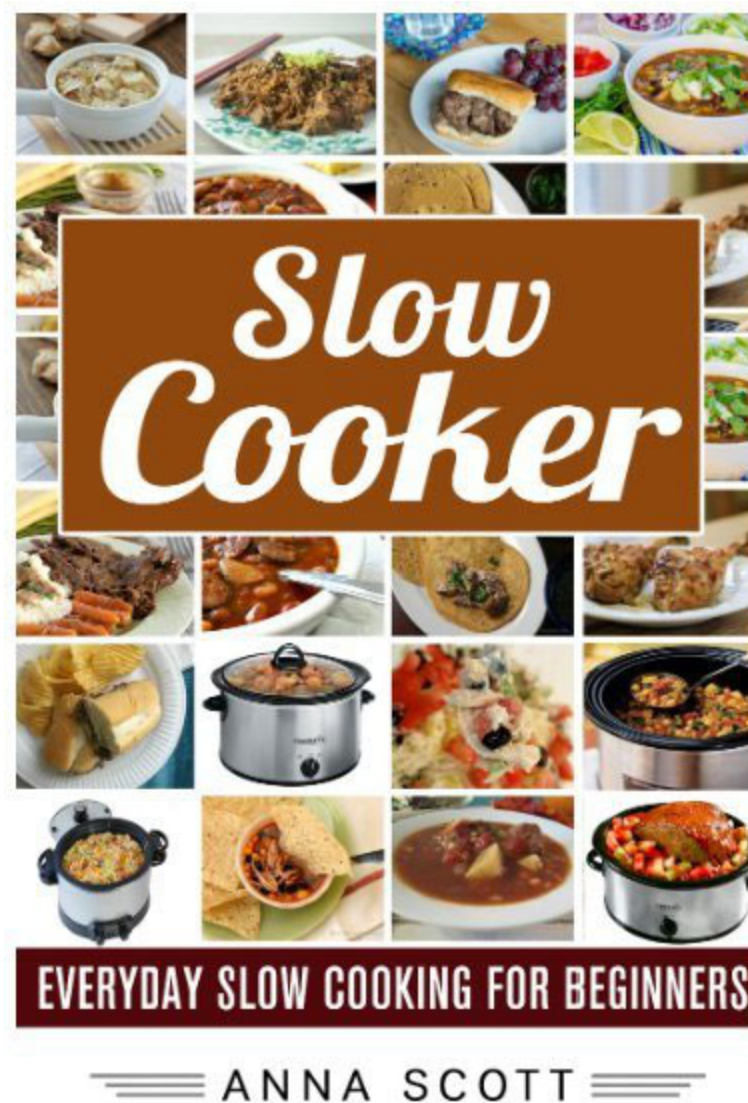
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