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Description : Quick Meal Solutions puts the flavor and the nutrition back in fast food. From Healthy Sweet & Sour Slaw to Chicken Pesto Panini and Oatmeal Cookie Sandwiches, it gives you more than 150 winning recipes for breakfast, lunch, dinner, and healthy snacks.

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QUICK MEAL SOLUTIONS - Sea Best

Author: ketogenic diet . Hello! This is Ketogenic Quick Meals By ketogenic diet. We love to read books and my job is to analyze daily all the novelties in the world of ebooks.

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These easy recipes include quick-fix meal ideas for any occasion, from weeknight dinners to potlucks to dinner parties. Each of these recipes can be prepared in 5 to 40 minutes and, since they require just a few simple ingredients, the recipes are budget-friendly ... (may need more or less) ...

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