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#### Search



Search: Dairy

spaghetti bolognese Gluten

☐ Just my recipes

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All Recipes

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List of ingredients...

✓ Healthy ✓ Good Value

Spaghetti Bolognese

ist of ingradients

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#### Search w/Garlic Free selected



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## Search:

spaghetti bolognese

Just my recipes

✓ All Recipes

All Recipes

Spaghetti Bolognese

List of ingredients...

✓ Garlic Free

✓ Dairy Free

✓ Healthy

9.0



List of ingredients

Liam's Dislikes

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### AddRecipe

taartoon	,,,	
Dairy	Add a Recipe:	Tags: □ Upload to public?
Gluten		Healthy
Egg	Name	Good Value
Kosher	Ingredients	☐ Dairy ☐ Gluten
Halal		□Egg
Paleo		☐Kosher
Nut		☐ Halal
Hindu	Method	
Vegetarian		Custom
Vegan		
	I	

### AddRecipe info added

Tual Colpo III o addod				
Dairy	Add o	Recipe:	Tags: □Upload to public?	
Gluten Egg	Name	Liam's Stew	☑Healthy ☐Good Value	
	Ingredients Method	Beef Carrots Lentils Potatoes	☑ Dairy ☐ Gluten ☑ Egg ☐ Kosher ☐ Halal ☐ ☐ ☐ Custom	

#### AddDiet



Add d	a Diet	Tags:
Name		☐ Upload to public?
Ingredients to Exclude	Add some Ingredients!  Add some Ingredients!  Add some Ingredients!	☐ Healthy ☐ Good Value ☐ Dairy
	Add more?  Make Sharable?	☐ Gluten ☐ Egg ☐ Kosher ☐ Halal
f		□ □ □Custom

### AddDietCompleted



Add a Diet		Tags:
Name	Eimear's Diet	☐ Upload to public?
Ingredients to Exclude		☐ Healthy ☐ Good Value
	Bacon Add more?	☐ Dairy ☐ Gluten ☐ Egg
,	✓Make Sharable?	Kosher Halal
		☐ Custom

#### AddDietFull



Add a Diet			Tags:
Name	Eimear's Diet		Upload to public?
Ingredients to Exclude	Cheese Ham		☐ Healthy ☐ Good Value ☐ Dairy ☐ Gluten ☐ Egg
	Bacon		
	Add more?		
	☑Make Sharable?	Submit	☐ Kosher ☐ Halal ☐
f	<b>3 9 0 0</b>		□ □ Custom

### **Eimear Diet Complete**



Dairy

Gluten

Egg

Kosher

Halal

Paleo

Nut

Hindu

Vegetarian

Vegan

## Fimear's Diet



Ingredients Cheese

to Exclude Ham

Bacon

Add more?

Share with friends?















#### Index w/NewDiet added



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#### Sarah Diet



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Halal

Paleo

Nut

Hindu

Vegetarian

Vegan

## Sarah's New Diet



Ingredients Cheese

to Exclude Fish

Bacon

Add more?

Share with friends?















#### LiamDislikes



Dairy

Gluten

Egg

Kosher

Halal

Paleo

Nut

Hindu

Vegetarian

Vegan

## Liam's Dislikes



Private

Ingredients to Exclude

Avocado

Mussels

Mutton

Lamb

Add more?















### Dairy



## Top Dairy-Free Recipes!

Dairy

Gluten

Egg

Kosher

Halal

Paleo

Nut

Hindu

Vegetarian

Vegan

Special Chocolate Bundt Cake

Cocoa Powder, Flour, Almond Milk...

Good Value Vegetarian Dairy-Free



Peanut Butter Cookies

Peanut Butter, Flour, Eggs, Brown...

√ Vegetarian ✓Dairy-Free



Spaghetti Bolognese Minced Beef, Passata, Basil...

Liam's Dislikes

Sarah's new diet

Garlic Free