

fruits and veggies map

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Chapter 1. strawberries

Strawberries are simply delicious. Heavenly. The best fruit that ever existed, just deal with it.

Related reference

[calorie table \(on page 11\)](#)

Related information

[fruit salad \(on page 3\)](#)

fruit salad

meal example

A step-by-step recipe.



1. Peel the oranges.
2. Wash the apples.
3. Rinse the strawberries with water.
4. Cut all the ingredients into neat 2-3cm cubes.
5. Mix the fruits in a bowl.
6. Add some lemon juice.

Related reference

[calorie table \(on page 11\)](#)

Chapter 2. oranges

Juicy oranges are the best sort.



Related reference

[calorie table \(on page 11\)](#)

Related information

[fruit salad \(on page 3\)](#)

fruit salad

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A step-by-step recipe.



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Related reference

[calorie table \(on page 11\)](#)

Chapter 3. apples

Apples can be sweet or sour, juicy or crispy.

Related reference

[calorie table \(on page 11\)](#)

Related information

[fruit salad \(on page 3\)](#)

fruit salad

meal example

A step-by-step recipe.



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5. Mix the fruits in a bowl.
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Related reference

[calorie table \(on page 11\)](#)

Chapter 4. tomatoes

Tomatoes are not only red. You can also find yellow, brown and green ones.



Related reference

[calorie table \(on page 11\)](#)

Related information

[veggie soup \(on page 7\)](#)

veggie soup

meal example

A step-by-step recipe.

1. Peel the carrots.
2. Wash the tomatoes and the peppers.
3. Cut the veggies into neat 3cm cubes.
4. Pour water into a pot.
5. Boil the water.
6. Add the carrots and the peppers.
7. Boil the carrots and the peppers for 5 minutes.
8. Add the tomatoes.
9. Boil for 10 minutes.

Related reference

[calorie table \(on page 11\)](#)

Chapter 5. peppers

Red hot chilli peppers.

Related reference

[calorie table \(on page 11\)](#)

Related information

[veggie soup \(on page 7\)](#)

veggie soup

meal example

A step-by-step recipe.

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Related reference

[calorie table \(on page 11\)](#)

Chapter 6. carrots

Carrots are great for your skin and your vision.

Related reference

[calorie table \(on page 11\)](#)

Related information

[veggie soup \(on page 7\)](#)

veggie soup

meal example

A step-by-step recipe.

1. Peel the carrots.
2. Wash the tomatoes and the peppers.
3. Cut the veggies into neat 3cm cubes.
4. Pour water into a pot.
5. Boil the water.
6. Add the carrots and the peppers.
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Related reference

[calorie table \(on page 11\)](#)

Chapter 7. calorie table

Calorie intake for the fruits, the veggies, and the meals.

item	calories in 100 grams
apple	52
carrot	41
orange	47
pepper	26
strawberry	32
tomato	17
fruit salad	50
veggie soup	19