

Name : Prajakta Keer
Class : TE 10
Roll No : 33231

Problem Statement:- Develop website using any CMS tool which falls into one of the categories blog, socialnetworking, News updates, Wikipedia, E-commerce store. Website must include home page, and at least 3 forms (with Validation), use at list HTML5, PHP, CSS/Bootstrap, JavaScript web technologies. No databasesupport is needed. Deploy website on live webserver and access through URL

ScreenShots

Home Page :

Nutri Junction

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Uncategorized

Healthy Weeknight Meals

Cooking can sometimes feel like a chore at the end of a busy day. It's often tempting to throw a ready meal in the oven or call for take out. But preparing a simple and healthy family meal doesn't have to be hard or time-consuming. Here are some quick wholesome dishes that you and your

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Better than Poutine

I know, what could be better than a steaming plate of fries, gravy and cheese curd? Fries, gravy, cheese curd and chicken, that's what! Throw in some fresh shallots, chilli, and a splash of roasted bone marrow and chicken gravy, and we turn this popular French-Canadian dish into a something sublime.

November 25, 2020

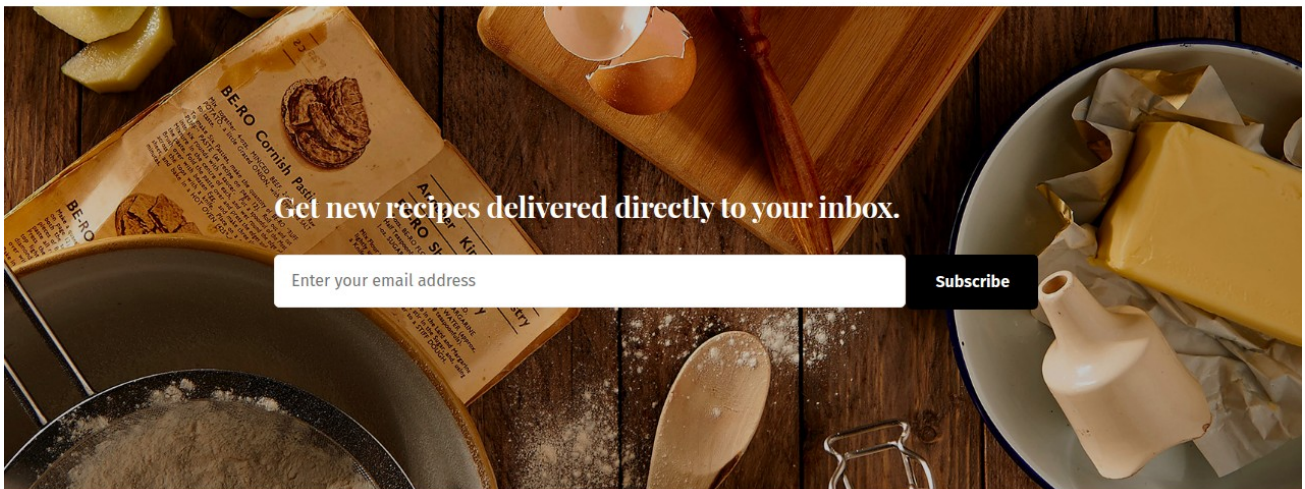


Uncategorized

Breakfast at my House

During the week we're often walking out the door with a coffee in one hand and slice of toast in the other, but on weekends breakfast is never rushed. It's a late affair, sometimes spilling over to lunch, with lots of reading and chatter in between courses of fruits, poached eggs, honey and toast. One

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Blog



Healthy Weeknight Meals



Better than Poutine



Breakfast at my House

Can't find what you're looking for? Use the search form to search the site.

Search

About Us Page :

About



Prajakta Keer

Information Technology Undergraduate

Contact me

Hi! I'm Prajakta. I live in Maharashtra, India and I am an undergraduate student in Information Technology at Pune Institute Of Computer Technology.

I started this blog in November of 2020 so I could share the significance and perks of healthy eating and fitness, and to motivate and inspire a healthy lifestyle in others.

Today, in these difficult times we all are very particular about our eating habits and always strive for increasing our immunity to fight against the deadly Corona Virus. This is the right place where you have been. This blog focuses on simple, healthy recipes which anyone would love. You'll also find a wealth of articles on health, wellness and nutrition.

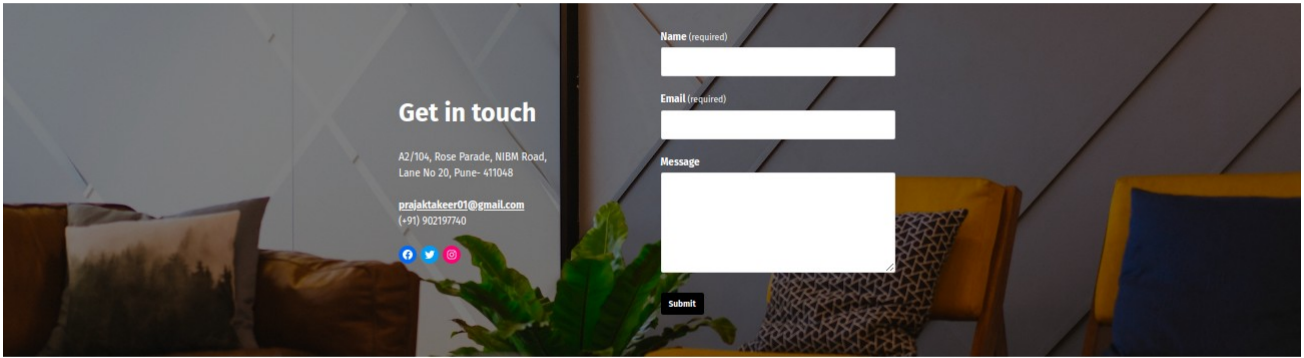
What I Do?

- Full time student at PICT



Contact Page :

Contact



Get in touch

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Lane No 20, Pune- 411048

prajaktakeer01@gmail.com
(+91) 902197740

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Email (required)

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Recipes Page :


Recipes

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Breakfasts



Smoothies



Desserts

Recipes By Category

- Breakfasts
 - Oatmeal
 - Muffins
 - Granola
 - Pancakes
 - Savory

- Smoothies
 - Lemon
 - Cucumber
 - Strawberry
 - Orange
 - Lemon

- Desserts
 - Brownies
 - Cookies
 - Rum Balls

Recipes By Season

- Fall
- Spring


- Summer
- Winter

Breakfast Recipes


From blueberry smoothies to fluffy pancakes, browse a selection of vegan breakfast recipes that are easy to make, delicious and healthy.

Browse dozens of recipes covering oatmeal, smoothies, breakfast bowls, tofu scrambles, wraps, energy bars, vegan baking, vegan pancakes and more.


Some popular recipes are Vegan Apple Oat Protein Muffins and [Vegan Buckwheat Pancakes](#)




Vegan Apple Oat Protein Muffins




Healthy Pumpkin Oat Cookies




Vegan Banana Oatmeal Bars



Carrot Walnut Oatmeal Cookies



Peanut Butter Granola



Vegan Buckwheat Pancakes

Smoothies

I love smoothies as a convenient way to include more fruits and vegetables in my diet. My smoothie recipes include ingredients like spinach, orange, cucumber, strawberry, cauliflower and beets as well as a variety of frozen fruit. I like adding a whole food plant-based protein powder to help sweeten them up and add 20 grams of plant protein from sources like brown rice, hemp, pea and quinoa.

You can enjoy the collection of healthy vegan smoothies below...



Orange Mango Smoothie



Beet Orange Smoothie



Matcha Smoothie Bowl



Strawberry Beet Smoothie Bowl



Strawberry Raspberry Smoothie



Lemon Blueberry Smoothie

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Tempting Desert Reciepes

Looking for something sweet? You've come to the right place. From healthy to decadent, there is something here for everyone.

For something on the healthier side, try chocolate superfood energy balls or Chocolate Covered Peanut Butter Mousse Stuffed Dates, for something a little more decadent these [No-Bake Chocolate Gingerbread Cookies](#) are a must-try!



No-Bake Chocolate Gingerbread Cookies



Vegan Rum Balls



Chocolate-Dipped Coconut Macaroons



Chocolate Superfood Energy Balls



Chocolate Covered Peanut Butter Mousse Stuffed Dates



Coconut Coffee Protein Balls

Source Code

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  <meta name="viewport" content="width=device-width, initial-scale=1">
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  <title>Nutri Junction</title>
<link rel="dns-prefetch" href="//s0.wp.com">
<link rel="dns-prefetch" href="//wordpress.com">
<link rel="dns-prefetch" href="//fonts.googleapis.com">
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href="https://nutrijunction377586645.wordpress.com/feed/">
<link rel="alternate" type="application/rss+xml" title="Nutri Junction » Comments Feed"
href="https://nutrijunction377586645.wordpress.com/comments/feed/">
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    /* <![CDATA[ */
    function addLoadEvent(func) {
      var oldonload = window.onload;
      if (typeof window.onload != 'function') {
        window.onload = func;
      } else {
        window.onload = function () {
          oldonload();
          func();
        }
      }
    }
    /* ]]> */
  </script>

  <script type="text/javascript">
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    twemoji\\2\\svg\\","svgExt":".svg","source":{"concatemoji":"https:\\s0.wp.com\\wp-includes\\js\\
    wp-emoji-release.min.js?m=1605528427h&ver=5.6-wpcom-49518"}};
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    r,n,o,i,p=a.createElement("canvas"),s=p.getContext&&p.getContext("2d");function c(e,t){var
    a=String.fromCharCode;s.clearRect(0,0,p.width,p.height),s.fillText(a.apply(this,e),0,0);var
    r=p.toDataURL();return
    s.clearRect(0,0,p.width,p.height),s.fillText(a.apply(this,t),0,0),r===p.toDataURL()}function l(e)
    {if(!s||!s.fillText)return!1;switch(s.textBaseline="top",s.font="600 32px Arial",e){case"flag":return!
    c([127987,65039,8205,9895,65039],[127987,65039,8203,9895,65039])&&(!
    c([55356,56826,55356,56819],[55356,56826,8203,55356,56819])&&
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    128,56423,8203,56128,56447]));case"emoji":return!c([55357,56424,8205,55356,57212],
    [55357,56424,8203,55356,57212])}return!1}function d(e){var
    t=a.createElement("script");t.src=e,t.defer=t.type="text/javascript",a.getElementsByTagName("hea
    d")[0].appendChild(t)}for(i=Array("flag","emoji"),t.supports={everything:!
    0,everythingExceptFlag:!0},o=0;o<i.length;o+
    +)t.supports[i[o]]=l(i[o]),t.supports.everything=t.supports.everything&&t.supports[i[o]],"flag"!
```

```
==i[o]&&(t.supports.everythingExceptFlag=t.supports.everythingExceptFlag&&t.supports[i[o]]);t.s
upports.everythingExceptFlag=t.supports.everythingExceptFlag&&!t.supports.flag,t.DOMReady=!
1,t.readyCallback=function(){t.DOMReady=!0},t.supports.everything||(n=function()
{t.readyCallback()},a.addEventListener?(a.addEventListener("DOMContentLoaded",n,!
1),e.addEventListener("load",n,!1)):
(e.attachEvent("onload",n),a.attachEvent("onreadystatechange",function()
{"complete"===a.readyState&&t.readyCallback()})),(r=t.source||{}).concatemoji?
d(r.concatemoji):r.wpemoji&&r.twemoji&&(d(r.twemoji),d(r.wpemoji)))}
(window,document,window._wpemojiSettings);
</script><script src="https://s0.wp.com/wp-includes/js/wp-emoji-release.min.js?
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img.wp-smiley,

```
img.emoji {
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    height: 1em !important;
    width: 1em !important;
    margin: 0 .07em !important;
    vertical-align: -0.1em !important;
    background: none !important;
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}
```

```
</style>
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```

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.has-text-align-justify {
    text-align: justify;
}
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</style>
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foreground-light:#666666;--wp--preset--color--foreground-dark:#333333;--wp--preset--gradient--
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100%);--wp--preset--gradient--light-green-cyan-to-vivid-green-cyan:linear-
gradient(135deg,rgb(122,220,180) 0%,rgb(0,208,130) 100%);--wp--preset--gradient--luminous-
vivid-amber-to-luminous-vivid-orange:linear-gradient(135deg,rgba(252,185,0,1)
0%,rgba(255,105,0,1) 100%);--wp--preset--gradient--luminous-vivid-orange-to-vivid-red:linear-
gradient(135deg,rgba(255,105,0,1) 0%,rgb(207,46,46) 100%);--wp--preset--gradient--very-light-
gray-to-cyan-bluish-gray:linear-gradient(135deg,rgb(238,238,238) 0%,rgb(169,184,195) 100%);--
wp--preset--gradient--cool-to-warm-spectrum:linear-gradient(135deg,rgb(74,234,220)
0%,rgb(151,120,209) 20%,rgb(207,42,186) 40%,rgb(238,44,130) 60%,rgb(251,105,98)
80%,rgb(254,248,76) 100%);--wp--preset--gradient--blush-light-purple:linear-
gradient(135deg,rgb(255,206,236) 0%,rgb(152,150,240) 100%);--wp--preset--gradient--blush-
```


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wordpress.com/page/nutrijunction377586645.wordpress.com/6","statsLink":"https://
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site","follow":"Follow","following":"Following","edit":"Edit","login":"Log in","signup":"Sign
up","customize":"Customize","report":"Report this content","themeInfo":"Get theme:
Mayland","shortlink":"Copy shortlink","copied":"Copied","followedText":"New posts from this site
will now appear in your <a
```

href="\https://wordpress.com/read\">Reader","foldBar":"Collapse this bar","unfoldBar":"Expand this bar","editSubs":"Manage subscriptions","viewReader":"View site in Reader","viewReadPost":"View post in Reader","subscribe":"Sign me up","enterEmail":"Enter your email address","followers":"","alreadyUser":"Already have a WordPress.com account? Log in now.","stats":"Stats"} };

</script>

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<meta name="twitter:description" content="Visit the post for more.">

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<meta property="article:publisher" content="https://www.facebook.com/WordPresscom">

<!-- End Jetpack Open Graph Tags -->

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<link rel="search" type="application/opensearchdescription+xml" href="https://s1.wp.com/opensearch.xml" title="WordPress.com">

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content="name=Subscribe;action-uri=https://nutrijunction377586645.wordpress.com/feed;icon-uri=https://s0.wp.com/i/favicon.ico"><meta name="msapplication-task" content="name=Sign up for a free blog;action-uri=http://wordpress.com/signup;icon-uri=https://s0.wp.com/i/favicon.ico"><meta name="msapplication-task" content="name=WordPress.com Support;action-uri=http://support.wordpress.com;icon-uri=https://s0.wp.com/i/favicon.ico"><meta name="msapplication-task" content="name=WordPress.com Forums;action-uri=http://forums.wordpress.com;icon-uri=https://s0.wp.com/i/favicon.ico"><meta name="description" content="Featured Post Stay Warm in Autumn: Roasted Pumpkin Soup Continue reading Get new recipes delivered directly to your inbox."><link rel="stylesheet" type="text/css" id="gravatar-card-css" href="https://0.gravatar.com/dist/css/hovercard.min.css?ver=202048y"><link rel="stylesheet" type="text/css" id="gravatar-card-services-css" href="https://0.gravatar.com/dist/css/services.min.css?ver=202048y"><link href="https://s0.wp.com/wp-content/mu-plugins/actionbar/actionbar.css?v=20201002" type="text/css" rel="stylesheet"></head>

<body class="home page-template-default page page-id-6 wp-embed-responsive customizer-styles-applied singular image-filters-enabled hide-homepage-title has-marketing-bar highlander-enabled highlander-light">

<div id="page" class="site">

Skip to content

<header id="masthead" class="site-header responsive-max-width has-title-and-tagline has-menu" role="banner">

<div class="site-branding">

<p class="site-title">Nutri Junction</p>

</div><!-- .site-branding -->

<nav id="site-navigation" class="main-navigation" aria-label="Main Navigation">

<input type="checkbox" role="button" aria-haspopup="true" id="toggle" class="hide-visually">

<label for="toggle" id="toggle-menu" class="button">Menu+

×expanded

collapsed</label>

<div class="menu-primary-container"><ul id="menu-primary" class="main-menu" aria-label="submenu"><li id="menu-item-12" class="menu-item menu-item-type-post_type menu-item-object-page menu-item-home current-menu-item page_item page-item-6

current_page_item menu-item-12">Home
<li id="menu-item-13" class="menu-item menu-item-type-post_type menu-item-object-page menu-item-13">Blog
<li id="menu-item-46" class="menu-item menu-item-type-post_type menu-item-object-page menu-item-46">Recipes
<li id="menu-item-30" class="menu-item menu-item-type-post_type menu-item-object-page menu-item-30">About
<li id="menu-item-31" class="menu-item menu-item-type-post_type menu-item-object-page menu-item-31">Contact
</div> </nav><!-- #site-navigation -->

<nav class="social-navigation" role="navigation" aria-label="Social Links Menu">
<div class="menu-social-links-container"><ul id="menu-social-links" class="social-links-menu"><li id="menu-item-14" class="menu-item menu-item-type-custom menu-item-object-custom menu-item-14">Facebook<svg class="svg-icon" width="26" height="26" aria-hidden="true" role="img" focusable="false" viewBox="0 0 24 24" version="1.1" xmlns="http://www.w3.org/2000/svg" xmlns:xlink="http://www.w3.org/1999/xlink"><path d="M20.007,3H3.993C3.445,3,3.445,3,3.993v16.013C3,20.555,3.445,21,3.993,21h8.621v-6.971h-2.346v-2.717h2.346V9.31 c0-2.325,1.42-3.591,3.494-3.591c0.993,0,1.847,0.074,2.096,0.107v2.431-1.438,0.001c-1.128,0-1.346,0.536-1.346,1.323v1.734h2.69 l-0.35,2.717h-2.34V21h4.587C20.555,21,21,20.555,21,20.007V3.993C21,3.445,20.555,3,20.007,3z"></path></svg>
<li id="menu-item-15" class="menu-item menu-item-type-custom menu-item-object-custom menu-item-15">Twitter<svg class="svg-icon" width="26" height="26" aria-hidden="true" role="img" focusable="false" viewBox="0 0 24 24" version="1.1" xmlns="http://www.w3.org/2000/svg" xmlns:xlink="http://www.w3.org/1999/xlink"><path d="M22.23,5.924c-0.736,0.326-1.527,0.547-2.357,0.646c0.847-0.508,1.498-1.312,1.804-2.27 c-0.793,0.47-1.671,0.812-2.606,0.996C18.324,4.498,17.257,4,16.077,4c-2.266,0-4.103,1.837-4.103,4.103 c0,0.322,0.036,0.635,0.106,0.935C8.67,8.867,5.647,7.234,3.623,4.751C3.27,5.357,3.067,6.062,3.067,6.814 c0,1.424,0.724,2.679,1.825,3.415c-0.673-0.021-1.305-0.206-1.859-0.513c0,0.017,0,0.034,0,0.052c0,1.988,1.414,3.647,3.292,4.023 c-0.344,0.094-0.707,0.144-1.081,0.144c-0.264,0-0.521-0.026-0.772-0.074c0.522,1.63,2.038,2.816,3.833,2.85 c-1.404,1.1-3.174,1.756-5.096,1.756c-0.331,0-0.658-0.019-0.979-0.057c1.816,1.164,3.973,1.843,6.29,1.843 c7.547,0,11.675-6.252,11.675-11.675c0-0.178-0.004-0.355-0.012-0.531C20.985,7.47,21.68,6.747,22.23,5.924z"></path></svg>
<li id="menu-item-17" class="menu-item menu-item-type-custom menu-item-object-custom menu-item-17">Instagram<svg class="svg-icon" width="26" height="26" aria-hidden="true" role="img" focusable="false" viewBox="0 0 24 24" version="1.1" xmlns="http://www.w3.org/2000/svg" xmlns:xlink="http://www.w3.org/1999/xlink"><path d="M12,4.622c2.403,0,2.688,0.009,3.637,0.052c0.877,0.04,1.354,0.187,1.671,0.31c0.42,0.163,0.72,0.358,1.035,0.673 c0.315,0.315,0.51,0.615,0.673,1.035c0.123,0.317,0.27,0.794,0.31,1.671c0.043,0.949,0.052,1.234,0.052,3.637 s-0.009,2.688-0.052,3.637c-0.04,0.877-0.187,1.354-0.31,1.671c-0.163,0.42-0.358,0.72-0.673,1.035 c-0.315,0.315-0.615,0.51-1.035,0.673c-0.317,0.123-0.794,0.27-1.671,0.31c-0.949,0.043-1.233,0.052-3.637,0.052 s-2.688-0.009-3.637-0.052c-0.877-0.04-1.354-0.187-1.671-0.31c-0.42-0.163-0.72-0.358-1.035-0.673 c-0.315-0.315-0.51-0.615-0.673-1.035c-0.123-0.317-

0.27-0.794-0.31-1.671C4.631,14.688,4.622,14.403,4.622,12 s0.009-2.688,0.052-3.637c0.04-0.877,0.187-1.354,0.31-1.671c0.163-0.42,0.358-0.72,0.673-1.035 c0.315-0.315,0.615-0.51,1.035-0.673c0.317-0.123,0.794-0.27,1.671-0.31C9.312,4.631,9.597,4.622,12,4.622 M12,3 C9.556,3,9.249,3.01,8.289,3.054C7.331,3.098,6.677,3.25,6.105,3.472C5.513,3.702,5.011,4.01,4.511,4.511 c-0.5,0.5-0.808,1.002-1.038,1.594C3.25,6.677,3.098,7.331,3.054,8.289C3.01,9.249,3,9.556,3,12c0,2.444,0.01,2.751,0.054,3.711 c0.044,0.958,0.196,1.612,0.418,2.185c0.23,0.592,0.538,1.094,1.038,1.594c0.5,0.5,1.002,0.808,1.594,1.038 c0.572,0.222,1.227,0.375,2.185,0.418C9.249,20.99,9.556,21,12,21s2.751-0.01,3.711-0.054c0.958-0.044,1.612-0.196,2.185-0.418 c0.592-0.23,1.094-0.538,1.594-1.038c0.5-0.5,0.808-1.002,1.038-1.594c0.222-0.572,0.375-1.227,0.418-2.185 C20.99,14.751,21,14.444,21,12s-0.01-2.751-0.054-3.711c-0.044-0.958-0.196-1.612-0.418-2.185c-0.23-0.592-0.538-1.094-1.038-1.594 c-0.5-0.5-1.002-0.808-1.594-1.038c-0.572-0.222-1.227-0.375-2.185-0.418C14.751,3.01,14.444,3,12,3L12,3z M12,7.378 c-2.552,0-4.622,2.069-4.622,4.622S9.448,16.622,12,16.622s4.622-2.069,4.622-4.622S14.552,7.378,12,7.378z M12,15 c-1.657,0-3-1.343-3-3s1.343-3,3-3s3,1.343,3,3S13.657,15,12,15z M16.804,6.116c-0.596,0-1.08,0.484-1.08,1.08 s0.484,1.08,1.08,1.08c0.596,0,1.08-0.484,1.08-1.08S17.401,6.116,16.804,6.116z"></path></svg></div> </nav><!-- .social-navigation -->

</header><!-- #masthead -->

<div id="content" class="site-content">

<section id="primary" class="content-area">
<main id="main" class="site-main">

<article id="post-6" class="post-6 page type-page status-publish hentry entry">

<header class="entry-header responsive-max-width">

<h1 class="entry-title">Home</h1>
</header>

<div class="entry-content">

<div style="height:32px;" aria-hidden="true" class="wp-block-spacer"></div>

<div class="wp-block-jetpack-layout-grid alignfull column1-desktop-grid__span-10 column1-desktop-grid__start-2 column1-desktop-grid__row-1 column1-tablet-grid__span-8 column1-tablet-grid__row-1 column1-mobile-grid__span-4 column1-mobile-grid__row-1">
<div class="wp-block-jetpack-layout-grid-column wp-block-jetpack-layout-grid__padding-none">
<figure class="wp-block-image alignfull size-full a8c-image"></figure>

<p class="has-text-align-center margin-bottom-half a8c-section-subtitle has-foreground-light-color has-text-color">Featured Post</p>

<h2 class="has-text-align-center margin-top-half entry-title a8c-section-title">Stay Warm in Autumn: Roasted Pumpkin Soup</h2>

<div class="wp-block-buttons is-content-justification-center">
<div class="wp-block-button is-style-outline a8c-section-text-link">Continue reading</div>
</div>
</div>
</div>

<hr class="wp-block-coblocks-dynamic-separator is-style-line" style="height:48px;">

<div class="wp-block-jetpack-layout-grid alignfull column1-desktop-grid__span-10 column1-desktop-grid__start-2 column1-desktop-grid__row-1 column1-tablet-grid__span-8 column1-tablet-grid__row-1 column1-mobile-grid__span-4 column1-mobile-grid__row-1">
<div class="wp-block-jetpack-layout-grid-column wp-block-jetpack-layout-grid__padding-none">
 <div class="wp-block-newspack-blocks-homepage-articles wpnbha is-grid columns-3 show-image image-aligntop ts-3 is-3 is-landscape show-category " style="">
 <div data-posts="">

 <article data-post-id="2" class="category-uncategorized post-has-image">

 <figure class="post-thumbnail">

 <a

 href="https://nutrijunction377586645.wordpress.com/2020/11/25/healthy-weeknight-meals/"
 rel="bookmark">

</figure><!-- .featured-image -->

<div class="entry-wrapper">

<div class="cat-links">

Uncategorized

</div>

<h2 class="entry-title">Healthy Weeknight Meals</h2>

<p>Cooking can sometimes feel like a chore at the end of a busy day. It's often tempting to throw a ready meal in the oven or call for take out. But preparing a simple and healthy family meal doesn't have to be hard or time-consuming. Here are some quick wholesome dishes that you and yourContinue reading "Healthy Weeknight Meals"</p>

<div class="entry-meta">

<time class="entry-date published" datetime="2020-11-25T14:23:04+05:30">November 25, 2020</time><time class="updated" datetime="2020-11-25T14:28:05+05:30">November 25, 2020</time>

</div><!-- .entry-meta -->

</div><!-- .entry-wrapper -->

</article>

<article data-post-id="3" class="category-uncategorized post-has-image">

<figure class="post-thumbnail">

</figure><!-- .featured-image -->

<div class="entry-wrapper">

<div class="cat-links">

Uncategorized

</div>

<h2 class="entry-title"><a

href="https://nutrijunction377586645.wordpress.com/2020/11/25/better-than-poutine/"

rel="bookmark">Better than Poutine</h2>

<p>I know,

what could be better than a steaming plate of fries, gravy and cheese curd? Fries, gravy, cheese curd
and chicken, that's what! Throw in some fresh shallots, chilli, and a splash of roasted bone marrow
and chicken gravy, and we turn this popular French-Canadian dish into a something sublime.</p>

<div class="entry-meta">

<time class="entry-date published" datetime="2020-11-
25T14:23:03+05:30">November 25, 2020</time><time class="updated" datetime="2020-11-
25T20:11:55+05:30">November 25, 2020</time>

</div><!-- .entry-meta -->

</div><!-- .entry-wrapper -->

</article>

<article data-post-id="4" class="category-uncategorized post-has-image">

<figure class="post-thumbnail">

<a

href="https://nutrijunction377586645.wordpress.com/2020/11/25/breakfast-at-my-house/"
rel="bookmark">

</figure><!-- .featured-image -->

<div class="entry-wrapper">

<div class="cat-links">

Uncategorized

</div>

<h2 class="entry-title"><a

href="https://nutrijunction377586645.wordpress.com/2020/11/25/breakfast-at-my-house/"

rel="bookmark">Breakfast at my House</h2>

<p>During the week we're often walking out the door with a coffee in one hand and slice of toast in the other, but on weekends breakfast is never rushed. It's a late affair, sometimes spilling over to lunch, with lots of reading and chatter in between courses of fruits, poached eggs, honey and toast. One<a class="more-link"

href="https://nutrijunction377586645.wordpress.com/2020/11/25/breakfast-at-my-

house/">Continue reading "Breakfast at

my House"</p>

<div class="entry-meta">

<time class="entry-date published" datetime="2020-11-25T14:23:02+05:30">November 25, 2020</time><time class="updated" datetime="2020-11-25T14:28:05+05:30">November 25, 2020</time>

</div><!-- .entry-meta -->

</div><!-- .entry-wrapper -->

</article>

</div>

</div>

</div>

</div>

<div style="height:112px;" aria-hidden="true" class="wp-block-spacer"></div>

<div class="wp-block-cover alignfull has-background-dim-20 has-background-dim a8c-dark-background" style="background-image:url('https://casselstarter.files.wordpress.com/2020/06/andy-chilton-0jfvex0c778-unsplash.jpg');background-position:50% 85%;"><div class="wp-block-cover__inner-container">
<div style="height:96px;" aria-hidden="true" class="wp-block-spacer"></div>

<h3 class="has-text-align-left">Get new recipes delivered directly to your inbox.</h3>

<div class="wp-block-jetpack-subscriptions wp-block-jetpack-subscriptions__supports-newline"><div class="jetpack_subscription_widget"> <form
action="https://subscribe.wordpress.com" method="post" accept-charset="utf-8" id="">

<p id="subscribe-email"> <label id="subscribe-field-label" for="subscribe-field"
class="screen-reader-text">
Email Address:
</label>

<input type="text" name="email" style="font-size: 16px; padding: 18px 27px 18px 27px; border-radius: 5px; border-width: 1px;" placeholder="Enter your email address" value="" id="subscribe-field"> </p>

<p id="subscribe-submit">
<input type="hidden" name="action" value="subscribe">
<input type="hidden" name="blog_id" value="186044657">
<input type="hidden" name="source"
value="https://nutrijunction377586645.wordpress.com/">
<input type="hidden" name="sub-type" value="widget">
<input type="hidden" name="redirect_fragment" value="532">
<input type="hidden" id="_wpnonce" name="_wpnonce"
value="c81c400fac"> <button type="submit" class="has-text-color has-background-color has-background has-primary-background-color" style="font-size: 16px; padding: 18px 27px 18px 27px; margin-left: 1px; border-radius: 5px; border-width: 1px;">
Subscribe </button>

</p>
</form>

</div></div>

```

<div style="height:96px;" aria-hidden="true" class="wp-block-spacer"></div>
</div></div>
    </div><!-- .entry-content -->

    </article><!-- #post-6 -->

        </main><!-- #main -->
    </section><!-- #primary -->

</div><!-- #content -->

    <footer id="colophon" class="site-footer responsive-max-width">
        <nav class="footer-navigation" aria-label="Footer Menu">
            <div class="menu-primary-container"><ul id="menu-primary-1"
class="footer-menu"><li class="menu-item menu-item-type-post_type menu-item-object-page
menu-item-home current-menu-item page_item page-item-6 current_page_item menu-item-12"><a
href="https://nutrijunction377586645.wordpress.com/" aria-current="page">Home</a></li>
<li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-13"><a
href="https://nutrijunction377586645.wordpress.com/blog/">Blog</a></li>
<li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-46"><a
href="https://nutrijunction377586645.wordpress.com/recipes/">Recipes</a></li>
<li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-30"><a
href="https://nutrijunction377586645.wordpress.com/about/">About</a></li>
<li class="menu-item menu-item-type-post_type menu-item-object-page menu-item-31"><a
href="https://nutrijunction377586645.wordpress.com/contact/">Contact</a></li>
</ul></div>
            </nav><!-- .footer-navigation -->

        <div class="site-info">
            <a class="site-name"
href="https://nutrijunction377586645.wordpress.com/" rel="home">Nutri Junction</a><span
class="comma">,</span>
            <a href="https://wordpress.com/?ref=footer_website"
rel="nofollow">Create a free website or blog at WordPress.com.</a>
        </div><!-- .site-info -->
    </footer><!-- #colophon -->

</div><!-- #page -->

<!-- -->
<div id="marketingbar" class="marketing-bar noskim"><div class="marketing-bar-text">Create
your website at WordPress.com</div><a class="marketing-bar-button"
href="https://wordpress.com/start/?ref=marketing_bar">Get started</a><a class="marketing-bar-
link" tabindex="-1" aria-label="Create your website at WordPress.com"
href="https://wordpress.com/start/?ref=marketing_bar"></a></div><script src="//0.gravatar.com/js/
gprofiles.js?ver=202048y" id="grofiles-cards-js"></script>
<script id="wpgroho-js-extra">
var WPGroHo = {"my_hash":""};
</script>
<script type="text/javascript" src="https://s0.wp.com/wp-content/mu-plugins/gravatar-hovercards/
wpgroho.js?m=1380573781h"></script>

```

```

<script>
    //initialize and attach hovercards to all avatars
    jQuery( document ).ready( function( $ ) {

        if (typeof Gravatar === "undefined"){
            return;
        }

        if ( typeof Gravatar.init !== "function" ) {
            return;
        }

        Gravatar.profile_cb = function( hash, id ) {
            WPGroHo.syncProfileData( hash, id );
        };
        Gravatar.my_hash = WPGroHo.my_hash;
        Gravatar.init( 'body', '#wp-admin-bar-my-account' );
    });
</script>

```

```

    <div style="display:none">
    <div class="grofile-hash-map-c9b555405eb4680cb12a0eae8268bb78">
    </div>
    </div>

```

```

<script>
window.addEventListener( "load", function( event ) {
    var link = document.createElement( "link" );
    link.href = "https://s0.wp.com/wp-content/mu-plugins/actionbar/actionbar.css?v=20201002";
    link.type = "text/css";
    link.rel = "stylesheet";
    document.head.appendChild( link );

    var script = document.createElement( "script" );
    script.src = "https://s0.wp.com/wp-content/mu-plugins/actionbar/actionbar.js?v=20201002";
    script.defer = true;
    document.body.appendChild( script );
} );
</script>

```

```

<div id="carousel-reblog-box">
    <form action="#" name="carousel-reblog">
        <textarea id="carousel-reblog-content" name="carousel-reblog-content"
placeholder="Add your thoughts here... (optional)"></textarea>
        <label for="carousel-reblog-to-blog-id" id="carousel-reblog-lblogid">Post
to</label>
        <select name="carousel-reblog-to-blog-id" id="carousel-reblog-to-blog-id">
            </select>

        <div class="submit">

```

```

        <span class="canceltext"><a href="#"
class="cancel">Cancel</a></span>
        <input type="submit" name="carousel-reblog-submit" class="button"
id="carousel-reblog-submit" value="Reblog Post">
        <input type="hidden" id="carousel-reblog-blog-id"
value="186044657">
        <input type="hidden" id="carousel-reblog-blog-url"
value="https://nutrijunction377586645.wordpress.com">
        <input type="hidden" id="carousel-reblog-blog-title" value="Nutri
Junction">
        <input type="hidden" id="carousel-reblog-post-url" value="">
        <input type="hidden" id="carousel-reblog-post-title" value="">
    </div>

    <input type="hidden" id="_wpnonce" name="_wpnonce"
value="a114626417"><input type="hidden" name="_wp_http_referer" value="/">
    </form>

    <div class="arrow"></div>
</div>
<link rel="stylesheet" id="all-css-0-2"
href="https://s0.wp.com/_static/??-eJyFj9EOgjAMRX/IWoiCvBg/xcAYS2FsZO0k/
r1DwBdNfOztvae3OE+gvBPtBCbDTlGE9PY6GCgsV4NjL2WqVYD2Prpo4AJ1OK26kIKHxXz
AX+QumgtMIkG3ZKQM7Bu8FRleZmdigs6PfMbvqFbYlgyepZeJXhQXr+ujJG2A9tDfFOTu3V
ODasAk1CPjn+EVQdfGRtP8/uwhK6jddUt8yrsijO/QvZrnJM?cssminify=yes" type="text/css"
media="all">
<script id="comment-like-js-extra">
var comment_like_text = {"loading":"Loading..."};
</script>
<script id="jetpack-carousel-js-extra">
var jetpackCarouselStrings = {"widths":
[370,700,1000,1200,1400,2000],"is_logged_in":"","lang":"en","ajaxurl":"https://
nutrijunction377586645.wordpress.com/wp-admin/admin-
ajax.php","nonce":"6f03e005a6","display_exif":"1","display_comments":"1","display_geo":"1","si
ngle_image_gallery":"1","single_image_gallery_media_file":"","background_color":"black","com
ment":"Comment","post_comment":"Post Comment","write_comment":"Write a
Comment...","loading_comments":"Loading Comments...","download_original":"View full size
<span class=\"photo-size\">{0}<span
class=\"photo-size-times\">\u00d7</span>{1}</span>","no_comment_text":"Please be sure to
submit some text with your comment.","no_comment_email":"Please provide an email address to
comment.","no_comment_author":"Please provide your name to
comment.","comment_post_error":"Sorry, but there was an error posting your comment. Please try
again later.","comment_approved":"Your comment was approved.","comment_unapproved":"Your
comment is in moderation.","camera":"Camera","aperture":"Aperture","shutter_speed":"Shutter
Speed","focal_length":"Focal
Length","copyright":"Copyright","comment_registration":"0","require_name_email":"1","login_url
":"https://nutrijunction377586645.wordpress.com/wp-login.php?redirect_to=https%3A%2F
%2Fnutrijunction377586645.wordpress.com%2F","blog_id":"186044657","meta_data":
["camera","aperture","shutter_speed","focal_length","copyright"],"local_comments_commenting_a
s":"<fieldset><label for=\"email\">Email (Required)</label> <input type=\"text\" name=\"email\"
class=\"jp-carousel-comment-form-field jp-carousel-comment-form-text-field\" id=\"jp-carousel-
comment-form-email-field\" \></fieldset><fieldset><label for=\"author\">Name

```

```

(Required)<\label> <input type=\"text\" name=\"author\" class=\"jp-carousel-comment-form-field
jp-carousel-comment-form-text-field\" id=\"jp-carousel-comment-form-author-field\"
V><\fieldset><fieldset><label for=\"url\">Website<\label> <input type=\"text\" name=\"url\"
class=\"jp-carousel-comment-form-field jp-carousel-comment-form-text-field\" id=\"jp-carousel-
comment-form-url-field\"
V><\fieldset>\", \"reblog\": \"Reblog\", \"reblogged\": \"Reblogged\", \"reblog_add_thoughts\": \"Add your
thoughts here... (optional)\", \"reblogging\": \"Reblogging...\", \"post_reblog\": \"Post
Reblog\", \"stats_query_args\": \"blog=186044657&v=wpcom&tz=5&user_id=0&subd=nutrijunction37
7586645\", \"is_public\": \"1\", \"reblog_enabled\": \"\"\"};
</script>
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pgvu06e4IcVRpN5bCkKuBRcKQxTj3JlmBqQmTL+B/olPILfVMPJ9QLPu/
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uLPMzHvSo+/dj2PzEZIOaAnpdjeouF42h/q/
bF6hYiz5BJpbldZUkpdviZRWWUzEW4t4uyQRkGGDnVpdhcK8x7eSlR9ONVV9dJ9ARkDxyM
=\"></script><div class=\"widget widget_eu_cookie_law_widget\" style=\"display: block;\">

</div>
<script type=\"text/javascript\">
( 'fetch' in window ) || document.write( '<script
src=\"https://s0.wp.com/wp-includes/js/dist/vendor/wp-polyfill-fetch.min.js?
m=1573572739h&#038;ver=3.0.0\"></scr' + 'ipt>' );( document.contains ) ||
document.write( '<script src=\"https://s0.wp.com/wp-includes/js/dist/vendor/wp-polyfill-node-
contains.min.js?m=1540208548h&#038;ver=3.42.0\"></scr' + 'ipt>' );( window.DOMRect ) ||
document.write( '<script src=\"https://s0.wp.com/wp-includes/js/dist/vendor/wp-polyfill-dom-
rect.min.js?m=1585663916h&#038;ver=3.42.0\"></scr' + 'ipt>' );( window.URL &&
window.URL.prototype && window.URLSearchParams ) || document.write( '<script
src=\"https://s0.wp.com/wp-includes/js/dist/vendor/wp-polyfill-url.min.js?
m=1585663916h&#038;ver=3.6.4\"></scr' + 'ipt>' );( window.FormData &&
window.FormData.prototype.keys ) || document.write( '<script
src=\"https://s0.wp.com/wp-includes/js/dist/vendor/wp-polyfill-formdata.min.js?
m=1550600082h&#038;ver=3.0.12\"></scr' + 'ipt>' );( Element.prototype.matches &&
Element.prototype.closest ) || document.write( '<script
src=\"https://s0.wp.com/wp-includes/js/dist/vendor/wp-polyfill-element-closest.min.js?
m=1540208548h&#038;ver=2.0.2\"></scr' + 'ipt>' );
</script>
<script>

/(trident|msie)/i.test(navigator.userAgent)&&document.getElementById&&window.addEventListen
er&&window.addEventListener(\"hashchange\",function(){var t,e=location.hash.substring(1);/^([A-
z0-9_-]+)$/.test(e)&&(t=document.getElementById(e))&&/(^(:a|select|input|button|textarea)$/
i.test(t.tagName)||((t.tabIndex=-1),t.focus()}),1);
</script>
<script type=\"text/javascript\">
// <![CDATA[
(function() {
try{
if ( window.external &&'msIsSiteMode' in window.external) {
if (window.external.msIsSiteMode()) {
var jl = document.createElement('script');

```



```

    jl.type='text/javascript';
    jl.async=true;
    jl.src='/wp-content/plugins/ie-sitemode/custom-jumplist.php';
    var s = document.getElementsByTagName('script')[0];
    s.parentNode.insertBefore(jl, s);
  }
}
} catch(e){}
})());
// ]]>
</script><script src="//stats.wp.com/w.js?61" type="text/javascript" async="" defer=""></script>
<script type="text/javascript">
  _tkq = window._tkq || [];
  _stq = window._stq || [];
  _tkq.push(['storeContext',
    {'blog_id':'186044657','blog_tz':'5','user_lang':'en','blog_lang':'en','user_id':'0'}]);
  _stq.push(['view',
    {'blog':'186044657','v':'wpcom','tz':'5','user_id':'0','post':'6','subd':'nutrijunction377586645'}]);
  _stq.push(['extra',
    {'crypt':'UE40eW5QN0p8M2Y/RE1mJVY3bm9aR3VCbS9mWm1pRyZuJS1LX1t5QmRXZzE3R
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    S45SmNEUWFIJUEuSEZIQTVYLVZKSTRvW01wSXhMdDdkb1RWWjMrXy8wUDR5ak5adCt
    HSWtPLE5lenBpSGxEZGJiVHImLyVsVzdPYjN2fDZBW3IsbjhUTE13NTBlP0pPRG0vdkV2PyZ
    vLD1JWS5UeWp5PVNkakFqOWtIQnZsdXNR'}]);
  _stq.push(['clickTrackerInit', '186044657', '6' ]);
</script>
<noscript></noscript>
<script>
if ( 'object' === typeof wpcom_mobile_user_agent_info ) {

    wpcom_mobile_user_agent_info.init();
    var mobileStatsQueryString = "";

    if( false !== wpcom_mobile_user_agent_info.matchedPlatformName )
        mobileStatsQueryString += "&x_" + 'mobile_platforms' + '=' +
wpcom_mobile_user_agent_info.matchedPlatformName;

    if( false !== wpcom_mobile_user_agent_info.matchedUserAgentName )
        mobileStatsQueryString += "&x_" + 'mobile_devices' + '=' +
wpcom_mobile_user_agent_info.matchedUserAgentName;

    if( wpcom_mobile_user_agent_info.isIPad() )
        mobileStatsQueryString += "&x_" + 'ipad_views' + '=' + 'views';

    if( "" !== mobileStatsQueryString ) {
        new Image().src = document.location.protocol + '//pixel.wp.com/g.gif?v=wpcom-no-
pv' + mobileStatsQueryString + '&baba=' + Math.random();
    }

}
}

```

</script>

<div class="comment-likes-overlay" style="display: none;"></div><script src="https://s0.wp.com/wp-content/mu-plugins/actionbar/actionbar.js?v=20201002" defer=""></script><div id="actionbar" class="actnbr-pub-mayland actnbr-has-follow"><li class="actnbr-btn actnbr-hidden"><svg class="gridicon gridicon__follow" height="24px" width="24px" xmlns="http://www.w3.org/2000/svg" viewBox="0 0 24 24"><g><path d="M23 16v2h-3v3h-2v-3h-3v-2h3v-3h2v3h3zM20 2v9h-4v3h-3v4H4c-1.1 0-2-.9-2-2V2h18zM8 13v-1H4v1h4zm3-3H4v1h7v-1zm0-2H4v1h7V8zm7-4H4v2h14V4z"></path></g></svg>Follow<svg class="gridicon gridicon__following" height="24px" width="24px" xmlns="http://www.w3.org/2000/svg" viewBox="0 0 24 24"><g><path d="M23 13.482L15.508 21 12 17.4l1.412-1.388 2.106 2.188 6.094-6.094L23 13.482zm-7.455 1.862L20 10.89V2H2v14c0 1.1 9 2 2h4.538l4.913-4.832 2.095 2.176zM8 13H4v-1h4v1zm3-2H4v-1h7v1zm0-2H4V8h7v1zm7-3H4V4h14v2z"></path></g></svg>Following<div class="actnbr-popover tip tip-top-left actnbr-notice"><div class="tip-arrow"></div><div class="tip-inner actnbr-follow-bubble"><li class="actnbr-sitename actnbr-hidden"> Nutri Junction<li class="actnbr-login-nudge actnbr-hidden"><div>Already have a WordPress.com account? Log in now.</div></div><li class="actnbr-ellipsis actnbr-hidden"><svg class="gridicon gridicon__ellipsis" height="24" width="24" xmlns="http://www.w3.org/2000/svg" viewBox="0 0 24 24"><g><circle cx="5" cy="12" r="2"></circle><circle cx="19" cy="12" r="2"></circle><circle cx="12" cy="12" r="2"></circle></g></svg><div class="actnbr-popover tip tip-top-left actnbr-more"><div class="tip-arrow"></div><div class="tip-inner"><li class="actnbr-sitename actnbr-hidden"> Nutri Junction<li class="actnbr-folded-customize actnbr-hidden"><svg class="gridicon gridicon__customize" height="20px" width="20px" xmlns="http://www.w3.org/2000/svg" viewBox="0 0 24 24"><g><path d="M2 6c0-1.505.78-3.08 2-4 0 .845.69 2 2 1.657 0 3 1.343 3 3 0 .386-.08.752-.212 1.09.74.594 1.476 1.19 2.19 1.81L8.9 11.98c-.62-.716-1.214-1.454-1.807-2.192C6.753 9.92 6.387 10 6 10c-2.21 0-4-1.79-4-4zm12.152 6.848l1.34-1.34c.607.304 1.283.492 2.008.492 2.485 0 4.5-2.015 4.5-4.5 0-.725-.188-1.4-.493-2.007L18 9l-2-2 3.507-3.507C18.9 3.188 18.225 3 17.5 3 15.015 3 13 5.015 13 7.5c0 .725.188 1.4.493 2.007L3 20l2 2 6.848-6.848c1.885

1.928 3.874 3.753 5.977 5.4511.425 1.148 1.5-1.5-1.15-1.425c-1.695-2.103-3.52-4.092-5.448-5.977z" data-reactid=".2.1.1:0.1b.0"></path></g></svg>Customize
<li class="actnbr-folded-follow actnbr-hidden"><svg class="gridicon gridicon__follow" height="24px" width="24px" xmlns="http://www.w3.org/2000/svg" viewBox="0 0 24 24"><g><path d="M23 16v2h-3v3h-2v-3h-3v-2h3v-3h2v3h3zM20 2v9h-4v3h-3v4H4c-1.1 0-2-.9-2-2V2h18zM8 13v-1H4v1h4zm3-3H4v1h7v-1zm0-2H4v1h7V8zm7-4H4v2h14V4z"></path></g></svg>Follow<svg class="gridicon gridicon__following" height="24px" width="24px" xmlns="http://www.w3.org/2000/svg" viewBox="0 0 24 24"><g><path d="M23 13.482L15.508 21 12 17.411.412-1.388 2.106 2.188 6.094-6.094L23 13.482zm-7.455 1.862L20 10.89V2H2v14c0 1.1.9 2 2 2h4.538l4.913-4.832 2.095 2.176zM8 13H4v-1h4v1zm3-2H4v-1h7v1zm0-2H4V8h7v1zm7-3H4V4h14v2z"></path></g></svg>Following
<li class="actnbr-signup actnbr-hidden">Sign up
<li class="actnbr-login actnbr-hidden">Log in
<li class="actnbr-shortlink actnbr-hidden">Copy shortlink
<li class="flb-report actnbr-hidden">Report this content
<li class="actnbr-subscriptions actnbr-hidden">Manage subscriptions
<li class="actnbr-fold actnbr-hidden">Collapse this bar
</div>

</div></body></html>

References :

- SL3 Lab Manual
- **WordPress Tutorial:**
 1. <https://blog.hubspot.com/marketing/wordpress-website> - Published Oct 3, 2019
 2. <https://www.wpbeginner.com/guides/> - Published Nov 3, 2020
 3. <https://wpbuffs.com/edit-source-code-in-wordpress/>
- **Posts and Recipes :**
 1. <https://runningonrealfood.com/>
 2. <https://www.afpafitness.com/blog/top-7-holistic-nutrition-blogs>