

## **BEST DIET FOOD RECIPES**



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### **Raw dog food Raw diet Raw dog food recipes Feeding Raw**

Here I am, standing in the middle of my front yard, holding a huge dish of frozen raw sardines, "like a flower lady," as my friend said, surrounded by a pack of German Shepherd puppies of all ages. Like it wouldn't be easier to just give everyone some dry dog food, which is researched and perfectly balanced, just for dogs, right?

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### **Best Sweet Potato Recipes Cooking Light**

Sweet potatoes and potatoes are as closely related as onions and asparagus in the same botanical order, different families. Sweet potatoes are true root vegetables, an enlarged section of the root used by the plant to store energy, while potatoes are stem tubers, formed from the stem of the plant.

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### **The Best 30 Day Vegetarian Diet Plan EatingWell**

Incorporating more vegetarian meals into your weekly routine is a great way to boost your health. Eating more plant-based foods and less meat has been shown to reduce your risk of heart disease, type-2 diabetes and even certain types of cancer. Plus, going meatless has environmental benefits. Whether you're already vegetarian or trying to cut down on meat, this vegetarian diet meal plan makes

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