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I found it frustrating that the book would present dinner meal recipes with different servings for each item.

Example, one meal suggestion was a glazed pork chop recipe for 4, rice and noodle pilaf recipe for six, roasted acorn squash for recipe for 8., and steamed carrots for six.

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HCG Diet Recipes, Menu & Meal Ideas. Discover some creative meal ideas and recipes while doing the HCG Diet

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