

EASY DIET RECIPES



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25 Clean Eating Recipes for Weeknights Cooking Light

Simple, high quality ingredients are the key to putting nutritious, clean meals on the table fast. In this recipe, lean steaks are quickly broiled, then topped with sweet and sour onions. Beef tenderloin is naturally high in protein and is a good source of iron, B12, B6, and niacin.

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Easy to prep, and filled with rich chocolate-hazelnut flavor, this vegan dessert is perfect for anyone following a special diet or simply trying to clean their eating habits up a bit.

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20 Easy And Healthy Dinner Ideas Eat This Not That

This recipe relies on canned beans and a combination of frozen and no-chop veggies which keeps prep time to a quick 10-minutes. And after 20-minutes in the oven, this fiber and protein-rich one-dish wonder is ready to make its dinner table debut. Get the recipe from Savory Simple.

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Easy Recipes for a Balanced Diet Real Simple

The healthiest diet adheres to some sensible and straightforward guidelines: Eat more fruits, vegetables, and whole grains, and eat less meat. These recipes will help you happily comply through breakfast, lunch, and dinner.

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Best Keto Diet Recipes Easy Ketogenic Friendly Foods

15 Keto-Friendly Recipes You Can Make In Your Slow-Cooker When you want to eat healthy but have zero time to spend cooking. By Sienna Fantozzi and Madison Flager

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36 Super Easy Healthy Dinner Recipes For Weight Loss

A.k.a., making super-easy (healthy!) dinners some nights when you want something fast and fresh; then preparing others in advance when you just DGAF about cooking.

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