



Latest Recipe




SOUP & CHILI

Lorem ipsum dolor



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how many protein in plants?

let's find out!

#tofu


#almonds

#lentils

#quinoa


#broccoli

Lastest Article




TRAVEL

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COOKING TRICKS

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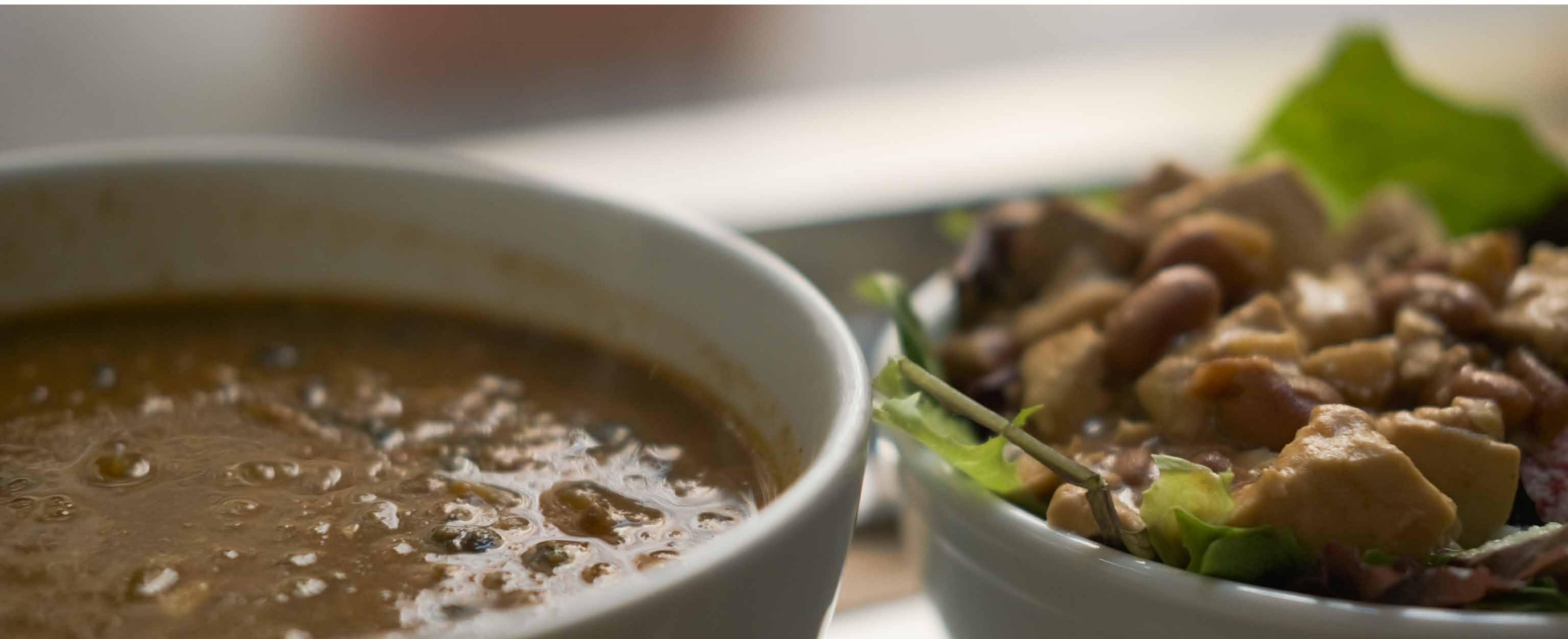
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## Tofu Bowl

★★★★★

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PREP  
15mins

COOK  
45mins

TOTAL  
60mins

NUTRITION PER SERVING

KCAL  
500kcal

FAT  
18g

CARBS  
18g

PROTEIN  
18g

## Ingredients

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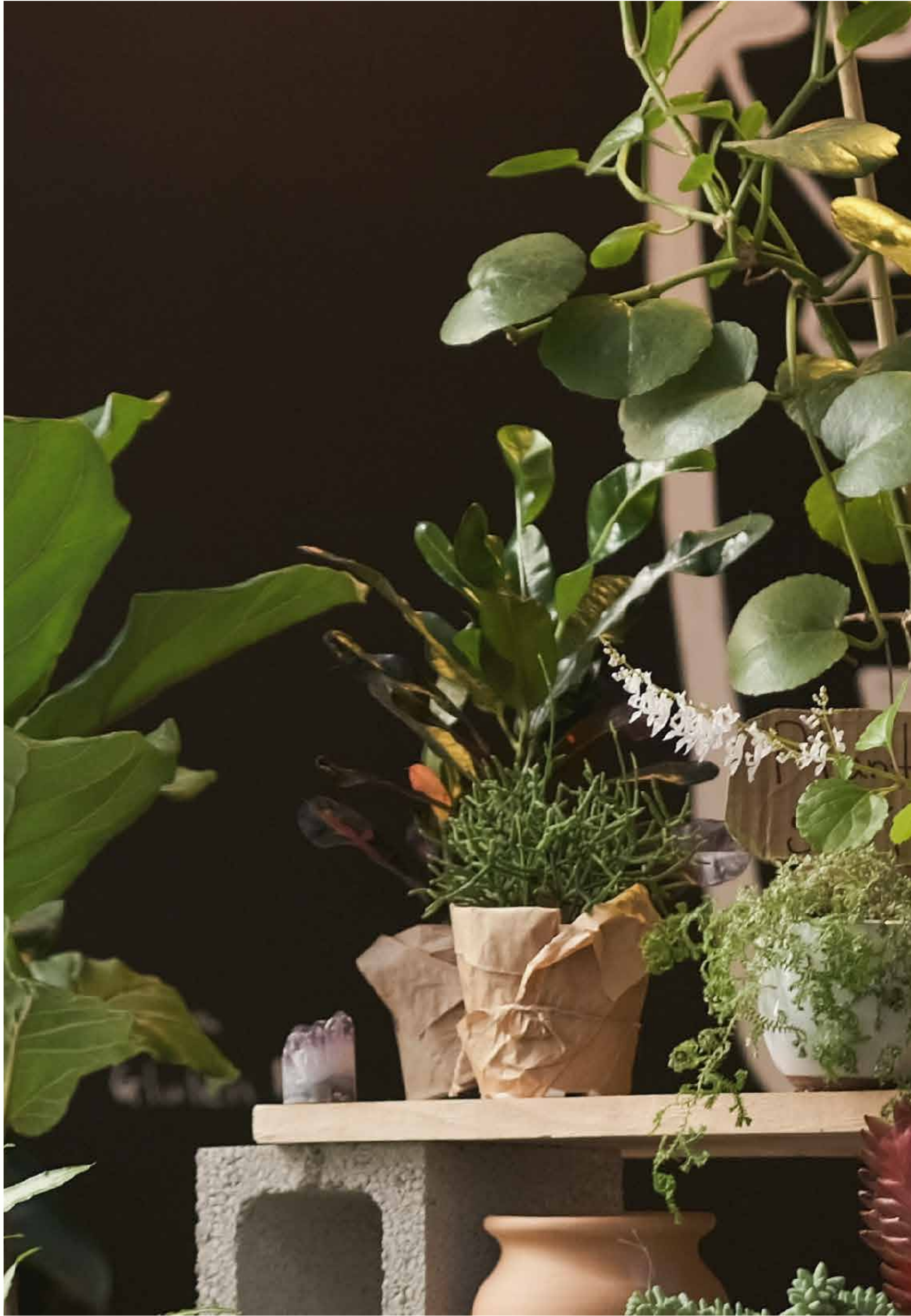
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## Methods

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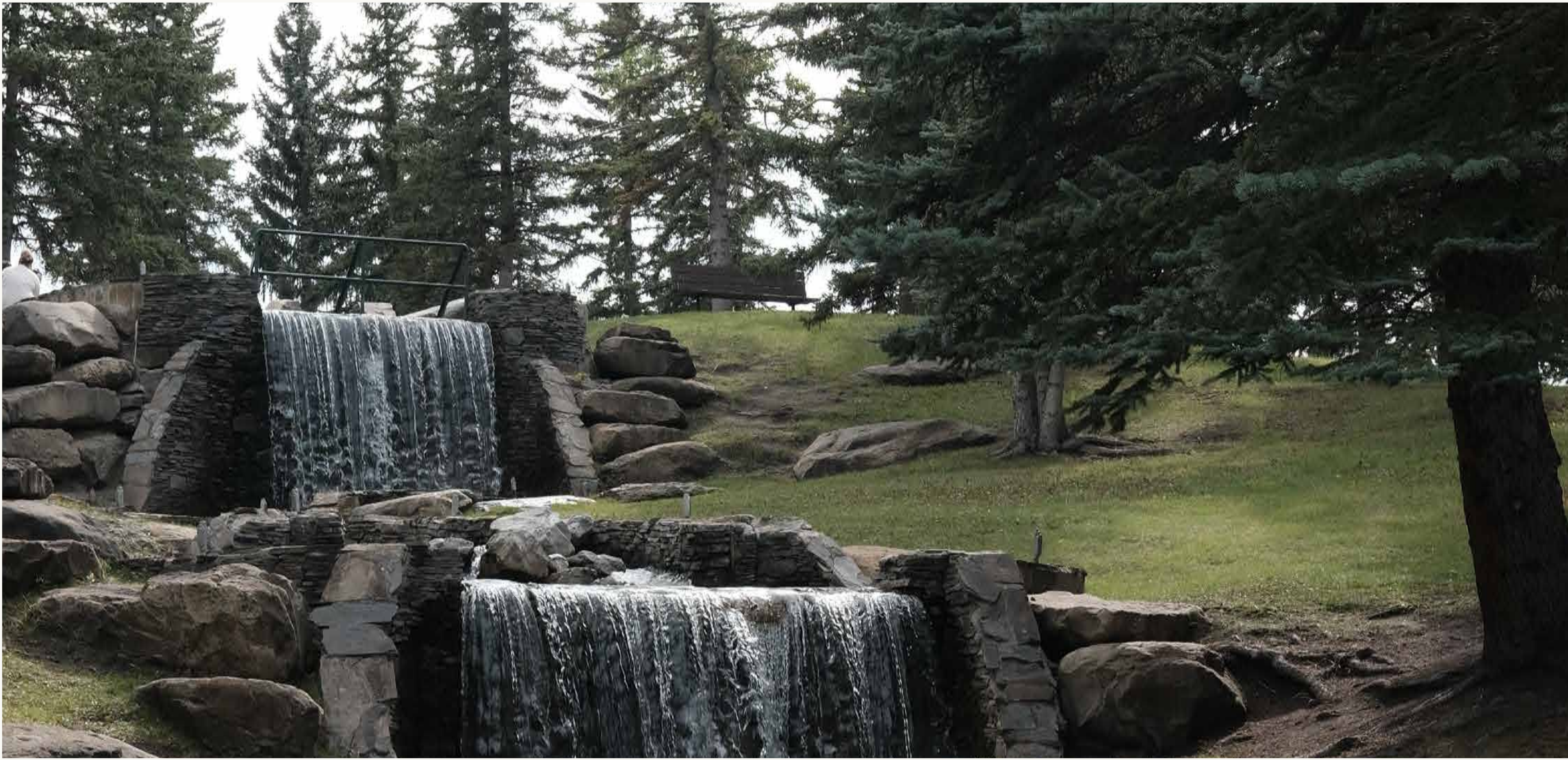
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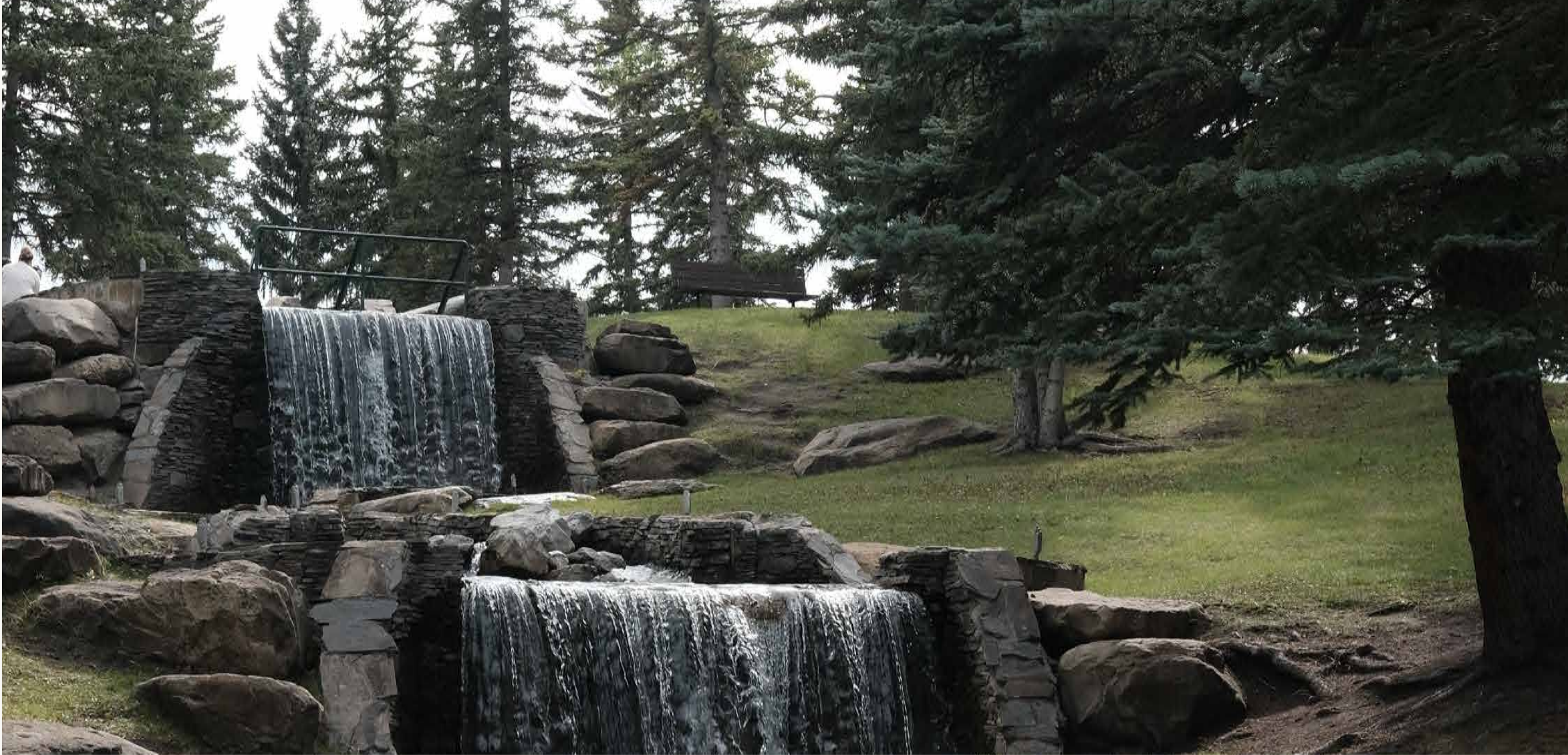
## Hi, I am Joanna

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