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I feel intrigued

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World Grub

Emergency Meal

This is all I have - help !!!!

Text input

Text input

Text input

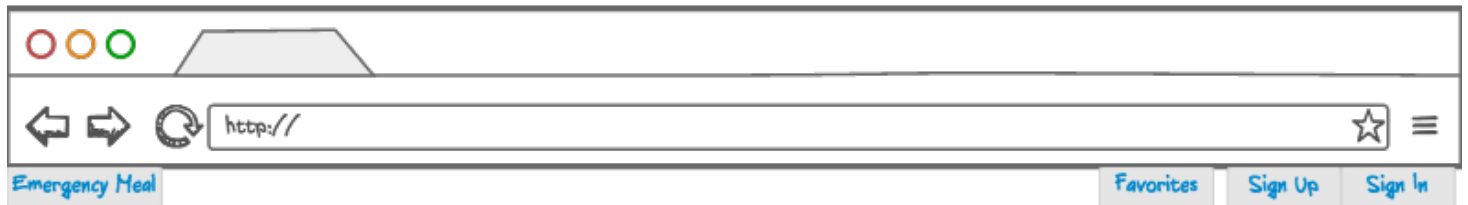
Text input

Do the Magic

Text input

Text input



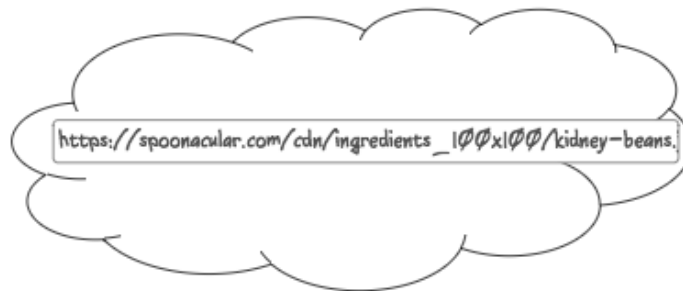


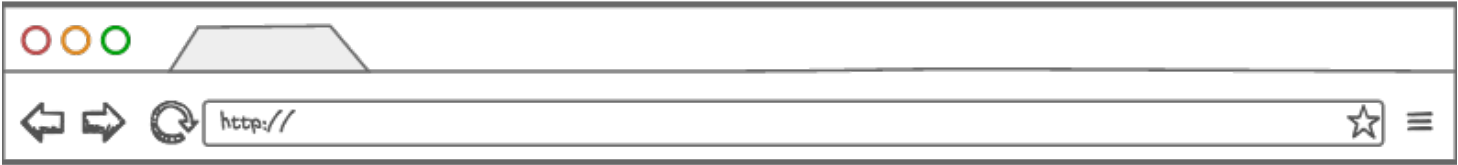
World Grub

I am feeling intrigued about ...

how much calcium in a can of beans?

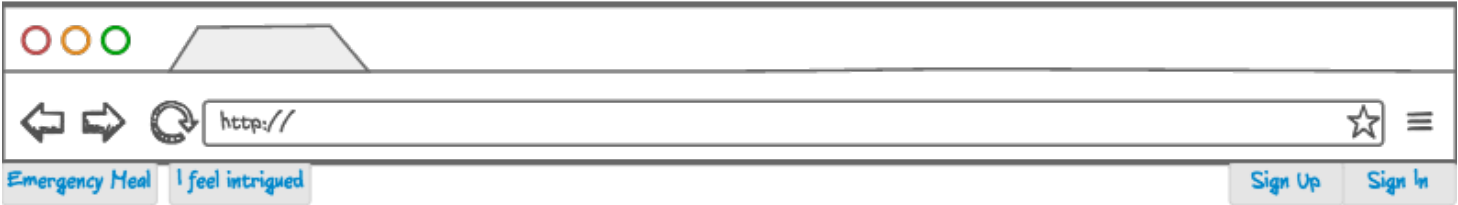
In 1 can beans, there are 0.28 mg of Calcium. This amount covers 0% of your daily needs of Calcium.










Tables

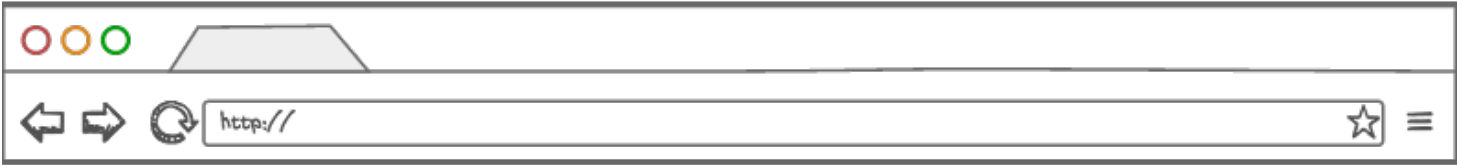




World Grub

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OM

User
email
password
user_id

Recipe
recipe_id
title
image_url
Description

Directions
recipe_id
Steps

Ingredients
recipe_id
name
amount
Description

MealHelper
ingredients
recipe_id

NutritionQuestion
question
answer