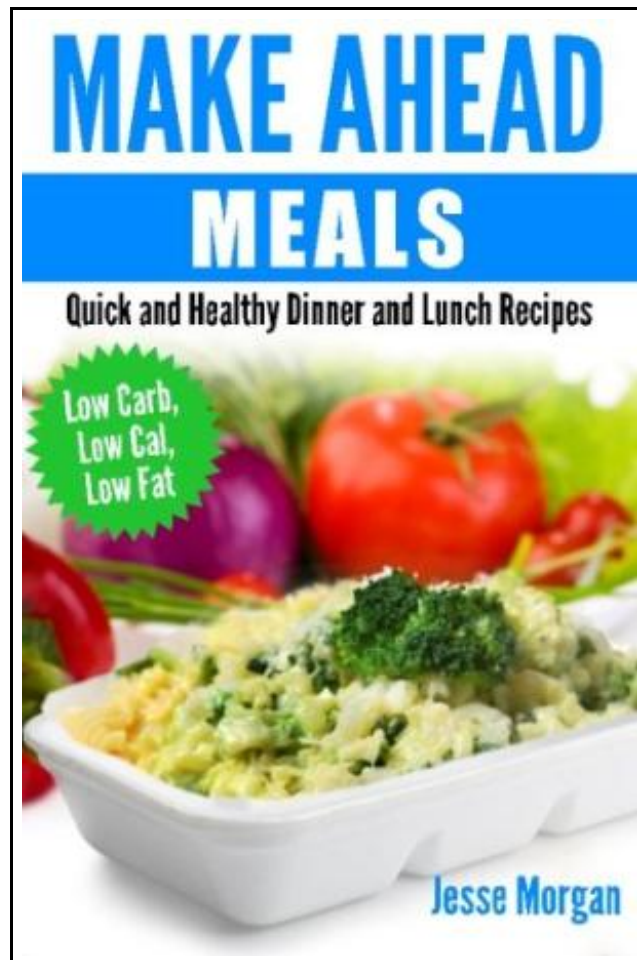


## Make Ahead Meals: Quick and Healthy Dinner and Lunch Recipes: Low Carb, Low Cal, Low Fat



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