

BEFORE



2 CUPS ARUGULA
HUMMUS
8oz GRILLED CHICKEN
1/2 RED ONION
2-3 FLATBREAD

GRAPE TOMATOES
1 CUCUMBER
2-3 TBSP BALSAMIC VINEGAR
FETA CHEESE

AFTER



270 CALS EACH
27g C | 18g P | 10g F

Manual Healthy Recipes

E Durkheim



Manual Healthy Recipes:

Ignite the flame of optimism with is motivational masterpiece, **Manual Healthy Recipes** . In a downloadable PDF format (Download in PDF: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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