

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

L Cohen



Manual Healthy Recipes:

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, Stories of Fearlessness: **Manual Healthy Recipes** . In a downloadable PDF format (Download in PDF: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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