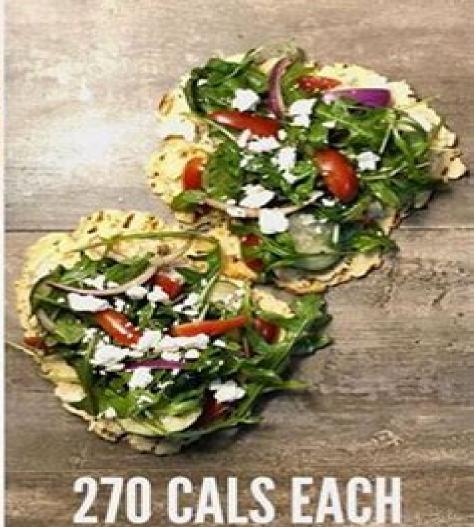
## BEFORE



2 CUPS ARUGULA HUMMUS 802 GRILLED CHICKEN 1/2 RED ONION 2-3 FLATBREAD GRAPE TOMATOES
1 CUCUMBER
2-3 TBSP BALSAMIC VINEGAR
FETA CHEESE

# **AFTER**



27g C | 18g P | 10g F

### **Manual Healthy Recipes**

**Chao Zhang** 



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