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of its indulgent
original. Soups,
salads, snacks and
sweet treats are all
covered, as well as
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sleep, loads more
energy and
improved overall
health.... These are
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test kitchen to
create three diet
plans. Each one
targets a different
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your best to
boosting immunity
and improved
digestion, as well as
an entirely
vegetarian option.
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delicious meals that
look and taste just
like your favorite
indulgent originals.
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pesto spaghetti;
jicama becomes
shoestring fries;
sweet potatoes lay
the foundation for
fried rice; plantains
transform into
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Ali ' s recipes for breakfast, snacks, appetizers, sandwiches, soups, salads, casseroles, rices, pastas, and even desserts are easy to follow, hard to mess up, healthful, and completely fresh and flavorful. Best of all, she tells you

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