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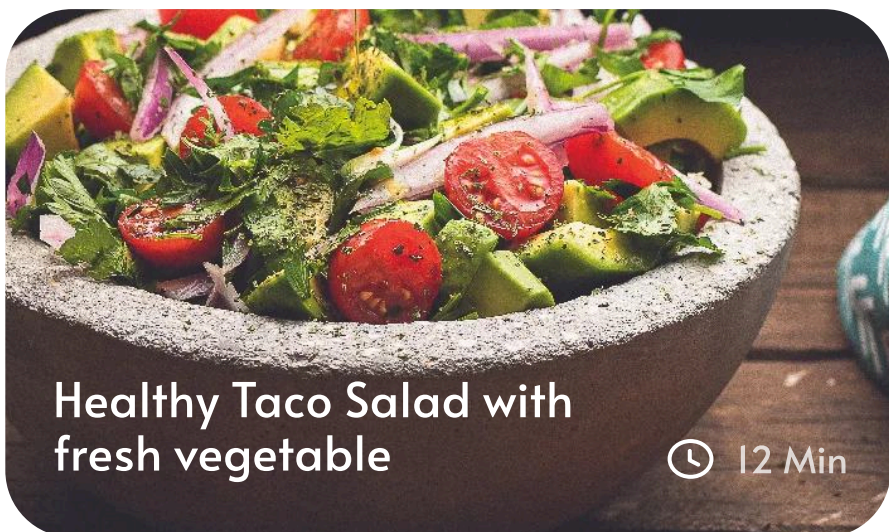
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Featured



Healthy Taco Salad with
fresh vegetable

 12 Min

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Healthy Taco Salad
with fresh vegetable

 120 Kcal •  20 Min



Japanese-style
Pancakes Recipe

 64 Kcal •  12 Min





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Healthy Taco Salad with fresh vegetable

🔥 120 Kcal • ⌚ 20 Min



Japanese-style Pancakes Recipe

🔥 64 Kcal • ⌚ 12 Min

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Healthy Taco Salad with fresh vegetable

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Japanese-style Pancakes Recipe

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Dinner

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Breakfast

Breakfast



Healthy Taco Salad with fresh vegetable

🔥 120 Kcal • ⌚ 20 Min



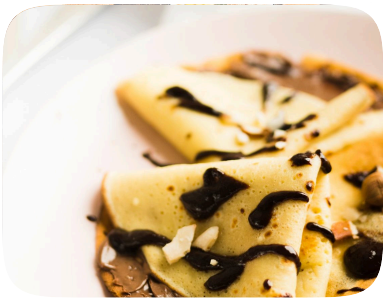
Japanese-style Pancakes Recipe

🔥 64 Kcal • ⌚ 12 Min



Healthy Taco Salad with fresh vegetable

🔥 120 Kcal • ⌚ 20 Min



Japanese-style Pancakes Recipe

🔥 64 Kcal • ⌚ 12 Min



Healthy Taco Salad

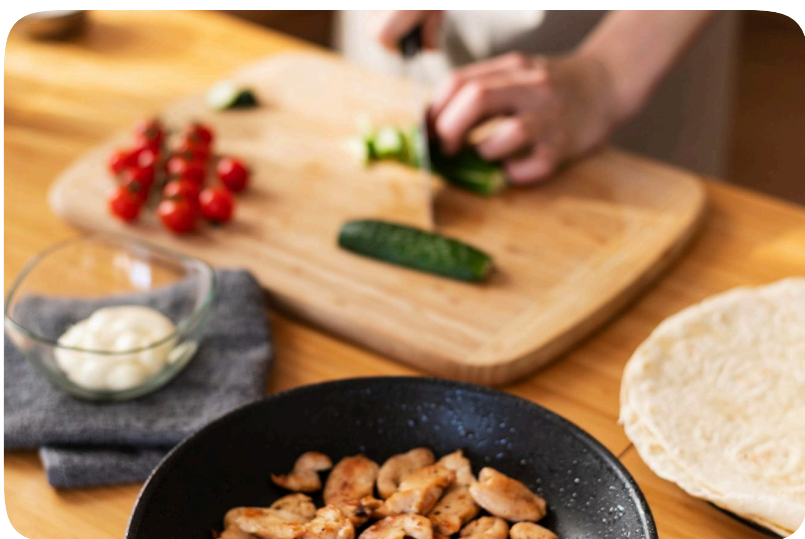


Japanese-style





Healthy Taco Salad



Pasta with Tomato Sauce and Vegetables

Ingredients:

- 250 grams of pasta (whole wheat pasta is preferred for its nutritional value)
- 2 tablespoons of olive oil
- 3 cloves of garlic, minced
- 1 medium-sized onion, diced
- 2 medium-sized tomatoes, diced
- 1/2 cup of red bell pepper, sliced
- 1/2 cup of green bell pepper, sliced

Nutritional Properties

Calories: 58

Fat: 98

Carbohydrates: 78

people



1



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Easy homemade
beef burger

★★★★☆



Half boiled egg
sandwich

★★★★☆



Fried tomatoes
mixed with egg

★★★★☆



Sunny side up with
avocado

★★★★☆



Sandwich with
strawberry jam

★★★★☆





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Pancakes Recipe



Healthy Taco Salad

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Easy homemade
beef burger



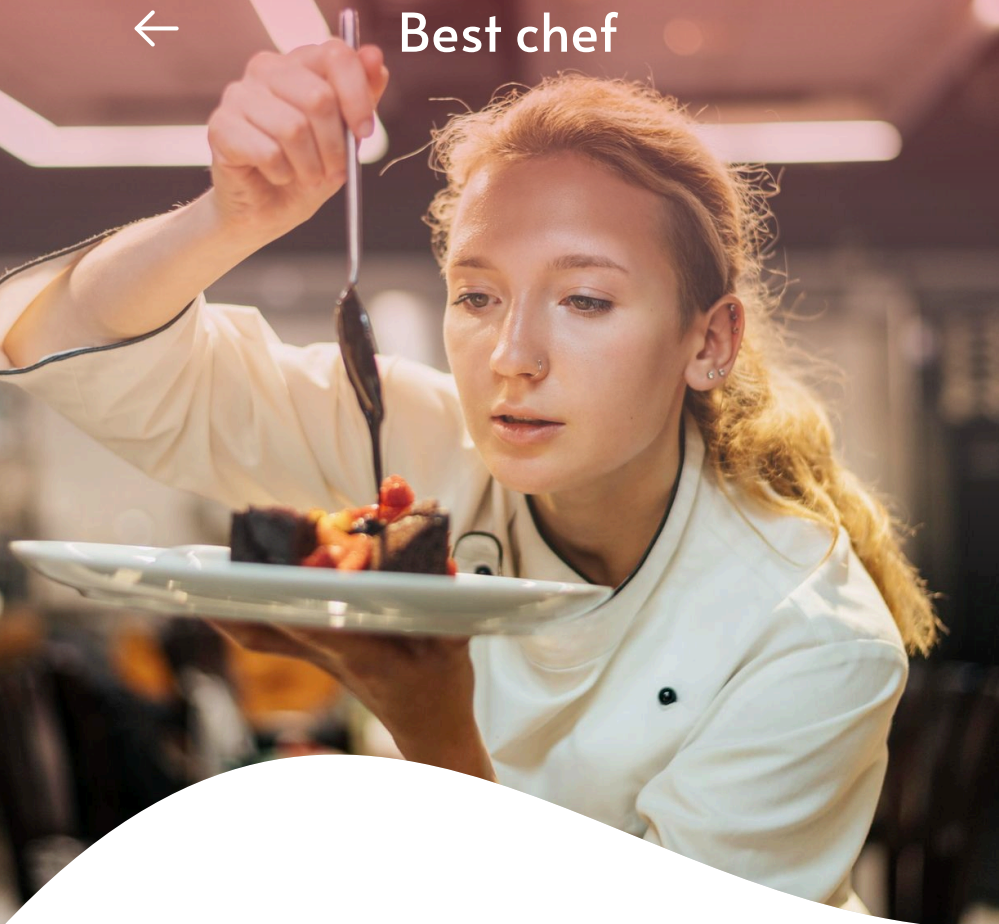
Blueberry with egg
for breakfast



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Best chef



01

Hours

20

Minutes

11

Seconds

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