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nutritionally balanced recipes for the foods you crave lasagna tacos barbecue curries stews and much more that s all only 200 to 400 calories per serving plant based and packed with nutrients low in saturated fat and sugar high in fiber drop dead delicious you ll also find lots of gluten free and soy free options the best part dinner can be on the table in less than 30 minutes so ditch those diet shakes skip that lemonade cleanse and fight for your right to eat something satisfying now you can look better feel better and have more energy while eating the food and portions you deserve

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