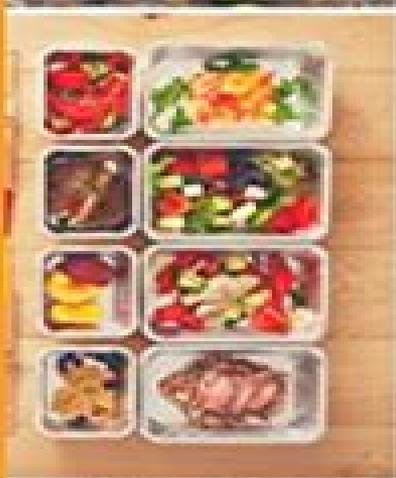




MEAL PREP

THE ESSENTIAL BEGINNER'S GUIDE
QUICK AND EASY MEAL PREPING FOR
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