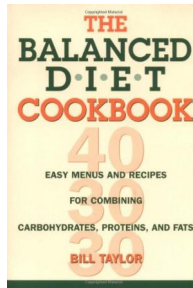


## The Balanced Diet Cookbook: Easy Menus and Recipes for Combining Carbohydrates, Proteins and Fats



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