

BEFORE



2 CUPS ARUGULA
HUMMUS
8oz GRILLED CHICKEN
1/2 RED ONION
2-3 FLATBREAD

GRAPE TOMATOES
1 CUCUMBER
2-3 TBSP BALSAMIC VINEGAR
FETA CHEESE

AFTER



270 CALS EACH
27g C | 18g P | 10g F

Manual Healthy Recipes

Marcel A. Müller

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Manual Healthy Recipes:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, Tender Moments: **Manual Healthy Recipes** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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