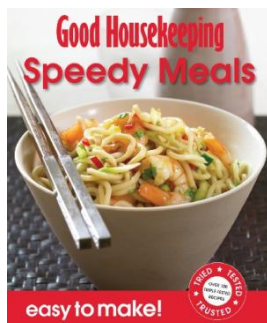


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## SPEEDY MEALS: OVER 100 TRIPLE-TESTED RECIPES



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