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Nutrition Guide Menu May Vary By Location. = FEATURED BEVERAGE. Iced Drinks Calories Calories From Fat Total Fat (G) Saturated Fat (G) Trans Fat (G) Cholesterol (MG) Sodium (MG) Carbohydrates (G) Fiber (G) Sugar (G) Protein (G) Iced Coffee SM 16oz 5 0 0 0 0 0 0 1 0 0 0 MED 20oz 5 0 0 0 0 0 0 1 0 0 0 Jan 2th, 2024

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When You Make The Decision To Be Healthier, By Cutting Gluten, Sugar And Dairy From Your Diet, Your Body Responds Immediately. You Feel Lighter, Tighter, And Energetic. You Grow Accustomed To Breakfasts Of Eggs, Meat, Nuts And Berries...until One Day You Have An Intense Craving For Blueberry Muffins. That's When This Recipe Saves The Day Mar 6th, 2024

### **FAT BURNING RECIPES**

1 Hot Chili Pepper, Chopped 1 Tsp Grated Fresh Ginger ½ Head Cabbage 2 Garlic Cloves, Minced 2 TBSP Soy Sauce, Low Sodium 2 Tsp Sunflower Oil Sprinkle Fish With Chili Pepper, Ginger And Salt. Steam Cabbage For 5 Minutes. Lay Fish On Top Of The Cabbage And Steam For 5 More Minutes, Until Cooked Thoroughly. While Jan 14th, 2024

### **The Green Smoothie Bible 300 Delicious Recipes**

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