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Phase 4 Option: Add Cooked Lentils Or Red Kidney Beans And/or Cooked Ground White Poultry Meat. Gourmet Sandwich Pockets (Phase 1 Compatible) (Equivalent To 1 Ideal Protein Diet Food. Yield: 1 Serving) Ingredients: • 1 Ideal Protein Diet Orange Pancake • 2 Pinches Salt • 1/8 Tsp Dried Basil • 75 - ... Jan 1th, 2024

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