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#### SHAKE RECIPES Kasia's Green Drink

1. In A Large Stock Pot, Add The Turkey Broth, Turkey Carcass, Whole Carrot, Whole Celery Stock, Halved Onion And One Bay Leaf. Bring To A Boil And Simmer For About 1 1/2 Hours. 2. Remove The Large Bones And Carcass From The Broth. Strain The Mixture Through A Fine Mesh Sieve 9th, 2024

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### Tasty And Healthy- Heart Healthy Filipino Recipes

1. Thoroughly Clean Fish. Remove Scale And Gills, And Wash Thoroughly. Drain And Set Aside. 2. Slice The Raw Fish Into Six Pieces 3. Heat Corn Oil In Frying Pan. 4. Place The Flour Into A Bowl Or Plastic Bag Place The Raw Fish I 19th, 2024

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5. Go Lean With Protein. Eat Lean Or Low-fat Meat, Chicken, Turkey And Fish. Also, Eat More Beans And Peas. Add Chick Peas, Nuts Or Seeds To A Salad; Pinto Beans To A Burrito; Or Kidney Beans To Soup. 6. Change Your Oil. We All Need Oil. Get Yours From Fish, Nuts And Liquid Oils Such As Co 5th, 2024

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