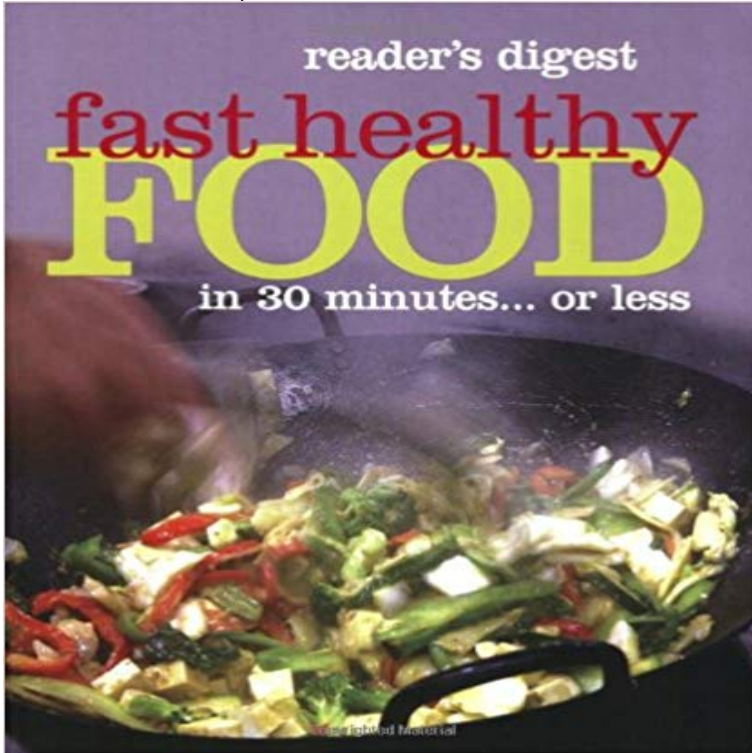


## Fast Healthy Food: in 30 Minutes... or Less



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