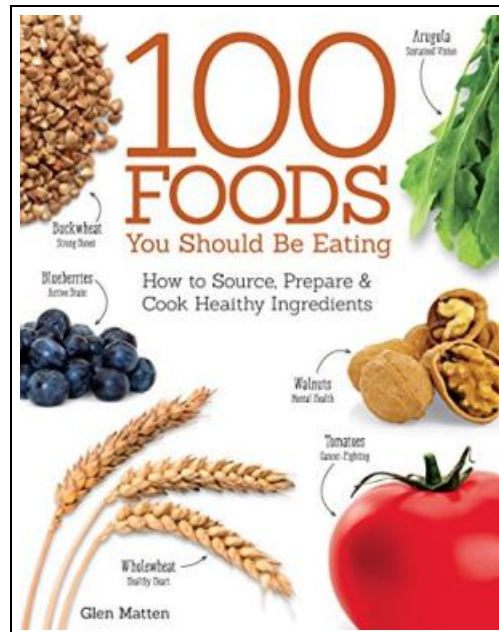


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## 100 FOODS YOU SHOULD BE EATING: HOW TO SOURCE, PREPARE AND COOK HEALTHY INGREDIENTS

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