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Tue, 09 Oct 2018 21:21:00 GMT - This section provides recipes that are suitable for older people who are cooking for one or two people. The recipes use readily available ingredients and are quick and easy to prepare as well as being nutritious and delicious!

### **Recipes - Senior Chef -**

Wed, 19 Sep 2018 20:18:00 GMT - Need a jump-start in the kitchen? Easy Vegan Recipes is a brand new edition of our best meal inspiration for breakfast, lunch, dinner, and dessert! We've kept in mind the culinary novice, so these recipes are simple to follow.

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Tue, 09 Oct 2018 00:21:00 GMT - The ketogenic diet has been gaining a lot of attention of late, and rightly so. Keto recipes are generally high fat and low carbs. This puts your body into a state of ketosis which essentially means that your body burns fat for energy instead of carbs.

### **121 Keto Dinner Recipes (Low Carb Dinners) - Fitness Crest -**

Wed, 10 Oct 2018 22:24:00 GMT - Vegetarian recipes and nutrition information dedicated to educating the public on vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger.

### **The Vegetarian Resource Group (VRG) -**

Wed, 18 Apr 2012 09:52:00 GMT - Easy, healthy, gluten free vegan recipes made in a blender.

### **The Blender Girl | The Blender Girl -**

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### **Easy Weekly Meal Plan | Whole Foods Market -**

Wed, 10 Oct 2018 13:49:00 GMT - COK's 20-page guide to the whys and hows of vegan eating shows just how fun and easy cruelty-free eating can be. This magazine-sized publication includes detailed information on the hidden cruelties of factory farming and its toll on the environment, as well as how vegan diets can protect us against many common ailments.

### **Compassion Over Killing Merchandise and Literature -**

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