

# Proper Healthy Food Hearty Vegan And Vegetarian Recipes For Meat Lovers

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\* Heat up leftover pizza, pasta, or Chinese food from last night's dinner \* Make a peanut butter and honey, grilled cheese, tuna, or turkey sandwich \* Pop a baked potato in the microwave for 5-10 minutes; top with chopped veggies (frozen ones are quickest) and melted cheese, canned chili, or hearty ...

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