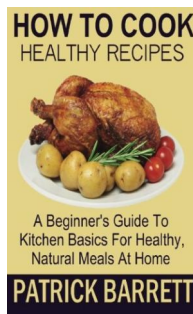


## How to Cook Healthy Recipes: A Beginner s Guide to Kitchen Basics for Healthy, Natural Meals at Home



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