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Depending on the sweetener, this healthy green St. Patrick s Day recipe has 205 calories, 21 grams of protein, 14 grams of sugar, 5 grams of fiber. For those who want to add a little extra green to their shamrock shake, add a handful of baby spinach. This recipe is provided by Sunwarrior.

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Healthy and flavorful. Oven roasted chicken breasts and rainbow veggies are tender & juicy and ready in 15 minutes. Oven roasted chicken breasts and rainbow veggies are tender & juicy and ready in 15 minutes.

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Reminiscent of Funfetti birthday cake, this healthy popcorn recipe is a fun twist on a favorite sweet treat. Melted white chocolate and rainbow sprinkles coat microwave popcorn for an easy 10-minute dessert or snack.

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A really useful way to help you stay fit is to keep a log of the food you eat each day. By recording what you eat each day, you'll keep track of your calories, and you'll also be able to pick up on which foods you like or don't like.

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Healthy Eating The Daily Meal

Welcome to the Healthy Eating page at The Daily Meal. Stop here for all inquiries and food questions

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