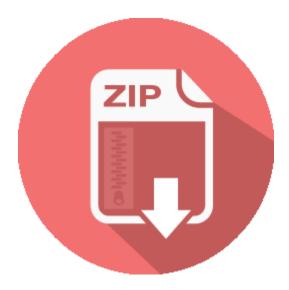
# **DIET FOOD MEALS**



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Your diet regimen ought to include great deals of copper, zinc as well as healthy protein which you can get from foods like fish, eggs as well as environment-friendly leafy veggies. Also ensure that you remain moistened by drinking great deals of water.

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They are meant to be folded into flatbread as an accompaniment to a meal (or sometimes as the meal itself). This salad is a riff on that, with pomegranate seeds and cucumbers mixed in. This salad is a riff on that, with pomegranate seeds and cucumbers mixed in.

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