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Not only is a sandwich easy to throw together and simple to pack up, they also taste amazing and could be made with pretty much any ingredients sitting in your fridge. To build up a creation that will have your taste buds dancing, all it takes are a couple slices of bread and fillings, some guidance from these recipes, and your imagination. So, get excited for the lunch hour to roll around

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Give your turkey on wheat a taste transformation with 13 healthy sandwich and wrap recipes. And because the sandwich is so simple, it's easy to experiment using a variety of veggie toppings

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