

HEALTHY FILLING RECIPES



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At the beginning of 2014, I posted a 50 Detox Smoothie and Juice Recipes roundup, which you all slurped down so hard, I barely knew what hit me. So this year, I figured I would give you some ideas for healthy entree salads that can be devoured any time of year.

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For a quick but filling meal, fill whole-wheat tortillas with low-sodium ham and Swiss cheese. Sliced apple adds sweetness while mustard gives it kick.

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