

**Recipe** \_\_\_\_\_

**Calorie Level** \_\_\_\_\_

**Ratio** \_\_\_\_\_

**Ingredients:**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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**Ratio** \_\_\_\_\_

**Ingredients:**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Directions:**

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