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Remove Scale And Gills, And Wash Thoroughly. Drain
And Set Aside. 2. Slice The Raw Fish Into Six Pieces 3.
Heat Corn Oil In Frying Pan. 4. Place The Flour Into A
Bowl Or Plastic Bag Place The Raw Fish I Mar 9th,
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Healthy Habits For Healthy Kids - CLOCC | Creating Healthy ...5. Go Lean With Protein. Eat Lean Or Low-fat Meat, Chicken, Turkey And Fish. Also, Eat More Beans And Peas. Add Chick Peas, Nuts Or Seeds To A Salad; Pinto Beans To A Burrito; Or Kidney Beans To Soup. 6. Change Your Oil. We All Need Oil. Get Yours From Fish, Nuts And Liquid Oils Such As Co Jan 6th, 2024

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