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Morning Barley 4 Lunch Pesto Chicken Salad Sandwich With Italian Arugula Salad 8
Snacks Grapes, 2 Oz Low-fat Cheddar, 7 Almonds 3 Deviled Eggs With Capers And
Dill 0 Dinner Chickpea And Spinach Stew Served Over Whole-wheat Couscous 1
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