

BLOOMPARENTIFY QUICK-LUNCH COOKBOOK

Healthy, Delicious Meals for Moms
– in 15 Minutes or Less

*Because moms deserve easy, healthy meals
—even on the busiest days.*



BloomParentify | Designed with love for real moms.





Balance in Bloom

*Where motherhood
meets mindful work.*

Part of the Balanced
Working Mom Collection

 BloomParentify



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Disclaimer

This guide provides general wellness guidance and easy meal ideas. It is not medical or nutritional advice.

Always consult a qualified health professional before making changes to your diet, especially if you:

- are pregnant or breastfeeding
- have allergies or a medical condition
- are on prescribed medication

Ingredients, prep times, cook times & nutrition estimates may vary.

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Hey Super Mom!

Your time is precious. Your energy matters.

And feeding your family well shouldn't feel like a full-time job. This cookbook was created for busy working moms who want:

- ✓ Quick, nourishing meals
- ✓ No-stress lunch ideas
- ✓ Healthy fuel for your workday
- ✓ Less time in the kitchen — more time living

Inside, you'll find 50 delicious meals that take 15 minutes or less, with:

- 🥗 Balanced nutrition
- 🕒 Fast prep & cook time
- 💡 Smart “Mom Hacks”
- 🛒 Simple grocery lists
- 🧠 No fancy techniques — just real food

You've got this, Mama 💛
BloomParentify.

Let's make lunch easy, healthy, doable — even on the busiest days.



How to Use This Cookbook

The 15-Minute Lunch System

This cookbook is designed for real-life mom schedules:

Choose a category

Power bowls • Wraps • Warm meals • Meal-prep • Light lunches

Scan the icons

- 🕒 Time saver
- 💪 High-protein
- 🥬 Veggie-powered

Follow 3–5 step instructions

No complicated steps — just fast fuel.

Batch prep key ingredients weekly

Cook once → eat multiple days.

Mom Meal Formula

Every meal follows this healthy balance:

Protein + Fiber + Good Fats + Carbs + Flavor

Example plate:

Chicken + veggies + quinoa + avocado + herbs



15-Minute Cooking Tips



Shortcut your prep

- Buy pre-cut veggies or frozen veggies
- Cook extra grains & proteins on weekends
- Use canned beans (rinse to reduce sodium)



Cook smarter

- Sheet-pan veggies for 3–4 days
- Instant pot rice/quinoa batches
- One-pan & one-pot cooking only



Build bowls fast

- Protein → Veg → Carb → Dressing → Seeds/Nuts



Mom Time Trick

- Chop tomorrow's veggies while today's lunch heats.

Smart Grocery Staples List

Pantry

- Olive oil
- Vinegar (apple, balsamic)
- Quinoa, rice, couscous
- Whole-grain wraps
- Beans & chickpeas
- Spices: salt, pepper, garlic, paprika, cumin



Fridge

- Eggs
- Greek yogurt
- Fresh veggies
- Cheese / feta
- Hummus

Freezer

- Frozen veggies
- Frozen chicken/fish
- Frozen cooked grains



Prep-Once-Use-Twice Guide

| Prep Item | Make | Uses |
|-----------------|----------|---------------------------|
| Chicken breast | 2-3 cups | Bowls, wraps, salads |
| Boiled eggs | 6-8 | Sandwiches, bowls, snacks |
| Cooked quinoa | 3 cups | Bowls, stir-fries, salads |
| Roasted veggies | 2 trays | Bowls, wraps, sides |
| Chickpeas | 2 cans | Salads, hummus, bowls |



MOM HACK:

PREP EVERY SUNDAY + WEDNESDAY TO STAY FRESH.



Food Storage & Reheat Guide

| Food | Shelf-Life | Storage Tip |
|-----------------|------------|------------------------------|
| Cooked grains | 3-4 days | Store in airtight box |
| Cooked chicken | 3 days | Slice before storing |
| Boiled eggs | 4 days | Peel right before eating |
| Roasted veggies | 3-4 days | Drizzle oil before reheating |



MOM HACK:

*REHEAT LIGHTLY TO KEEP TEXTURE — MICROWAVE +
DRIZZLE OLIVE OIL.*



Measurement & Substitutions

Quick Conversions

- 1 cup = 240ml
- 1 tbsp = 15ml
- 1 tsp = 5ml

Mom Sub List

| If you don't have... | Use... |
|----------------------|-------------------------|
| Quinoa | Couscous / Brown rice |
| Chicken | Chickpeas / Tofu / Eggs |
| Yogurt | Hummus |
| Spinach | Lettuce / Kale |
| Avocado | Olive oil + seeds |



Weekly Lunch Planner

| Day | Lunch Plan | Prep Needed | Notes |
|-----|------------|-------------|-------|
| Mon | | | |
| Tue | | | |
| Wed | | | |
| Thu | | | |
| Fri | | | |

Grocery List Template

| Category | Items |
|--------------------|-------|
| Proteins | |
| Vegetables | |
| Fruits | |
| Grains / Wraps | |
| Healthy Fats | |
| Seasoning & Sauces | |
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Power Bowls & Salads

Light but filling, high in
protein, perfect for
workdays.



POWER BOWLS & SALADS

QUINOA POWER BOWL



🕒 **Prep Time:** 5 minutes

🕒 **Cook Time:** 10 minutes

🍴 **Serves:** 1

📋 INGREDIENTS:

- ½ cup cooked quinoa
- ¼ cup chickpeas
- ½ cup chopped veggies
- 1 tsp olive oil
- Lemon juice

👨‍🍳 DIRECTIONS:

- Mix quinoa, chickpeas, and veggies.
- Drizzle olive oil and lemon juice.

📊 NUTRITION:

Calories: 320 | Protein: 12g | Carbs: 45g | Fat: 10g | Fiber: 8g |
Sugar: 3g



MOM HACK:

ROAST VEGGIES ON SUNDAY FOR THE WEEK.



POWER BOWLS & SALADS

AVOCADO CHICKPEA SALAD



🕒 **Prep Time:** 05 minutes

🕒 **Cook Time:** 0 minutes

🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 cup chickpeas
- 1 avocado, diced
- ½ cup cherry tomatoes
- 1 tsp olive oil
- 1 tsp lemon juice

👨‍🍳 DIRECTIONS:

1. Mix chickpeas, avocado, and tomatoes.
2. Drizzle olive oil and lemon juice.

🍽️ NUTRITION:

Calories: 330 | Protein: 12g | Carbs: 30g | Fat: 18g | Fiber: 8g |
Sugar: 4g



MOM HACK:

MAKES WELL IN AIRTIGHT CONTAINER FOR GRAB-AND-GO.



POWER BOWLS & SALADS

STRAWBERRY SPINACH SALAD



🕒 **Prep Time:** 5 minutes

🕒 **Cook Time:** 0 minutes

🍴 **Serves:** 2

📋 INGREDIENTS:

- 2 cups baby spinach
- ½ cup sliced strawberries
- 1 tbsp almonds
- 1 tsp balsamic glaze

👩🍳 DIRECTIONS:

1. Toss spinach, strawberries, and almonds.
2. Drizzle balsamic glaze.

🥗 NUTRITION:

Calories: 180 | Protein: 5g | Carbs: 14g | Fat: 10g | Fiber: 4g |
Sugar: 8g



MOM HACK:

ADD GRILLED CHICKEN FOR EXTRA PROTEIN.



POWER BOWLS & SALADS

MEDITERRANEAN COUSCOUS JAR



🕒 **Prep Time:** 10 minutes

🕒 **Cook Time:** 5 minutes

🍴 **Serves:** 1

📋 INGREDIENTS:

- ½ cup cooked couscous
- ¼ cup chickpeas
- ¼ cup diced cucumber & tomato
- 1 tbsp feta
- 1 tsp olive oil

👨‍🍳 DIRECTIONS:

1. Layer ingredients in a jar.
2. Shake before eating.

🥗 NUTRITION:

Calories: 280 | Protein: 10g | Carbs: 38g | Fat: 10g | Fiber: 6g |
Sugar: 4g

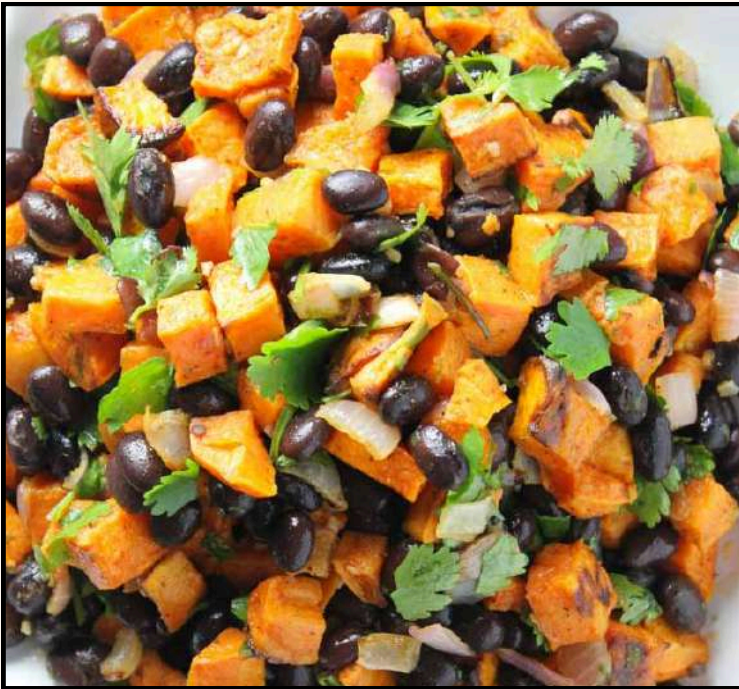


MOM HACK:

PREP 3 JARS FOR READY WEEK OF LUNCHES.

POWER BOWLS & SALADS

SWEET POTATO & BLACK BEAN BOWL



🕒 **Prep Time:** 5 minutes
🕒 **Cook Time:** 10 minutes
🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 cup roasted sweet potatoes
- ½ cup black beans
- ½ cup quinoa
- 1 tsp olive oil
- 1 tsp lime juice

👨‍🍳 DIRECTIONS:

1. Mix all ingredients in a bowl.
2. Drizzle lime juice and serve.

🍽️ NUTRITION:

Calories: 320 | Protein: 12g | Carbs: 50g | Fat: 7g | Fiber: 9g |
Sugar: 4g



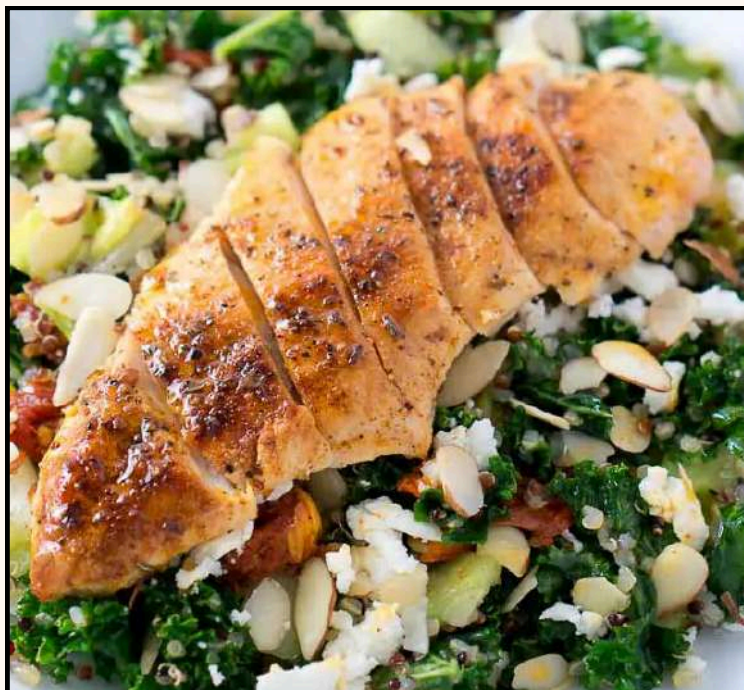
MOM HACK:

ROAST SWEET POTATOES IN BULK ON SUNDAY FOR THE WEEK.



POWER BOWLS & SALADS

GREEK CHICKEN QUINOA SALAD



🕒 **Prep Time:** 8 minutes

🕒 **Cook Time:** 7 minutes

🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 cup cooked quinoa
- 1 grilled chicken breast, sliced
- ½ cup diced cucumber & tomato
- 2 tbsp feta cheese
- 1 tsp olive oil & lemon juice

👨‍🍳 DIRECTIONS:

1. Combine quinoa, chicken, cucumber, and tomato.
2. Add feta, drizzle with olive oil and lemon.

🥗 NUTRITION:

Calories: 360 | **Protein:** 26g | **Carbs:** 34g | **Fat:** 12g | **Fiber:** 5g | **Sugar:** 3g



MOM HACK:

GRILL 2-3 CHICKEN BREASTS ON SUNDAY TO USE IN MULTIPLE RECIPES.



POWER BOWLS & SALADS

TUNA & SWEET CORN CRUNCH BOWL



🕒 **Prep Time:** 5 minutes

🕒 **Cook Time:** 5 minutes

🍴 **Serves:** 1

📋 INGREDIENTS:

- 1 can tuna in water, drained
- • ¼ cup sweet corn
- • ½ cup lettuce, chopped
- • 1 tbsp yogurt or light mayo
- • ½ tsp mustard

👨‍🍳 DIRECTIONS:

1. Mix tuna, corn, and lettuce in a bowl.
2. Stir in yogurt and mustard.

📊 NUTRITION:

Calories: 290 | Protein: 25g | Carbs: 10g | Fat: 16g | Fiber: 2g | Sugar: 2g



MOM HACK:

KEEP CANNED TUNA AND FROZEN CORN AS PANTRY STAPLES FOR INSTANT MEALS.



POWER BOWLS & SALADS

ASIAN NOODLE SALAD



🕒 **Prep Time:** 10 minutes

🕒 **Cook Time:** 5 minutes

🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 cup cooked rice noodles
- ½ cup shredded carrot & cabbage
- 1 tbsp soy sauce
- 1 tsp sesame oil
- ½ tsp honey

👨‍🍳 DIRECTIONS:

1. Mix all ingredients in a bowl.
2. Chill for 5 minutes and serve cold.

📊 NUTRITION:

Calories: 310 | Protein: 8g | Carbs: 50g | Fat: 9g | Fiber: 4g | Sugar: 6g



MOM HACK:

ROAST SWEET POTATOES IN BULK ON SUNDAY FOR THE WEEK.



POWER BOWLS & SALADS

LENTIL & FETA RAINBOW BOWL



🕒 **Prep Time:** 10 minutes

🕒 **Cook Time:** 5 minutes

🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 cup cooked lentils
- ½ cup diced cucumbers
- ½ cup bell peppers
- ¼ cup feta cheese
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar

👨‍🍳 DIRECTIONS:

1. Combine all ingredients in a large bowl.
2. Drizzle dressing, toss, and serve.

🍽️ NUTRITION:

Calories: 340 | Protein: 18g | Carbs: 42g | Fat: 10g | Fiber: 9g |
Sugar: 5g



MOM HACK:

MAKE IT SUNDAY NIGHT — IT TASTES EVEN BETTER THE NEXT DAY.



POWER BOWLS & SALADS

SHRIMP & VEGGIE GRAIN BOWL



🕒 **Prep Time:** 8 minutes

🕒 **Cook Time:** 7 minutes

🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 cup cooked brown rice
- 6-8 shrimp, sautéed in olive oil
- ½ cup spinach
- ½ cup cherry tomatoes
- 1 tsp lemon juice

👨‍🍳 DIRECTIONS:

1. Sauté shrimp for 5-7 minutes.
2. Combine with rice and veggies.
3. Add lemon juice and serve warm.

📊 NUTRITION:

Calories: 290 | Protein: 22g | Carbs: 30g | Fat: 8g | Fiber: 5g | Sugar: 2g



MOM HACK:

KEEP COOKED SHRIMP IN YOUR FREEZER FOR INSTANT PROTEIN!





Wraps, Sandwiches & Toasts

**Grab-and-go energy boosters —
made for the mom who eats
between meetings.**



WRAPS, SANDWICHES & TOASTS

TURKEY SPINACH WRAP



⌚ **Prep Time:** 5 minutes

⌚ **Cook Time:** 0 minutes

🍴 **Serves:** 1

📋 **INGREDIENTS:**

- 1 large whole-wheat tortilla
- 3 slices of turkey breast
- ½ cup fresh spinach
- 2 tbsp hummus
- 2 tbsp shredded carrots
- 1 tbsp ranch dressing (optional)

👨‍🍳 **DIRECTIONS:**

1. Spread hummus evenly over the tortilla.
2. Layer with turkey, spinach, and carrots.
3. Drizzle with ranch if using, then roll tightly and slice in half.

🥗 **NUTRITION:**

Calories: 280 | Protein: 18g | Carbs: 30g | Fat: 9g | Fiber: 5g | Sugar: 3g



MOM HACK:

MAKE 2-3 WRAPS AT ONCE AND WRAP THEM IN FOIL FOR GRAB-AND-GO LUNCHES.



WRAPS, SANDWICHES & TOASTS

AVOCADO HUMMUS VEGGIE WRAP



🕒 **Prep Time:** 7 minutes

🕒 **Cook Time:** 0 minutes

🍴 **Serves:** 1

📋 INGREDIENTS:

- 1 large spinach tortilla
- ¼ avocado, mashed
- 2 tbsp hummus
- ¼ cup sliced cucumber
- ¼ cup shredded red cabbage
- 1 tbsp chopped red onion

👨‍🍳 DIRECTIONS:

1. Spread mashed avocado and hummus on the tortilla.
2. Top with cucumber, cabbage, and red onion.
3. Roll tightly, tucking in the sides as you go.

🍽️ NUTRITION:

Calories: 320 | Protein: 8g | Carbs: 38g | Fat: 15g | Fiber: 11g | Sugar: 4g



MOM HACK:

ADD A SQUEEZE OF LEMON JUICE TO THE AVOCADO TO KEEP IT FROM BROWNING IF PREPPING AHEAD.



WRAPS, SANDWICHES & TOASTS

EGG SALAD SANDWICH



🕒 **Prep Time:** 10 minutes

🕒 **Cook Time:** 0 minutes

🍴 **Serves:** 1

📋 INGREDIENTS:

- 2 hard-boiled eggs, chopped
- 1 tbsp Greek yogurt or light mayo
- ½ tsp Dijon mustard
- 1 tbsp chopped celery
- Salt and pepper to taste
- 2 slices whole-grain bread
- Lettuce leaves

👨‍🍳 DIRECTIONS:

1. In a bowl, mix chopped eggs, yogurt, mustard, celery, salt, and pepper.
2. Spoon the egg salad onto one slice of bread, add lettuce, and top with the second slice.

🍽️ NUTRITION:

Calories: 290 | Protein: 18g | Carbs: 25g | Fat: 12g | Fiber: 4g | Sugar: 4g



MOM HACK:

MAKE A BATCH OF EGG SALAD FOR UP TO 3 DAYS—PERFECT FOR QUICK SANDWICHES.



WRAPS, SANDWICHES & TOASTS

TUNA MELT



🕒 **Prep Time:** 5 minutes

🕒 **Cook Time:** 5 minutes

🍴 **Serves:** 1

📋 INGREDIENTS:

- 1 can (5 oz) tuna, drained
- 2 tbsp Greek yogurt or light mayo
- 1 tbsp sweet relish (optional)
- 2 slices whole-grain bread
- 2 slices cheddar or Swiss cheese
- 2 tomato slices

👨‍🍳 DIRECTIONS:

1. Mix tuna, yogurt, and relish in a bowl.
2. Spread tuna mix on one bread slice, top with tomato and cheese, and cover with the second slice.
3. Grill in a panini press or skillet until golden and cheese is melted.

📊 NUTRITION:

Calories: 350 | Protein: 30g | Carbs: 26g | Fat: 14g | Fiber: 4g | Sugar: 6g



MOM HACK:

USE A WAFFLE IRON IF YOU DON'T HAVE A PANINI PRESS!



WRAPS, SANDWICHES & TOASTS

MEDITERRANEAN CHICKEN PITA



⌚ **Prep Time:** 8 minutes
⌚ **Cook Time:** 0 minutes
🍴 **Serves:** 1

📋 INGREDIENTS:

- 1 whole-wheat pita pocket
- ½ cup cooked chicken, sliced
- 2 tbsp tzatziki sauce
- 2 tbsp diced cucumber
- 1 tbsp chopped Kalamata olives
- 1 tbsp crumbled feta cheese

👨‍🍳 DIRECTIONS:

1. Warm pita lightly if desired.
2. Stuff with chicken, cucumber, olives, and feta.
3. Drizzle with tzatziki before serving.

📊 NUTRITION:

Calories: 300 | Protein: 25g | Carbs: 28g | Fat: 10g | Fiber: 4g | Sugar: 3g



MOM HACK:

USE LEFTOVER GRILLED CHICKEN OR STORE-BOUGHT ROTISSERIE CHICKEN TO SAVE TIME.



WRAPS, SANDWICHES & TOASTS

GRILLED CHEESE TOMATO MELT



🕒 **Prep Time:** 3 minutes

🕒 **Cook Time:** 7 minutes

🍴 **Serves:** 1

📋 INGREDIENTS:

- 2 slices whole-grain bread
- 2 slices mozzarella or provolone cheese
- 2-3 tomato slices
- 1 tsp butter or olive oil
- Pinch of dried basil (optional)

👨‍🍳 DIRECTIONS:

1. Layer cheese and tomato between bread slices.
2. Butter the outer sides and grill in a skillet over medium heat until golden and cheese is melted.

🥄 NUTRITION:

Calories: 320 | Protein: 16g | Carbs: 28g | Fat: 16g | Fiber: 4g | Sugar: 5g



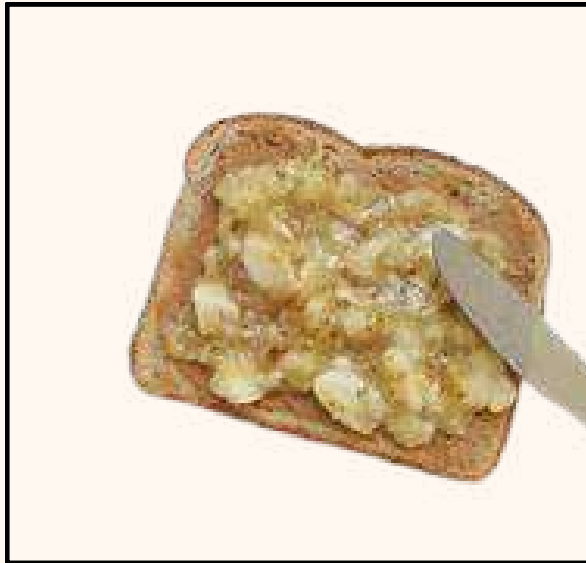
MOM HACK:

ADD A THIN LAYER OF PESTO FOR EXTRA FLAVOR!



WRAPS, SANDWICHES & TOASTS

PEANUT BUTTER BANANA ENERGY TOAST



⌚ **Prep Time:** 5 minutes

⌚ **Cook Time:** 0 minutes

🍴 **Serves:** 1

📋 INGREDIENTS:

- 2 slices whole-grain toast
- 2 tbsp peanut butter (or almond butter)
- 1 small banana, sliced
- 1 tsp honey (optional)
- Sprinkle of cinnamon

👨‍🍳 DIRECTIONS:

1. Toast bread until golden.
2. Spread with peanut butter, top with banana slices, and drizzle with honey and cinnamon.

📖 NUTRITION:

Calories: 350 | Protein: 12g | Carbs: 45g | Fat: 14g | Fiber: 7g |
Sugar: 18g



MOM HACK:

SWAP PEANUT BUTTER WITH SUNFLOWER SEED BUTTER FOR A NUT-FREE VERSION.



WRAPS, SANDWICHES & TOASTS

TOFU VEGGIE WRAP WITH TAHINI



🕒 **Prep Time:** 10 minutes

🕒 **Cook Time:** 0 minutes

🍴 **Serves:** 1

📋 INGREDIENTS:

- 1 large whole-wheat tortilla
- ½ cup firm tofu, sliced
- ¼ cup shredded carrots
- ¼ cup spinach
- 1 tbsp tahini
- 1 tsp soy sauce

👨‍🍳 DIRECTIONS:

1. Spread tahini on the tortilla.
2. Layer with tofu, carrots, and spinach.
3. Drizzle with soy sauce, roll tightly, and serve.

📊 NUTRITION:

Calories: 290 | Protein: 14g | Carbs: 32g | Fat: 12g | Fiber: 6g |
Sugar: 3g



MOM HACK:

PRESS TOFU AHEAD OF TIME TO REMOVE EXCESS WATER FOR BETTER TEXTURE.



WRAPS, SANDWICHES & TOASTS

CAPRESE PANINI



🕒 **Prep Time:** 5 minutes

🕒 **Cook Time:** 5 minutes

🍴 **Serves:** 1

📋 INGREDIENTS:

- 2 slices ciabatta or sourdough bread
- 2 slices fresh mozzarella
- 2-3 tomato slices
- 3-4 fresh basil leaves
- 1 tsp olive oil
- 1 tsp balsamic glaze

👨‍🍳 DIRECTIONS:

1. Layer mozzarella, tomato, and basil between bread slices.
2. Brush outside with olive oil and grill in a panini press until crisp.
3. Drizzle with balsamic glaze before serving.

📊 NUTRITION:

Calories: 340 | Protein: 15g | Carbs: 35g | Fat: 16g | Fiber: 2g | Sugar: 6g



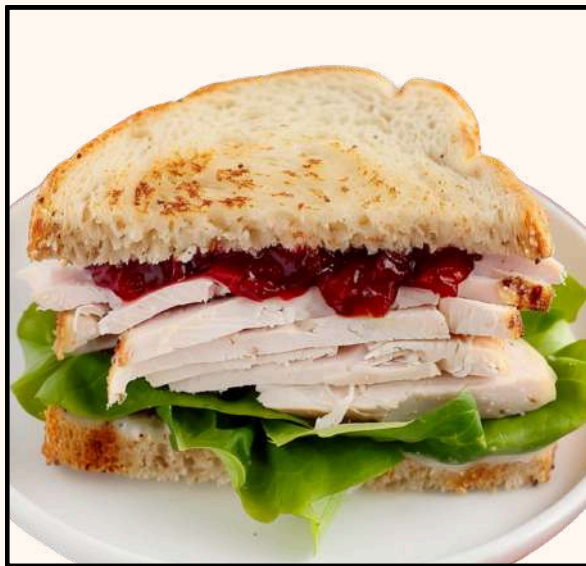
MOM HACK:

NO PANINI PRESS? USE A HEAVY SKILLET TO PRESS THE SANDWICH WHILE COOKING.



WRAPS, SANDWICHES & TOASTS

TURKEY CRANBERRY SANDWICH



⌚ **Prep Time:** 5 minutes

⌚ **Cook Time:** 0 minutes

🍴 **Serves:** 1

📋 INGREDIENTS:

- 2 slices whole-grain bread
- 3 slices roasted turkey
- 1 tbsp cranberry sauce
- 1 tbsp cream cheese or goat cheese
- Handful of arugula or spinach

👨‍🍳 DIRECTIONS:

1. Spread cream cheese on one slice and cranberry sauce on the other.
2. Layer turkey and arugula in between.

🍽️ NUTRITION:

Calories: 300 | Protein: 20g | Carbs: 35g | Fat: 8g | Fiber: 5g |
Sugar: 10g



MOM HACK:

USE LEFTOVER THANKSGIVING CRANBERRY SAUCE FOR A TASTY TWIST!



Warm Comfort Meals

Quick hot meals to recharge midday.



WARM COMFORT MEALS

ONE-POT CREAMY CHICKEN PASTA



🕒 **Prep Time:** 5 minutes

🕒 **Cook Time:** 15 minutes

🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 cup pasta
- 1 chicken breast, diced
- 1 cup spinach
- ½ cup diced tomatoes
- 2 tbsp cream cheese
- 1 tsp Italian seasoning
- 2 cups chicken broth

👨‍🍳 DIRECTIONS:

1. In a pot, combine pasta, chicken, broth, and seasoning. Bring to a boil.
2. Simmer until pasta is cooked, then stir in spinach, tomatoes, and cream cheese until creamy.

🥄 NUTRITION:

Calories: 380 | Protein: 28g | Carbs: 45g | Fat: 10g | Fiber: 3g |
Sugar: 4g



MOM HACK:

USE PRE-COOKED CHICKEN TO MAKE THIS EVEN FASTER.



WARM COMFORT MEALS

VEGGIE FRIED RICE



⌚ **Prep Time:** 8 minutes
⌚ **Cook Time:** 10 minutes
🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 cup cooked rice (day-old works best)
- 1 egg, beaten
- ½ cup mixed veggies (peas, carrots, corn)
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1 green onion, chopped

👨‍🍳 DIRECTIONS:

1. Heat oil in a pan, scramble the egg, and set aside.
2. Sauté veggies, add rice and soy sauce, then stir in the cooked egg and green onions.

🍽️ NUTRITION:

Calories: 260 | **Protein:** 9g | **Carbs:** 40g | **Fat:** 7g | **Fiber:** 3g | **Sugar:** 2g



MOM HACK:

USE FROZEN VEGGIE MIX TO SKIP CHOPPING!



WARM COMFORT MEALS

QUICK CHICKEN TIKKA BOWL



🕒 **Prep Time:** 5 minutes

🕒 **Cook Time:** 10 minutes

🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 chicken breast, cubed
- 2 tbsp Greek yogurt
- 1 tbsp tikka masala sauce
- ½ cup cooked basmati rice
- 2 tbsp chopped cilantro

👨‍🍳 DIRECTIONS:

1. Sauté chicken until cooked through.
2. Stir in yogurt and tikka sauce, simmer for 3 minutes.
3. Serve over rice and garnish with cilantro.

📊 NUTRITION:

Calories: 320 | Protein: 30g | Carbs: 28g | Fat: 9g | Fiber: 2g |
Sugar: 4g



MOM HACK:

USE STORE-BOUGHT TIKKA MASALA SAUCE FOR A SHORTCUT.



WARM COMFORT MEALS

TOMATO BASIL SOUP & GARLIC TOAST



⌚ **Prep Time:** 5 minutes
⌚ **Cook Time:** 10 minutes
🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 can (15 oz) crushed tomatoes
- ½ cup vegetable broth
- ¼ cup fresh basil
- 2 slices bread
- 1 tsp garlic powder
- 2 tbsp grated Parmesan (optional)

👨‍🍳 DIRECTIONS:

1. Blend tomatoes, broth, and basil; heat in a pot.
2. Toast bread with a sprinkle of garlic powder, then serve alongside soup.

🥄 NUTRITION:

Calories: 180 | Protein: 6g | Carbs: 32g | Fat: 4g | Fiber: 5g |
Sugar: 12g



MOM HACK:

USE AN IMMERSION BLENDER FOR A SMOOTH SOUP IN MINUTES.



WARM COMFORT MEALS

MUSHROOM QUINOA RISOTTO



⌚ **Prep Time:** 5 minutes
⌚ **Cook Time:** 15 minutes
🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 cup cooked quinoa
- 1 cup sliced mushrooms
- ¼ cup onion, diced
- 2 tbsp grated Parmesan
- 1 tsp olive oil
- 1 tsp thyme

👨‍🍳 DIRECTIONS:

1. Sauté mushrooms and onion in oil until soft.
2. Add quinoa and thyme, stir well, then mix in Parmesan.

📖 NUTRITION:

Calories: 220 | Protein: 9g | Carbs: 28g | Fat: 8g | Fiber: 4g |
Sugar: 3g



MOM HACK:

USE PRE-COOKED QUINOA FOR A 5-MINUTE MEAL.



WARM COMFORT MEALS

LENTIL SPINACH CURRY



⌚ **Prep Time:** 5 minutes
⌚ **Cook Time:** 12 minutes
🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 cup cooked lentils
- 1 cup spinach
- ½ cup coconut milk
- 1 tbsp curry powder
- ½ cup diced tomatoes

👨‍🍳 DIRECTIONS:

1. In a pan, combine lentils, tomatoes, and curry powder.
2. Add coconut milk and simmer for 8 minutes.
3. Stir in spinach until wilted.

📊 NUTRITION:

Calories: 240 | **Protein:** 12g | **Carbs:** 25g | **Fat:** 10g | **Fiber:** 9g | **Sugar:** 5g



MOM HACK:

USE CANNED LENTILS TO SAVE TIME.



WARM COMFORT MEALS

BROCCOLI CHEESE QUESADILLA



🕒 **Prep Time:** 5 minutes

🕒 **Cook Time:** 6 minutes

🍴 **Serves:** 1

📋 INGREDIENTS:

- 1 whole-wheat tortilla
- ½ cup steamed broccoli florets
- ¼ cup shredded cheddar cheese
- 2 tbsp Greek yogurt (for serving)

👨‍🍳 DIRECTIONS:

1. Place broccoli and cheese on one half of the tortilla.
2. Fold and cook in a skillet until golden and cheese is melted.
3. Serve with a side of Greek yogurt.

🥄 NUTRITION:

Calories: 280 | Protein: 14g | Carbs: 26g | Fat: 13g | Fiber: 5g | Sugar: 3g



MOM HACK:

USE FROZEN STEAMED BROCCOLI FOR A QUICK FIX.

WARM COMFORT MEALS

EGG FRIED RICE



🕒 **Prep Time:** 5 minutes

🕒 **Cook Time:** 10 minutes

🍴 **Serves:** 2

📋 **INGREDIENTS:**

- 1 cup cooked rice
- 2 eggs, beaten
- ½ cup frozen peas and carrots
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1 green onion, sliced

👨‍🍳 **DIRECTIONS:**

1. Scramble eggs in a pan, then set aside.
2. Sauté veggies, add rice and soy sauce, then stir in eggs and green onions.

🍽️ **NUTRITION:**

Calories: 270 | Protein: 11g | Carbs: 35g | Fat: 8g | Fiber: 3g |
Sugar: 2g



MOM HACK:

PERFECT FOR USING UP LEFTOVER RICE!

WARM COMFORT MEALS

SPICY CHICKPEA SHAKSHUKA



🕒 **Prep Time:** 5 minutes

🕒 **Cook Time:** 12 minutes

🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 can (15 oz) chickpeas, drained
- 1 cup tomato sauce
- 2 eggs
- 1 tsp paprika
- ½ tsp chili flakes (optional)
- Fresh parsley for garnish

👨‍🍳 DIRECTIONS:

1. Simmer chickpeas and tomato sauce with spices for 8 minutes.
2. Create two wells, crack eggs into them, and cover until eggs are cooked.
3. Garnish with parsley.

🥗 NUTRITION:

Calories: 290 | Protein: 16g | Carbs: 32g | Fat: 10g | Fiber: 9g | Sugar: 8g



MOM HACK:

SERVE WITH CRUSTY BREAD FOR DIPPING.



WARM COMFORT MEALS

15-MINUTE NOODLE STIR-FRY



🕒 **Prep Time:** 5 minutes

🕒 **Cook Time:** 10 minutes

🍴 **Serves:** 2

📋 INGREDIENTS:

- 2 packs instant ramen (seasoning discarded)
- 1 cup mixed stir-fry veggies
- 1 tbsp soy sauce
- 1 tsp sriracha
- 1 tsp sesame oil

👨‍🍳 DIRECTIONS:

1. Cook noodles according to package.
2. Sauté veggies, add noodles, soy sauce, sriracha, and sesame oil. Toss to combine.

📊 NUTRITION:

Calories: 300 | Protein: 8g | Carbs: 48g | Fat: 8g | Fiber: 4g |
Sugar: 3g



MOM HACK:

ADD LEFTOVER CHICKEN OR TOFU FOR EXTRA PROTEIN.



Meal-Prep Friendly Lunches

Cook once, eat twice — meals that store beautifully and save your precious time.



MEAL-PREP FRIENDLY LUNCHES

CHICKEN BURRITO BOWL



⌚ **Prep Time:** 10 minutes

⌚ **Cook Time:** 0 minutes
(with pre-cooked chicken)

🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 cup cooked chicken, shredded
- 1 cup cooked brown rice
- ½ cup black beans
- ½ cup corn
- 2 tbsp salsa
- 1 tbsp Greek yogurt or sour cream

👨‍🍳 DIRECTIONS:

1. Layer rice, chicken, beans, and corn in a container.
2. Top with salsa and yogurt before serving.

🍽️ NUTRITION:

Calories: 380 | Protein: 28g | Carbs: 48g | Fat: 8g | Fiber: 9g | Sugar: 3g



MOM HACK:

PREP 4 SERVINGS ON SUNDAY FOR EASY GRAB-AND-GO LUNCHES.



MEAL-PREP FRIENDLY LUNCHES

MASON JAR GREEK SALAD



⌚ **Prep Time:** 10 minutes

⌚ **Cook Time:** 0 minutes

🍴 **Serves:** 1

📋 INGREDIENTS:

- 2 tbsp Greek dressing
- ½ cup cherry tomatoes
- ½ cup cucumber, diced
- ¼ cup red onion, sliced
- ¼ cup feta cheese
- 1 cup romaine lettuce, chopped

👩 DIRECTIONS:

1. In a mason jar, layer dressing, tomatoes, cucumber, onion, feta, and lettuce.
2. Shake to mix when ready to eat.

📖 NUTRITION:

Calories: 220 | Protein: 8g | Carbs: 12g | Fat: 16g | Fiber: 3g | Sugar: 7g



MOM HACK:

DRESSING AT THE BOTTOM KEEPS GREENS CRISP!



MEAL-PREP FRIENDLY LUNCHES

SWEET POTATO & BLACK BEAN BOWL



- ⌚ **Prep Time:** 10 minutes
- ⌚ **Cook Time:** 0 minutes
(with pre-roasted sweet potatoes)
- 🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 cup roasted sweet potato cubes
- ½ cup black beans
- ½ cup cooked quinoa
- 2 tbsp cilantro-lime dressing

👨‍🍳 DIRECTIONS:

1. Combine all ingredients in a meal prep container.
2. Drizzle with dressing before serving.

📊 NUTRITION:

Calories: 320 | Protein: 10g | Carbs: 58g | Fat: 6g | Fiber: 11g |
Sugar: 8g



MOM HACK:

ROAST A BIG BATCH OF SWEET POTATOES ON SUNDAY FOR THE WEEK.



MEAL-PREP FRIENDLY LUNCHES

COLD PESTO PASTA BOX



🕒 **Prep Time:** 08 minutes

🕒 **Cook Time:** 10 minutes
(for pasta)

🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 cup pasta, cooked and cooled
- 2 tbsp pesto
- ¼ cup cherry tomatoes, halved
- 2 tbsp Parmesan shavings
- 1 tbsp pine nuts (optional)

👨‍🍳 DIRECTIONS:

1. Toss cooled pasta with pesto.
2. Top with tomatoes, Parmesan, and pine nuts.

🍽️ NUTRITION:

Calories: 290 | Protein: 10g | Carbs: 38g | Fat: 11g | Fiber: 3g | Sugar: 3g



MOM HACK:

ADD GRILLED CHICKEN OR CHICKPEAS FOR MORE PROTEIN.



MEAL-PREP FRIENDLY LUNCHES

MINI VEGGIE FRITTATAS



🕒 **Prep Time:** 08minutes

🕒 **Cook Time:** 20minutes

🍴 **Serves:** 6 frittatas

📋 INGREDIENTS:

- 6 eggs
- ¼ cup milk
- ½ cup diced bell peppers
- ¼ cup chopped spinach
- 2 tbsp shredded cheese
- Salt and pepper to taste

👨‍🍳 DIRECTIONS:

1. Whisk eggs, milk, salt, and pepper.
2. Stir in veggies and cheese.
3. Pour into a greased muffin tin and bake at 350°F (175°C) for 18–20 minutes.

📊 NUTRITION (PER FRITTATA):

Calories: 90 | Protein: 7g | Carbs: 2g | Fat: 6g | Fiber: 0g |
Sugar: 1g



MOM HACK:

FREEZE EXTRAS AND REHEAT FOR A QUICK BREAKFAST OR LUNCH.



MEAL-PREP FRIENDLY LUNCHES

ITALIAN PASTA SALAD JAR



🕒 **Prep Time:** 10 minutes

🕒 **Cook Time:** 10 minutes
(for pasta)

🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 cup cooked pasta (like rotini or penne), cooled
- ¼ cup cherry tomatoes, halved
- ¼ cup mozzarella balls (bocconcini)
- 2 tbsp sliced black olives
- 5-6 fresh basil leaves, chopped
- 2 tbsp Italian dressing

👨‍🍳 DIRECTIONS:

1. In a mason jar or container, layer the ingredients starting with the dressing at the bottom.
2. Add tomatoes, olives, mozzarella, then pasta, and finally basil on top.
3. When ready to eat, shake well to combine.

🍽️ NUTRITION:

Calories: 270 | Protein: 10g | Carbs: 35g | Fat: 10g | Fiber: 3g |
Sugar: 4g



***MOM HACK:**
THE DRESSING MARINATES THE INGREDIENTS AS IT SITS, MAKING
IT MORE FLAVORFUL BY THE NEXT DAY!*



MEAL-PREP FRIENDLY LUNCHES

CAULIFLOWER FRIED RICE



🕒 **Prep Time:** 08 minutes

🕒 **Cook Time:** 10 minutes

🍴 **Serves:** 2

📋 INGREDIENTS:

- 2 cups riced cauliflower
- 1 egg, beaten
- ½ cup frozen peas and carrots
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1 green onion, chopped

👨‍🍳 DIRECTIONS:

1. Sauté cauliflower rice and veggies until tender.
2. Push to one side, scramble the egg, then mix together.
3. Stir in soy sauce and sesame oil.

📊 NUTRITION:

Calories: 120 | Protein: 7g | Carbs: 12g | Fat: 5g | Fiber: 5g | Sugar: 5g



MOM HACK:

BUY PRE-RICED CAULIFLOWER TO SAVE TIME.



MEAL-PREP FRIENDLY LUNCHES

TOFU STIR-FRY BOX



🕒 **Prep Time:** 10 minutes

🕒 **Cook Time:** 10 minutes

🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 cup firm tofu, cubed
- 1 cup broccoli florets
- 1 bell pepper, sliced
- 2 tbsp stir-fry sauce
- 1 tsp sesame seeds

👨‍🍳 DIRECTIONS:

1. Pan-fry tofu until golden, then set aside.
2. Stir-fry veggies until crisp-tender, add tofu and sauce, and toss.
3. Sprinkle with sesame seeds.

📊 NUTRITION:

Calories: 200 | Protein: 14g | Carbs: 15g | Fat: 10g | Fiber: 4g |
Sugar: 7g



MOM HACK:

USE PRE-MIXED STIR-FRY SAUCE FROM THE STORE.



MEAL-PREP FRIENDLY LUNCHES

CHICKEN CAESAR WRAP BOX



⌚ **Prep Time:** 8 minutes

⌚ **Cook Time:** 0 minutes

🍴 **Serves:** 1

📋 **INGREDIENTS:**

- 1 whole-wheat wrap, cut into strips
- ½ cup cooked chicken, sliced
- ¼ cup romaine lettuce, chopped
- 1 tbsp Caesar dressing
- 1 tbsp Parmesan cheese

👨‍🍳 **DIRECTIONS:**

1. Pack wrap strips, chicken, and lettuce in a container.
2. Drizzle with dressing and sprinkle with Parmesan before eating.

🍽️ **NUTRITION:**

Calories: 300 | Protein: 24g | Carbs: 22g | Fat: 12g | Fiber: 4g |
Sugar: 2g



MOM HACK:

KEEP DRESSING IN A SMALL SEPARATE CONTAINER TO AVOID SOGGINESS.



MEAL-PREP FRIENDLY LUNCHES

ZESTY QUINOA BOWL



⌚ **Prep Time:** 10 minutes

⌚ **Cook Time:** 0 minutes

🍴 **Serves:** 2

📋 **INGREDIENTS:**

- 1 cup cooked quinoa
- ½ cup black beans
- ½ cup corn
- ¼ cup red onion, diced
- 2 tbsp lime vinaigrette
- 2 tbsp chopped cilantro

👩 **DIRECTIONS:**

1. Combine quinoa, beans, corn, and onion in a bowl.
2. Toss with vinaigrette and cilantro.

📊 **NUTRITION:**

Calories: 280 | Protein: 10g | Carbs: 48g | Fat: 6g | Fiber: 9g |
Sugar: 4g



MOM HACK:

*MAKE A BIG BATCH—IT STAYS FRESH FOR 4 DAYS
IN THE FRIDGE.*



Light & Refreshing Meals

Bright, energizing lunches that keep you full and focused without weighing you down.



LIGHT & REFRESHING MEALS

PROTEIN SMOOTHIE BOWL



🕒 **Prep Time:** 5 minutes

🕒 **Cook Time:** 0 minutes

🍴 **Serves:** 1

📋 **INGREDIENTS:**

- 1 frozen banana
- ½ cup frozen berries
- ¼ cup Greek yogurt
- 2 tbsp milk of choice
- Toppings: granola, chia seeds, coconut flakes

👨‍🍳 **DIRECTIONS:**

1. Blend banana, berries, yogurt, and milk until smooth.
2. Pour into a bowl and add toppings.

📊 **NUTRITION:**

Calories: 280 | Protein: 12g | Carbs: 48g | Fat: 5g | Fiber: 8g |
Sugar: 28g



MOM HACK:

USE A HIGH-POWERED BLENDER FOR A THICK, SCOOPABLE TEXTURE.



LIGHT & REFRESHING MEALS

COTTAGE CHEESE & FRUIT PLATE



⌚ **Prep Time:** 3 minutes
⌚ **Cook Time:** 0 minutes
🍴 **Serves:** 1

📋 INGREDIENTS:

- ½ cup cottage cheese
- ½ cup mixed fresh fruit (berries, peaches, etc.)
- 1 tbsp honey or maple syrup (optional)
- 1 tbsp chopped nuts

👨‍🍳 DIRECTIONS:

1. Scoop cottage cheese onto a plate.
2. Top with fruit, drizzle with honey, and sprinkle with nuts.

📊 NUTRITION:

Calories: 200 | Protein: 16g | Carbs: 22g | Fat: 5g | Fiber: 2g |
Sugar: 18g



MOM HACK:

PACK IN A CONTAINER FOR A PORTABLE LUNCH.



LIGHT & REFRESHING MEALS

YOGURT PARFAIT WITH OATS & NUTS



⌚ **Prep Time:** 4 minutes

⌚ **Cook Time:** 0 minutes

🍴 **Serves:** 1

📋 **INGREDIENTS:**

- 1 cup Greek yogurt
- 2 tbsp rolled oats
- ¼ cup mixed berries
- 1 tbsp almonds or walnuts

👨‍🍳 **DIRECTIONS:**

1. Layer yogurt, oats, and berries in a jar or bowl.
2. Top with nuts.

📊 **NUTRITION:**

Calories: 260 | Protein: 20g | Carbs: 22g | Fat: 9g | Fiber: 4g |
Sugar: 14g



MOM HACK:

MAKE IT THE NIGHT BEFORE FOR A READY-TO-EAT LUNCH.

LIGHT & REFRESHING MEALS

CUCUMBER & TUNA SANDWICH



⌚ **Prep Time:** 6 minutes
⌚ **Cook Time:** 0 minutes
🍴 **Serves:** 1

📋 INGREDIENTS:

- 1 can (5 oz) tuna, drained
- ¼ cup cucumber, diced
- 2 tbsp Greek yogurt
- 2 slices whole-grain bread
- Handful of arugula

👨‍🍳 DIRECTIONS:

1. Mix tuna, cucumber, and yogurt.
2. Spread on one bread slice, top with arugula, and cover with the second slice.

🍽️ NUTRITION:

Calories: 280 | **Protein:** 26g | **Carbs:** 28g | **Fat:** 6g | **Fiber:** 5g | **Sugar:** 5g



MOM HACK:

ADD DILL OR LEMON ZEST FOR EXTRA FRESHNESS.



LIGHT & REFRESHING MEALS

SUMMER VEGGIE ROLLS



🕒 **Prep Time:** 10 minutes

🕒 **Cook Time:** 0 minutes

🍴 **Serves:** 2 (2 rolls each)

📋 INGREDIENTS:

- 4 rice paper wrappers
- ½ cup cucumber, julienned
- ½ cup carrots, julienned
- ¼ cup mint or basil leaves
- ¼ cup cooked shrimp or tofu (optional)
- Dipping sauce: soy sauce + lime juice

👩🍳 DIRECTIONS:

1. Dip rice paper in water until soft.
2. Fill with veggies, herbs, and protein, then roll tightly.
3. Serve with dipping sauce.

📊 NUTRITION:

Calories: 120 | Protein: 5g | Carbs: 24g | Fat: 1g | Fiber: 3g | Sugar: 4g



MOM HACK:

KEEP ROLLS FROM STICKING BY PLACING THEM ON A DAMP PAPER TOWEL.



LIGHT & REFRESHING MEALS

EGG & AVOCADO TOAST



⌚ **Prep Time:** 5 minutes

⌚ **Cook Time:** 6 minutes

🍴 **Serves:** 1

📋 INGREDIENTS:

- 1 slice whole-grain bread, toasted
- ½ avocado, mashed
- 1 soft-boiled or poached egg
- Salt, pepper, and red chili flakes

👨‍🍳 DIRECTIONS:

1. Spread mashed avocado on toast.
2. Top with egg and season with salt, pepper, and chili flakes.

🍽️ NUTRITION:

Calories: 280 | Protein: 12g | Carbs: 22g | Fat: 17g | Fiber: 8g | Sugar: 2g



MOM HACK:

USE AN EGG COOKER FOR PERFECT SOFT-BOILED EGGS EVERY TIME.

LIGHT & REFRESHING MEALS

CHILLED PASTA SALAD



⌚ **Prep Time:** 8 minutes

⌚ **Cook Time:** 10 minutes (for pasta)

🍴 **Serves:** 2

📋 INGREDIENTS:

- 1 cup cooked pasta, cooled
- ¼ cup cherry tomatoes, halved
- ¼ cup bell peppers, diced
- 2 tbsp Italian dressing
- 1 tbsp Parmesan cheese

👨‍🍳 DIRECTIONS:

1. Toss cooled pasta with veggies and dressing.
2. Chill for 10 minutes, then sprinkle with Parmesan.

📊 NUTRITION:

Calories: 220 | Protein: 7g | Carbs: 35g | Fat: 6g | Fiber: 3g | Sugar: 4g



MOM HACK:

MAKE A BIG BATCH—IT KEEPS WELL FOR 3 DAYS.



LIGHT & REFRESHING MEALS

SPINACH & BERRY SMOOTHIE BOWL



⌚ **Prep Time:** 5 minutes

⌚ **Cook Time:** 0 minutes

🍴 **Serves:** 1

📋 **INGREDIENTS:**

- 1 cup fresh spinach
- ½ cup frozen mixed berries
- ½ banana
- ¼ cup almond milk
- Toppings: sliced strawberries, granola

👩 **DIRECTIONS:**

1. Blend spinach, berries, banana, and milk until smooth.
2. Pour into a bowl and add toppings.

📖 **NUTRITION:**

Calories: 180 | **Protein:** 4g | **Carbs:** 38g | **Fat:** 2g | **Fiber:** 7g | **Sugar:** 22g



MOM HACK:

ADD A SCOOP OF PROTEIN POWDER FOR STAYING POWER.



LIGHT & REFRESHING MEALS

OVERNIGHT OATS WITH CHIA



🕒 **Prep Time:** 5 minutes

🕒 **Cook Time:** 0 minutes

🍴 **Serves:** 1

📋 **INGREDIENTS:**

- ½ cup rolled oats
- 1 tbsp chia seeds
- ¾ cup milk of choice
- 1 tbsp maple syrup
- ¼ cup berries

👨‍🍳 **DIRECTIONS:**

1. Mix oats, chia seeds, milk, and syrup in a jar.
2. Refrigerate overnight. Top with berries before serving.

📖 **NUTRITION:**

Calories: 320 | Protein: 12g | Carbs: 52g | Fat: 8g | Fiber: 10g |
Sugar: 18g



MOM HACK:

PREP 3 JARS AT ONCE FOR EASY BREAKFASTS OR LUNCHES.



LIGHT & REFRESHING MEALS

GREEK YOGURT POWER BOWL



⌚ **Prep Time:** 5 minutes

⌚ **Cook Time:** 0 minutes

🍴 **Serves:** 1

📋 INGREDIENTS:

- 1 cup Greek yogurt
- 2 tbsp honey
- ¼ cup mixed berries
- 2 tbsp granola
- 1 tbsp almond slices

👩🍳 DIRECTIONS:

1. Spoon yogurt into a bowl.
2. Drizzle with honey and top with berries, granola, and almonds.

🍽️ NUTRITION:

Calories: 320 | Protein: 20g | Carbs: 38g | Fat: 10g | Fiber: 3g |
Sugar: 28g



MOM HACK:

USE FLAVORED GREEK YOGURT FOR VARIETY.



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