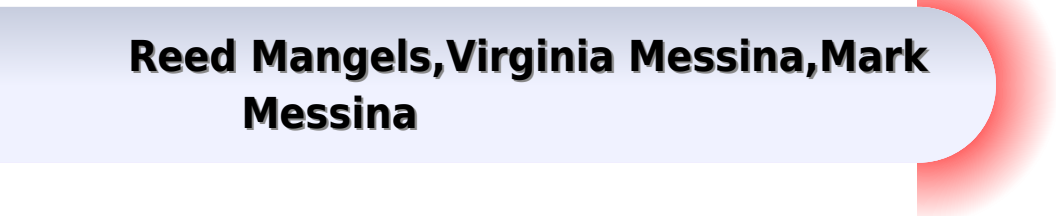




# Meal Prep Ideas Usa Tutorial

**Reed Mangels, Virginia Messina, Mark  
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