

**ZONIES' Recipes For A Healthy Life: Don't Weight . . .
Get Cooking! By Phil Andriano**

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noun. Minced, cooked, food (usually meat or vegetables), which is fried in deep fat and sometimes
sprinkled with bread crumbs. Learn how to cook crunchy potato croquette stuffed with ham and cheese.
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staying within caloric guidelines; each recipe is calculated not

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