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news Sat, 09 Feb 2019 22:15:00 GMT Recipes, Food, Diet, Cooking & Entertaining - 9Kitchen - 5 On the trail: (for two servings): Bring 1 ½ cups water (1 ¾ cups if using textured vegetable protein) to a boil. Add chili, two packets salad dressing, and meat or TVP.

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diet based on clinical studies. The research and science-backed plan is less likely about eating in small portions but more of a balanced eating plan for a healthy lifestyle.

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