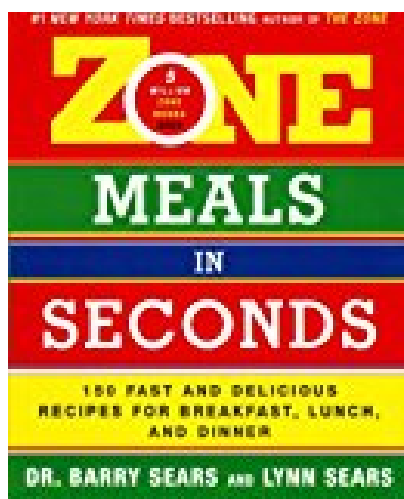


# Zone Meals in Seconds 150 Fast and Delicious Recipes for Breakfast Lunch and Dinner The Zone

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