

**Quick Dukan Appetizers: Collection Of Recipes Ready
In A Few Minutes For Dukan Diet [Kindle Edition] By
Vincenzo Bonanno**



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Souped up: healthy, low-calorie soup recipes |

1/2 cup quick-cooking barley 1 can (16 ounces) no-salt-added diced tomatoes. Directions 1. Rinse lentils under cold running water; drain and set aside. 2.

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