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by UP Fitness,

December 17, 2018

The Christmas holidays are usually associated with calorie-laden snacks, sweet treats and overindulgence. If you're heading to a family get-together, you'll be surrounded by plates of mince pies, slices of cakes and tins of chocolates.

**Best Recipes for  
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The Fitness Gourmet is a wellness consulting firm that specializes in teaching seminars nationwide. She has a special interest in enhancing the education of the general public, through

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television, radio, and her web series, providing accurate nutrition and health information to today's consumer which has had an impact on the lives and health of thousands of people.

## **Home - The Fitness Gourmet**

More Gourmet Main Dish Recipes Roasted Rack of Lamb Rating: Unrated 909 ... I have made this recipe and it

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is delicious. It can be served with plum sauce as well as a fruit sauce. This is actually a short-cut version but it is fantastic.

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Gourmet recipes- Food has the power to not only nourish ones soul but also bring people together. Gourmet recipes that we see in restaurants, which almost always leave us

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spellbound, of course  
require great skill and  
finesse to be perfect.  
We bring you our 10  
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recipes are serious game changers. Forget the pricey nut butters in stores--make your own! These flavors are so good: pizza butter, pumpkin pie butter, oatmeal cookie butter, guacamole butter, cheese butter, French toast butter, and more!

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Delicious recipe Browsing. In Recipes April 10, 2020. Healthy Turkey Hummus Crepe.



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Are you looking for new healthy lunch ideas?

Why not try this delicious, nutritious and healthy turkey hummus crepe by The Fitness Femme? You might have noticed that I'm on a bit of a crepe craze as of late.

## **Delicious recipe Archives - Welcome / The Fitness Femme**

Emmet from Rushe Fitness has four delicious recipes to try

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for a happy - and healthier - Christmas. This week I am going to give you four Christmas themed recipes that you can use over the holiday period. One is a starter, one is a side, one is a main and the other is a little treat. They all have that festive theme and they all taste great ☐☐

**Sugar and Spice:  
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**Christmas recipes ...**

A quick and comforting fall inspired side dish, roasted orange kabocha squash with cinnamon is a healthy and delicious recipe the whole family will enjoy. Easy Instant Pot Pork Spare Ribs - Perfectly Tender Every Time

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## **Delicious Cheap Dinners for the Budget Gourmet - Chowhound**

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provides you with a huge selection of varied, light and healthy fitness recipes – for a healthy lifestyle, effective muscle building and enjoyable life.

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Heat 1/4 cup ghee in a pan. Add the blended chana dal paste and cook, stirring frequently, until the

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paste is quite dry. 3.  
Add 1/4 cup grated  
coconut, 1 cup of  
almond milk, 1/2  
cashew cream  
(cashews soaked in  
water and blended into  
a smooth cream), 1/4  
cup pumpkin seeds,  
and 1/2 tsp. cardamom  
powder.

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