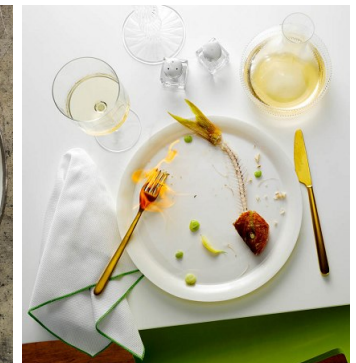
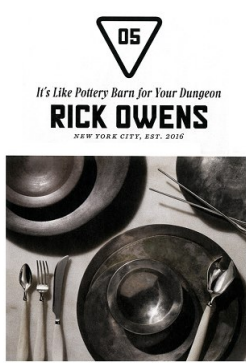
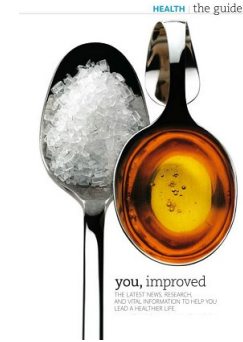
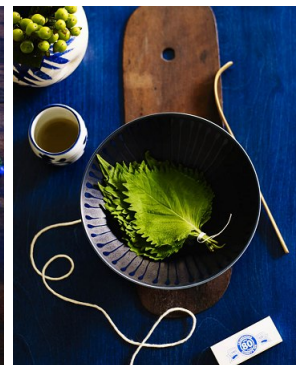
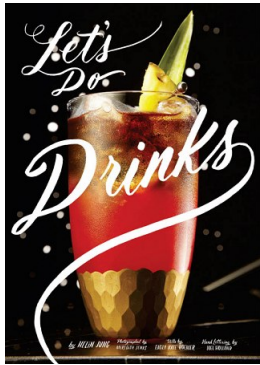
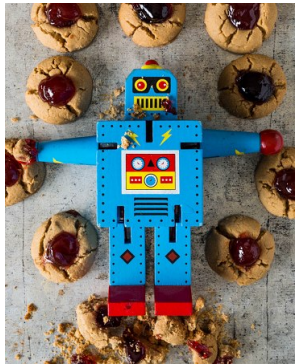


ALMA MELENDEZ / FOOD & ENTERTAINING





Eat These 7 Meals

Shocking exact amounts to know when you do one thing for clean. We've got a list for you with a mouthwatering plan that begins with these 7 meals.

1. Baked Salmon
2. Grilled Chicken
3. Roasted Vegetables
4. Quinoa Salad
5. Avocado Toast
6. Greek Yogurt Parfait
7. Berry Smoothie

EVERYBODY LOVES PIZZA

People eat pizza on all 50 states, which is why it's the most popular food in America. Here's how to make it the best it can be.

It's a 100-Ingredient Kind of Magic: Here's What You're Missing

Tools and Tricks

Use a pizza stone to cook the crust evenly. Preheat the stone for at least 30 minutes. Use a pizza peel to transfer the pizza to and from the stone.

Roasted Carrots

Preheat oven to 400°F. Toss carrots with olive oil, salt, and pepper. Roast for 20-30 minutes until tender and slightly caramelized.

food now

The Delicious Way to Detox!

Boost your health with healthy and delicious detox recipes. Includes a list of detox recipes and a guide to detoxing.

FRESH HERBS

Boost your health with fresh herbs. Includes a list of fresh herbs and a guide to using them.

Turkey and Chicken

Preheat oven to 375°F. Roast turkey and chicken for 1 hour. Serve with stuffing and gravy.

BLT (Bacon, Lettuce & Tomato) Sandwich

Preheat oven to 375°F. Roast turkey and chicken for 1 hour. Serve with stuffing and gravy.

Pork Sausages with Spring Vegetables

Preheat oven to 375°F. Roast turkey and chicken for 1 hour. Serve with stuffing and gravy.

All-Purpose Spice Rub

Preheat oven to 375°F. Roast turkey and chicken for 1 hour. Serve with stuffing and gravy.

Spaghetti with Meat Sauce

Preheat oven to 375°F. Roast turkey and chicken for 1 hour. Serve with stuffing and gravy.

Salad and Pasta

Preheat oven to 375°F. Roast turkey and chicken for 1 hour. Serve with stuffing and gravy.

Stalk Market

Preheat oven to 375°F. Roast turkey and chicken for 1 hour. Serve with stuffing and gravy.

Let's Eat! CRACKING UP

Preheat oven to 375°F. Roast turkey and chicken for 1 hour. Serve with stuffing and gravy.

Spaghetti with Meat Sauce

Preheat oven to 375°F. Roast turkey and chicken for 1 hour. Serve with stuffing and gravy.

Salad with Chicken

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Salmon Cakes with Horseradish Sauce

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Orange Chicken and Broccoli

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Grown-up tricks for Halloween Treats

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