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breakfast recipes 21 dairy pdf

Breakfast is typically the first meal of a day. The word in English refers to breaking the fasting period of the prior night. There is a strong tendency for one or more "typical", or "traditional", breakfast menus to exist in most places, but the composition of this varies widely from place to place, and has varied over time, so that globally a ...

Breakfast - Wikipedia

If you need more calories or have trouble swallowing, try the following recipes – but keep in mind that they might not be right for everyone. If you want to increase calories but not fat, use reduced-fat dairy products. If you’re eating well and maintaining your weight, there’s no reason to

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