

## 30 Most Delicious Meals In Kenya All Delicious Kenyan Recipes

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diet consists of 40% to 60% of calories from carbohydrates, 20% from protein, and 30% or less from fat. follow a balanced eating plan filled with fresh fruits, vegetables, whole grains, and a controlled amount of lean meats and poultry. try to eat fish at least twice a week ...

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**the recipes deliciously healthy dinners** - prepare. most of the main-dish meals take no more than 40 minutes to prepare and cook. side dishes cook in 30 minutes or less. some of the ingredients may be new to you, such as fish sauce and rice vinegar (which are used in many asian dishes) and low-sodium products. you can find these and other ingredients in most grocery stores.

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