

Sheet1

TITMARKED,L	TITLE,C,60	KEYWORD,C,60
1	Tortellini salad	Salad Macaroni Summer Holiday Prepare ahead
2	Chicken Lasagne	Chicken Prepare ahead meat
3	Pots de Creme au Chocolat (Mousse)	chocolate dessert mousse
4	Fettucini Alfredo	side dish macaroni
5	Chicken Tortilla Casserole	Fast Chicken Dinner
6	Vegetarian Baked Beans	Vegetarian prepare ahead entree
7	Tobouli	Vegetarian prepare ahead
8	Light Pumpkin Cheesecake	Cake Cheesecake Light
9	Fish Fillets with Bell Pepper salsa	Fish Spicy Light Fast

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INSTRUCT,M ORIGIN,C,60	SE	CAL	PR	(FAT,N	CARB	FIBER	CHOL	IRON,I
Elizabeth Gorowski-Imburgio	6	-1	-1	-1.00	-1.00	-1.00	-1.00	-1.00
Microwave cookbook	8	-1	-1	-1.00	-1.00	-1.00	-1.00	-1.00
Joy of Cooking	6	-1	-1	-1.00	-1.00	-1.00	-1.00	-1.00
Angelina Imburgio	8	-1	-1	-1.00	-1.00	-1.00	-1.00	-1.00
Microwave Cookbook	6	-1	-1	-1.00	-1.00	-1.00	-1.00	-1.00
Grace I Barry	4	-1	-1	-1.00	-1.00	-1.00	-1.00	-1.00
Grace I Barry	6	-1	-1	-1.00	-1.00	-1.00	-1.00	-1.00
Cooking light Magazine, Nov/Dec 92	12	232	9	7.50	33.70	0.70	59.00	1.50
Cooking Light magazine	8	130	23	1.50	5.90	1.40	42.00	1.80

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SODIUM	CALCIUM	MINUNOTES	M	SAT,N,6,2	POLY,N,6,2	MONO,N,6,2	TEMP,N,4,0
-1.00	-1.00	60					
-1.00	-1.00	120					
-1.00	-1.00	45					
-1.00	-1.00	15					
-1.00	-1.00	45					
-1.00	-1.00	60					
-1.00	-1.00	150					
264.00	117.00	-1					
221.00	41.00	-1					