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Portion size of meat, fish or poultry is no more than 200g raw or 150g cooked. The whole meal contains a meat or alternative, a starch (root vegetable or grain), and vegetables or fruit.

Japanese-Style Stir-Fried Beef | Food in a Minute

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Crockpot Recipes - ddvculinary.com

Japan (Japanese: 日本国; Nippon or Nihon; formally 日本国 ½ Nippon-koku or Nihon-koku, lit."State of Japan") is a sovereign island country in East Asia. Located in the Pacific Ocean, it lies off the eastern coast of the Asian mainland and stretches from the Sea of Okhotsk in the north to the East China Sea and China in the southwest. Coordinates The kanji that make up Japan's name mean "sun ...

Japan - Wikipedia

Fallopia japonica, synonyms Reynoutria japonica and Polygonum cuspidatum, commonly known as Asian knotweed or Japanese knotweed, is a large, herbaceous perennial plant of the knotweed and buckwheat family Polygonaceae. It is native to East Asia in Japan, China and Korea. In North America and Europe, the species has successfully established itself in numerous habitats and is classified as an ...

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Cleo's Recipes | CoffeeHouseMystery.com

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