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# Ice Red

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### Ice Red

#### **your mediterranean meal planner - Amazon Web Services**

Salmon, red onion and sweet pepper wraps 396 kcal • 39g carbs • 6g fibre 327g protein • 1 F&V Hearty spanish omelette and 20g salad leaves with 1 tbsp caeser dressing 459 kcal • 473g carbs • 66g fibre 194g protein • 1 F&V Chickpea and tuna salad 355 kcal 227g carbs • 124g fibre 321g protein • 4 F&V