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## Vegetarian mince



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## Chickpeas



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## Pumpkin seeds



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## Peanut butter



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## Red kidney beans



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## Tofu



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## Butter beans



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## Green lentils



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## Red lentils



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## Baked beans



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## Salmon fillet



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## Eggs



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## Chicken breast



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## Canned tuna



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## Hake fillet



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## Lean beef mince





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## Yellow split peas



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## Cashew nuts