



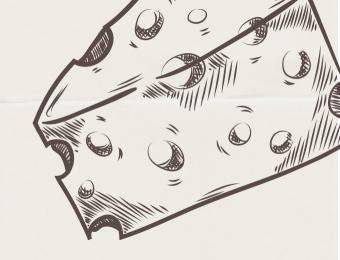






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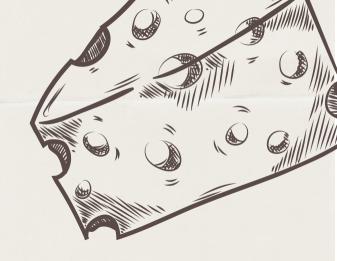
EACH WEEK YOU WILL.



- 1. Receive your grocery list and recipe by email
- 2. Gather supplies in your kitchen
- 3. Tuesday evening log on to zoom
- 4. Make your dinner and chat
- 5. Enjoy your meal with family and friends



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