

Curves Member Guide



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Easy frittata from " curves member guide" | village

Provided by Tricia Drass, a Village Acres CSA Member. 1/2 pd lean ground beef; 1 tbsp butter; 2 c sliced mushrooms; 1 c chopped onion; 2 tsp worcestershire sauce

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Blue cheese dip recipe | sparkrecipes

From Curves Member Guide Number of Servings: 8 Recipe submitted by SparkPeople user KTIGGER.

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