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15 quick and easy ways for men to stay healthy eat healthy and live longer in todays world

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15 quick and easy ways for men to stay healthy eat healthy and live longer in todays world Back in July, a reader asked me to do a round-up of easy vegetarian dinner recipes. I love when you guys give me ideas!

And September seemed like the perfect month to schedule it. Summer is winding down and weâ€™re getting back to our normal routines; things like time management suddenly matter ...

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