

Mark Drugs Pharmacy

ROSELLE

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Dr. Zeiger's HCG safe Spicy Tuna Casserole:

100gm Albacore tuna packed in water
2 cups chopped celery
2 tablespoons French's Yellow Mustard
1 table spoon of HCG perfect portions BBQ seasoning

Mix all ingredients in bowl or tupperware, serve cold
Will count as 1 protein and 1 vegetable serving