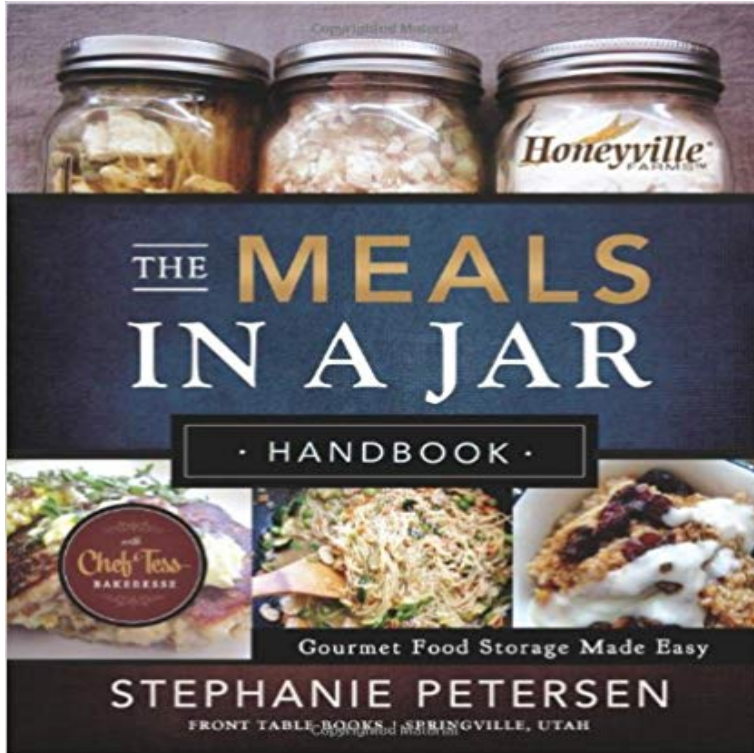


The Meals in a Jar Handbook: Gourmet Food Storage Made Easy



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