

The image shows three identical meal prep containers arranged horizontally. Each container is filled with a variety of ingredients: a top layer of cooked steak, a middle layer of lentils, a layer of corn, and a bottom layer of vegetables including tomatoes, cucumbers, and green onions. A semi-transparent text box is overlaid in the center of the image, containing the text "Steak Meal Prep Ideas".

Steak Meal Prep Ideas

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Kathleen Armour

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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