



Healthy Mini Pizza Recipe

Roberta Duyff



Healthy Mini Pizza Recipe:

Healthy Air Fryer Cookbook Dana Angelo White, 2017-09-12 I LOVE this cookbook The recipes are super simple and are perfect for an air fryer novice like myself T Oksman So many awesome recipes from breakfast to dinner and in between JMcDubs Healthier versions of your fried favorites all under 500 calories Using an air fryer is fast convenient and healthy You need less oil to cook food and you can use healthier ingredients than traditional fried foods Registered dietician Dana Angelo White the nutrition expert for Food Network com has developed recipes that have fewer calories and less fat than the same recipes you d make in a deep fryer Healthy Air Fryer Cookbook features 100 recipes for breakfast essentials healthier mains lighter sides wholesome snacks and less sinful desserts Nutrition per serving for calories carbs fat and other nutrients Expert advice from Dana Angelo White on how best to use your air fryer None of the recipes in this book compromise on the flavors you d expect And you can still enjoy all your fried favorites donuts French fries and yes chicken wings without feeling guilty Plus you can make foods you didn t think an air fryer could make including steak fajitas shrimp scampi and cookies So equipped with this book you don t have to let your air fryer continue to sit on your kitchen counter Happy, Healthy, and Fit! Carolyn Luetje, Carol Quinn, 1992 **Eat Yourself Healthy** Megan Rossi, 2019-09-19 Learn to love your gut with this jam packed book from Dr Megan Jamie Oliver Say bye bye to bloating help with the stress of IBS and give a big warm welcome to wellness with Megan Rossi s Eat Yourself Healthy Chris Evans

THE SUNDAY TIMES BESTSELLER The lifestyle guide for a happy gut that will transform your health and wellbeing Drawing from the latest research and a decade of experience as a dietitian and consultant at The Gut Health Clinic Dr Megan Rossi explains how to feed your gut for a happier healthier you using simple delicious and gut boosting recipes Eat Yourself Healthy is packed with over 50 delicious easy to make meal ideas from delicious breakfast options such as banana fig and courgette breakfast loaf and chickpea crepes to mouth watering dinner recipes including creamy pistachio and spinach pesto pasta and satay tofu skewers Alongside Dr Rossi s gut friendly recipes Eat Yourself Healthy also includes expert advice on how to deal with common complaints such as IBS and bloating diagnose food intolerances and manage good gut health with sleep and exercise routines Supercharge your digestive health and transform your overall wellbeing with this ultimate guide that promises to make you happier and healthier from the inside out

Get this book Davina McCall I ve learnt so much from Megan looking after my gut is now a priority and I feel so good for it Ella Mills author and founder of Deliciously Ella **Delicious Diabetic Recipes** Rani Polak, 2011-04-01 People with diabetes can live longer healthier lives by changing the way they eat It s surprisingly easy with Doctor Chef Rani Polak s groundbreaking cookbook From Roast Sirloin with Mediterranean Mushroom Sauce to Fresh Melon Salad with Plum Granita and Mint these recipes will please the whole family Smart cooking techniques advice on using spice food suggestions for diabetic kids and

even tasty pastas and yummy desserts are included It also covers the lowdown on carb counting an important new way to manage blood glucose levels by watching the number of grams of carbohydrates in your diet being careful about portion size and balancing carbs with protein and fat Stunningly illustrated in classic cookbook style this is the one cookbook you ll want if you have a diabetic in the family From the Hardcover edition **The Fussy Eaters' Recipe Book** Annabel

Karmel,2008-09-02 In homes around the country parents are fighting a difficult battle trying to get their picky eaters to eat healthy foods without ruining family mealtime We all know that it is critical for kids to develop sound eating habits at a young age to set them up for a lifetime of good health However as any time crunched parent will tell you it is all too easy to give in to your child s refusal to eat anything but chicken fingers and French fries Children s food expert Annabel Karmel is here to help with 135 fast yummy and nutritious recipes that will tempt even the fussiest eaters In *The Fussy Eaters Recipe Book* Annabel shows how to sneak fruits and vegetables into child friendly recipes to boost their nutritional content Her Bolognese pasta sauce is packed with five different kinds of veggies and tastes just like the kids menu favorite But Annabel also believes that it s important for kids to learn to actually like healthy meals An expert on the mind set of fussy eaters she provides sound strategies that can coax even the pickiest child to try new foods You ll be amazed that salmon sweet potatoes and even spinach can develop into foods that your child will want to eat and before you know it mealtime will actually be something the whole family looks forward to In *The Fussy Eaters Recipe Book* you will find Healthy versions of junk food classics Simple easy to prepare food that the whole family will enjoy Nutritious snacks to entice even the fussiest eaters Recipes for gluten intolerant children Delicious and nutrient packed desserts *Gardening by Cuisine* Patti Moreno,2013-01-29 Even urban

dwellers with little more than a balcony or tiny backyard or windowsill can grow their own food thanks to Patti Morenos groundbreaking gardening guide Moreno host of the most popular garden videos on the web has devised a unique plan for creating low maintenance organic cuisine gardens including Italian Best Ever Marinara Sauce Garden Asian Stir Fry Garden and Mediterranean Vegetable Garden that produce the vegetables fruits and herbs people love and eat She supplies dozens of easy plans plus a generous collection of simple delicious recipes and menus that will make the most of any gardens bounty Morenos colorful illustrations and comprehensive instructions will encourage gardeners both new and experienced to embrace sustainable living with ease and enthusiasm *Kid-Friendly Cooking Made Simple: 50 Fun, Easy Recipes for Every Meal* Julian Soto,2025-09-06

End the mealtime struggle with delicious recipes your kids will actually eat This cookbook is your solution for making family meals simple fun and stress free *Kid Friendly Cooking Made Simple* features 50 easy recipes designed for busy families From quick breakfasts to satisfying dinners every dish is created to be loved by children and adults alike Say goodbye to picky eaters and hello to happy family dinners This book helps you save time and reduce worry in the kitchen You can finally make one meal that everyone at the table will enjoy Inside this guide to easy family meals you will find 50 Fun and Easy Recipes Discover go to meals for breakfast lunch and dinner Make everything from fluffy pancakes and

creative sandwiches to simple pasta dishes and tasty chicken dinners Uses Simple Ingredients Every recipe calls for common easy to find ingredients from your local grocery store making shopping and preparation simple Quick for Busy Weeknights The straightforward instructions are perfect for parents with limited time Get a delicious kid approved meal on the table without the fuss Encourages Kids to Help The simple steps are perfect for getting your children involved in the cooking process which can make them more excited to eat This cookbook is the perfect tool for any parent looking to bring peace and joy back to the dinner table It is an excellent gift for families with young children Get your copy today and make mealtime your family s favorite time of the day

Quick And Easy Microwave Cookbook Carla Hutson, Are you looking for quick and easy recipes With these easy and delicious recipes anyone can venture into the world of Microwave Cookbook Create your own easy and delicious meals This Microwave Cookbook is perfect for busy cooks looking for quick and easy meal ideas It features many delicious recipes that can be cooked in minutes using just a microwave All the tips tools and ingredients you ll need to get into a regular meal Step by step instructions for each recipe that helps you plan ahead Delicious recipes Something for everyone includes meat poultry and seafood as well as vegetarian and vegan options Easy to prepare simple recipes with clear instructions and easily ingredients Make meal part of your everyday with Quick And Easy Microwave Cookbook

Taste of Home Light & Easy Weeknight Cooking Taste of Home, 2022-01-04 It s true You can still savor all of the comfort foods you love while eating right even when your schedule is slammed It s simple with Light Easy Weeknight Cooking Inside you ll discover 300 delicious recipes that come together in a pinch while paring down calories fat sodium sugar and carbohydrates Sound too good to be true Take a look inside and you ll find lighter takes on 30 minute entrees 5 ingredient recipes slow cooker greats Instant Pot and air fryer dishes and so many others If you re looking to serve wholesome meals maintain a healthy lifestyle and enjoy sensational foods any night of the week let Light Easy Weeknight Cooking be your inspiration With these 307 effortless recipes you ll quickly see just how simple and delicious eating right can be

CHAPTERS Snacks Munchies Sides Salads Breads Soups Sandwiches 30 Minute Classics Sheet Pan Suppers Easy Weeknight Bowls Meal In One Wonders Half Homemade Staples Meatless Mondays Make Ahead Greats Light Easy Desserts Workweek Odds Ends RECIPES 10 Minute Zesty Salsa Jiffy Ground Pork Skillet Simple Grilled Steak Fajitas Weeknight Chicken Chop Suey Makeover Macaroni Cheese One Pan Sweet Chili Shrimp Veggies So Easy Snack Mix Pressure Cooker Cranberry Stuffed Apples No Guilt Brownies Contest Winning Greek Pasta Bake Grilled Garden Veggie Pizza Air Fryer Sweet Potato Fries Pizza Meat Loaf Cups Healthy Peanut Butter Cookies Easy Beef Stroganoff Chicken Veggie Packets Makeover Cheddar Biscuits Slow Cooker Veggie Lasagna Pressure Cooker Garlic Chicken Broccoli Snappy Tuna Melts Easy Almond Joy Chia Pudding Air Fryer Spinach Feta Turnovers Quick Italian Veggie Skillet No Bake Peanut Butter Oatmeal Bars Tacos on a Stick Slow Cooker Chicken Taco Salad Tuscan Fish Packets Weeknight Pasta Squiggles One Pot Sausage Basil Pasta Quinoa Unstuffed Peppers Sheet Pan Pineapple Chicken Fajitas

Summer Bridge Explorations, Grades 1 - 2, 2015-04-27 Summer

Bridge Explorations prepares your first grade graduate for second grade through progressive lessons and project based learning This dynamic workbook strengthens cross curricular skills with a focus on beginning math phonics and comprehension Summer Bridge Explorations makes learning last With this dynamic series students entering grades 1 to 4 prepare for the new year through project based learning Grade level workbooks are divided into three progressive sections one for each month of summer and each of these sections is built around a theme based activity that connects real world learning with summer fun Your child will keep learning alive by applying new skills in fun ways all while enjoying everything summer has to offer Lessons and activities span the curriculum supporting growth in math reading writing social studies science and the arts

Cookbook for Special Kid - AUTISM - ADHD Dairy Free & Gluten Free Christine Flourish
,2025-04-01 Meet Sarah a mom at her wit s end Her 6 year old son Jake diagnosed with autism and ADHD would only eat three foods Mealtimes were battlegrounds of tears and tantrums Sarah felt like she was failing her child unable to provide the nutrition he desperately needed Then she discovered Cookbook for Special Kid AUTISM ADHD Dairy Free she s nourishing his future This could be your story too Welcome to the cookbook that s changing lives one meal at a time Whether you re dealing with autism ADHD or food sensitivities this book is your roadmap to Peaceful mealtimes Improved behavior and concentration A wider range of accepted foods Healthier happier kids Delicious meals the whole family will devour Inside this game changing guide you ll discover 200 Kid Approved Recipes From breakfast to dinner snacks to desserts all free from dairy and gluten Step by Step Instructions Even kitchen novices can create masterpieces Nutritional Powerhouses Learn which foods can boost your child s development and why Picky Eater Solutions Proven strategies to introduce new foods without the drama Sensory Friendly Ideas Textures and presentations that work for even the most sensitive kids Time Saving Hacks Quick meals and prep tips for busy families Expert Insights Author Christine Flourish a renowned special needs nutritionist shares her decades of experience Allergen Substitutions Easy swaps for common allergens beyond dairy and gluten Visual Recipe Cards Perfect for visual learners and promoting independence in the kitchen Meal Planning Guide Take the stress out of What s for dinner But it s more than just a cookbook It s about Empowering your child to make healthy choices Building confidence and life skills through cooking Creating positive associations with food Strengthening family bonds through shared meals Understanding the gut brain connection and its impact on behavior Parents and professionals rave This book is a game changer My son s behavior has improved dramatically and he s actually asking to try new foods Emily R mother of a child with ADHD As a pediatric nutritionist I recommend this book to all my patients It s comprehensive easy to follow and the recipes are genuinely delicious Dr Michael Chen Pediatric Gastroenterologist The transformation in our household has been incredible Mealtimes are now fun and my daughter s eczema has cleared up Jessica T mother of a child with autism and food sensitivities Don t let dietary restrictions or picky eating hold your family back any longer With Cookbook for Special Kid you re not just feeding your child you re unlocking their potential Imagine No more separate meals

for different family members Your child eagerly trying new foods Improved focus at school and home A happier calmer household The joy of cooking together as a family Perfect for parents caregivers educators and anyone passionate about nurturing special needs children through the power of good food Don t wait another day to start your family s food revolution Buy now and watch your special kid flourish

The 4 Habits of Healthy Families Amy Hendel,2010-06-08 A book has finally been written to address weight management and health in the family The 4 Habits of Healthy Families will teach families of all shapes and sizes how to create meals that are healthy and enjoyable Amy Hendel lifestyle therapist and health expert guides families through daily planning preparation and proportion of food But what s more Amy has fought obesity herself and is also a busy working mother She brings personal credibility and expertise to an easy to follow and practical health guide The benefits of improving your family s health don t stop at a healthier better feeling family As you practice Amy s easy program you ll find your family gathering around the dining room table more often and seeking out healthy activities to enjoy together Health will become the platform for a stronger and more closely knit family In addition to invaluable sidebars and tips The 4 Habits of Healthy Families is filled with easy and delicious recipes sample grocery store lists and a plethora of other suggestions to minimize time and maximize output in the kitchen The 4 Habits of Healthy Families offers a generous amount of support from an author who has fought and beat obesity in her own family Amy Hendel is showing the joys and advantages of making health a family affair Originally published as Fat Families Thin Families by BenBella Books in April 2008

The 10:10 Recipe Book Sarah Di Lorenzo,2022-06-08 The companion book to Sarah Di Lorenzo s 1 bestseller The 10 10 Plan featuring 150 delicious recipes to help you lose weight and keep it off The 10 10 Recipe Book is the ultimate companion to The 10 10 Plan which shows you how to lose weight the healthy way This companion cookbook offers more than 150 recipes for people with busy lifestyles who want to lose weight and keep it off forever Created by clinical nutritionist Sarah Di Lorenzo these tasty and easy to make recipes include everything from breakfast favourites soups and smoothies to more substantial lunches and dinners and even includes snacks and delicious desserts for those with a sweet tooth Whether you are just starting the 10 10 program or are looking for a broader range of recipes that will help keep your weight loss on track these recipes are nutrient rich and delicious and are designed to help keep you full nourish and inspire you Sarah s approach isn t about fad dieting and starving yourself Rather it s about using lots of quality unprocessed ingredients in delicious and interesting ways to maintain optimum weight and health as a way of life Sarah s recipes are balanced simple easy and delicious and won t have you in the kitchen doing hours of laborious prep Sophie Falkiner TV presenter Counting calories and reading nutrition labels is a punishment just stick with Sarah s recipes and she ll change the way you eat feel and look Kendall Bora Executive Producer Weekend Today Channel 9

Keto Air Fryer Recipes Cookbook Cordelia Heller,2019-02-28 Do you have a very tight schedule are you and or is your family on a ketogenic diet and you don t have enough time to cook healthy food Are you willing to go into ketosis or lose weight through healthy eating

without stress and you don't know how to go about it. You don't have to bother anymore because this is the right book for you. It contains over 100 excellent low carb keto diet recipes which you can cook with an Air Fryer to help you attain ketosis within a short period of time while enjoying your meal. Air Fryer is a kitchen appliance that makes it simple to cook healthy meals swiftly so you can eat delicious low carb foods. This means that it takes lesser time to put dinner on the table after a long hour day at work.

Benefits of Keto Air Fryer Being on a keto diet and using an Air Fryer has so many benefits one can derive apart from its time saving merits. Here are a few benefits of keto Air Fryer. It saves cooking oil usage. It lowers the fat content in food. It reduces the high risk of heart disease and inflammation because it lowers the rate of vegetable oil intake. Migrating to an air fryer may be a simple means to reduce calories and endorse weight loss because it requires less oil. Swapping deep foods for air fried foods helps to trim waistline. Acrylamide compound which usually leads to the development of cancer is formed during high heat cooking methods like frying of carbohydrate rich foods. The use of an Air fryer usually reduces the formation of such compounds. Regularly eating fried foods has been associated with conditions such as type II diabetes and high blood pressure. Air fried foods are recommended to cut your intake of all fried foods to help prevent type II diabetes and promote better health. It also helps to reduce the high risk of heart failure derived from eating deep fried foods always. It reduces the greater risk of obesity. When you use this book you stand a chance of living healthy, stay on keto, lose weight between your busy schedules, stay fit, save money and time.

Fermentation for Beginners: Health Benefits and Recipes Ahmed Musa, 2024-12-30 Fermentation is an age old technique with modern appeal offering health benefits and unique flavors. This book introduces the basics of fermentation with simple recipes for making your own yogurt, kimchi, kombucha and more. Learn about the science behind fermentation and how it supports gut health. Perfect for beginners, this book provides step by step instructions to help you master this ancient craft at home.

Cooking with Kids: Fun and Easy Recipes for Little Chefs Nigel Sanders, Bring the joy of cooking into your home with Cooking with Kids Fun and Easy Recipes for Little Chefs. This delightful cookbook is designed to inspire young culinary artists to explore the kitchen, learn essential cooking skills and most importantly have fun while creating delicious dishes. From breakfast bonanza to outdoor adventures, Cooking with Kids covers every meal and occasion with simple step by step recipes that are perfect for little hands. Start your day with rainbow fruit parfaits, whip up cheesy broccoli rice casserole for dinner and enjoy making chocolate chip cookies together for a sweet treat. Each recipe is crafted to be engaging and educational, helping children develop a love for cooking and healthy eating habits. With colorful photographs, handy tips and safety advice, this cookbook is a wonderful resource for parents and children to bond over the shared experience of cooking. Whether you're making holiday themed goodies, mastering baking basics or crafting creative meals, Cooking with Kids offers endless opportunities for family fun and culinary creativity. Join the kitchen adventure and watch as your little chefs grow in confidence and culinary skills. Cooking with Kids Fun and Easy Recipes for Little Chefs is your guide to creating memorable moments and tasty meals.

together **Quick & Organized Healthy Cuisine for Busy People** Donna Shaffer Carr,1989 **Taste of Home Girls Night In** Taste of Home,2024-10-01 Let s raise a glass to all the wonderful women we know to nights spent together talking and laughing sharing and supporting To book clubs and red carpet critiques brunches and movie nights Whenever a circle of best girlfriends gather it s going to be a party and Girls Night In is just what you need to turn your home into the memory making source for fun you always wanted it to be Of course the centerpiece of any great gathering is the food This fun and fabulous new book delivers all the recipes you need to keep guests satisfied Small plates and appetizers all the best cocktails and mocktails sides to share salads sweet treats and party boards this book has it all You ll even find complete menus for the themed parties holidays and special occasions you and your BFFs enjoy celebrating the most All the recipes in this fun new collection have been carefully chosen to be low stress so not only can you pull off hosting with ease but the same recipes work just as well for when simply making a meal for yourself Call up your best girlfriends and crank the music It s time for a Girls Night In CHAPTERS Appetizers Small Plates Cocktails Mocktails Boards Sides Salads Sliders Sandwiches Party Subs Sweet Things What Can I Bring Parties New Year s Eve Galentine s Day Awards Show Watch Party Pizza Party Ladies Brunch Spring Fiesta Summer Herb Party Backyard Bonfire Party Book Club Murder Mystery Game Night Friendsgiving Wine Tapas Totally Awesome 80s Party Let s Paw ty Party Inspirations *Allergy Proof Recipes for Kids* Leslie Hammond,Lynne Marie Rominger,2010-01-01 Each of the 150 recipes included in this family friendly cookbook are free of gluten and the eight most common allergens thus taking the guesswork out of determining which recipes are safe and which are a risk Culinary expert Leslie Hammond teaches readers how to use naturally allergy free ingredients and substitutes to add richness texture pizzazz and nutritional content to meals without losing the yummy factor **Academy Of Nutrition And Dietetics Complete Food And Nutrition Guide, 5th Ed** Roberta Duyff,2017-04-18 The newest edition of the most trusted nutrition bible Since its first highly successful edition in 1996 The Academy of Nutrition and Dietetics Complete Food and Nutrition Guide has continually served as the gold standard resource for advice on healthy eating and active living at every age and stage of life At once accessible and authoritative the guide effectively balances a practical focus with the latest scientific information serving the needs of consumers and health professionals alike Opting for flexibility over rigid dos and don ts it allows readers to personalize their own paths to healthier living through simple strategies This newly updated Fifth Edition addresses the most current dietary guidelines consumer concerns public health needs and marketplace and lifestyle trends in sections covering Choices for Wellness Food from Farm to Fork Know Your Nutrients Food for Every Age and Stage of Life and Smart Eating to Prevent and Manage Health Issues

Decoding **Healthy Mini Pizza Recipe**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Healthy Mini Pizza Recipe**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Table of Contents **Healthy Mini Pizza Recipe**

1. Understanding the eBook **Healthy Mini Pizza Recipe**
 - The Rise of Digital Reading **Healthy Mini Pizza Recipe**
 - Advantages of eBooks Over Traditional Books
2. Identifying **Healthy Mini Pizza Recipe**
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an **Healthy Mini Pizza Recipe**
 - User-Friendly Interface
4. Exploring eBook Recommendations from **Healthy Mini Pizza Recipe**
 - Personalized Recommendations
 - **Healthy Mini Pizza Recipe** User Reviews and Ratings
 - **Healthy Mini Pizza Recipe** and Bestseller Lists

5. Accessing Healthy Mini Pizza Recipe Free and Paid eBooks
 - Healthy Mini Pizza Recipe Public Domain eBooks
 - Healthy Mini Pizza Recipe eBook Subscription Services
 - Healthy Mini Pizza Recipe Budget-Friendly Options
6. Navigating Healthy Mini Pizza Recipe eBook Formats
 - ePub, PDF, MOBI, and More
 - Healthy Mini Pizza Recipe Compatibility with Devices
 - Healthy Mini Pizza Recipe Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Healthy Mini Pizza Recipe
 - Highlighting and Note-Taking Healthy Mini Pizza Recipe
 - Interactive Elements Healthy Mini Pizza Recipe
8. Staying Engaged with Healthy Mini Pizza Recipe
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Healthy Mini Pizza Recipe
9. Balancing eBooks and Physical Books Healthy Mini Pizza Recipe
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Healthy Mini Pizza Recipe
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Healthy Mini Pizza Recipe
 - Setting Reading Goals Healthy Mini Pizza Recipe
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Healthy Mini Pizza Recipe
 - Fact-Checking eBook Content of Healthy Mini Pizza Recipe
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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web use a pencil to mark the mounting holes 3 remove the wall plate from the wall and drill two holes in the wall as marked gently tap anchors provided into the drilled holes until flush with the wall 4 position the wall plate over the holes pulling wires through the wiring opening see fig 5 5

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web electrical connections should be done by a qualified electrician so that all electrical wiring will conform to your local codes 3 always turn off power and unplug motor and pump inside the cooler before installing or performing any maintenance

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