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Coconut, Shredded Unsweetened 1/4 C 1.3 Sweetened 1/4 C 10.0 Coconut Flour 1/4
C 6.0 Coconut Milk, Canned, Regular 1/2 C 2.0 Cornmeal Veal 2 T 9.7 Cream Of Tar
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Atkins Carb Counter If You're Unsure • Dairy Products Other Than Cream, Soured
Cream, Single Cream And Aged Cheeses. No Cow's Or Goat's Milk, Yoghurt, Cottage
Cheese, Or Ricotta For Now • 'Low-fat' Foods, Which Are Usually Higher I Jan 13th,
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Hungry, eat A Small Low Carb Snack To Accompany Your Nutritional Supplements. 7.
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