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## **Carb Counter FoodS LiSt - Start Low Carb**

AtkinS Carb Counter AbbreViationS And SYMbolS C = Cup Dia = Diameter Fl Oz =  
Fluid Ounce G = Gram Lb = Pound Lg = Large Med = Medium N/a = Not Applicable  
Oz = Ounce Pkt = Packet Sm = Small Sq = Square Tsp = Teaspoon Tbs =  
Tablespoon W/ = With W/ O = Without" = Inch

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Low Carb & No Carb E\*Cookbook 130 Recipes \*\*\*\*\* BREAKFAST 1. CRUSTLESS  
QUICHE - 4 Servings 1/2 Cup Heavy Cream (4.8 G Carbs) 1/2 Cup Water 1/4 Cup  
Green Onions (1.7 G) 8 Whole Eggs 2 Cups Crumbled Bacon (cooked & Cooled) 1  
Cup Sh Mar 13th, 2024



### **Mini Carb Counter - Low Carb Products, Atkins Shakes, Low ...**

Instead Of Eating The Whole Tub, Try Spoonfuls On Some Lower Carb Fresh Fruit, Topped With A Sprinkle Of Raw Nuts And Seeds. Recipe Creamy Cheese Sauce (from The "Variety Plus" Low Carb Cookbook ) Total: (1 Cup) 6 Carbs Ingredients: ¼ Cup Heavy Cream 4 Oz Grated Cheddar Feb 18th, 2024

### **ATKINS CARB COUNTER ATKINS CARB COUNTER**

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 2 T 9.7 Cream Of Tar Apr 16th, 2024

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