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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 Mar 14th, 2024

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Low Carb / High Fat One Week Meal PlanLow Carb / High Fat One Week Meal Plan Monday: Breakfast: 2 Or 3 Eggs Scrambled In 2T Butter, Bacon, Coffee W/Heavy Whipping Cream Snack: Hard Boiled Egg Diced & Mixed With 1 Tablespoon Duke's Mayonnaise Lunch: 2 Handfuls Of Organic Mixed Greens With Marie's Blue Cheese Dressing, 3 Ch Jan 8th, 2024

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