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Living the Low Carb Life Jonny Bowden,2004 This comprehensive guide cuts through the confusion showing dieters how to choose and customize an effective low carb plan for their own metabolisms and lifestyles *Phase 2 Low-Carb Recipes* ,2004 Take your food choices to a flavorful high and still drop pounds Inside are hundreds of delicious recipes to keep you on track strategies to stop the slide if you find yourself gaining time saving menu plan to excite you and your family and much more **Britannica Book of the Year** Encyclopaedia Britannica, inc,2005 Spine title 2005 Britannica book of the year events of 2004 Franchise Times ,2004 The Publishers Weekly ,2004 **Everyday Low Carb Cookery** Alexander Haas,1999-10 Web Design Gary B. Shelly,Thomas J. Cashman,Linda Kosteba,2002 Part of the highly successful Shelly Cashman Series this text provides introductory coverage of Web Page Design Written in a style that makes the concepts and techniques presented easy to understand Hawaii Magazine ,2004 Night Club & Bar ,2005-07

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