



19 Low-Carb Dinners That Are High in Protein

EatingWell



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Ursula Solom



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The Low-Carb Diabetes Solution Cookbook Dana Carpender,2016-04-15 Best selling low carb author Dana Carpender strips away the carbohydrates grains sugars and starches and reveals 200 of her best ultra low carb recipes

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Books, 2004 All recipes under 10 net carb grams More than 160 of the 200 total recipes take 15 minutes or less to prepare

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