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First let me say that I own many, many low-carb cookbooks, and this one is THE best I have ever read! Not only does it offer 500, yes, 500 recipes that are easy

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Member Recipes for 500 Calories. Very Good 4.3/5 (12 ratings) OMG it's Tofu Queso (95 Calories 6 Carb) MUST TRY. (Low Calories & Low Carb) Calories.

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Just a few of my favorites from 500 Low-Carb recipes include: Heroin Wings (The name suits.. they are addicting!) Taco Omelet; Country Scramble; Turnips Au Gratin;

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Jul 24, 2015 Details about NEW 500 Low Carb Recipes: 500 Recipes from Snacks to BOOK (Paperback)

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Overview. Low-fat or low-carb? A recent New York Times Magazine (July 7, 2002) cover story answered this question and said that Dr. Atkins was right all along, "its

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