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Better Homes and Gardens: Phase 1 Low-Carb Recipes

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Recipes with 5 grams or fewer net carbs; perfect for Phase 1 of the Atkins or South Beach diets.

Introductory chapter features basics about Phase 1 of low-carb eating plans, menus, meat-cooking charts, carb charts of allowable foods, and a two-week food journal to track carbs.

Advice and tips reveal how to be successful during Phase 1 of a low carb diet.

Recipes include nutrition information plus preparation and cook times.

All recipes are tested and approved by the Better Homes and Gardens® Test Kitchen.

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