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Easy Everyday Low Carb Cookbook

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200 total recipes plus daily meal plans (for 30 days) with carbohydrate counts of 45, 60, 80, and 100 grams.

Recipes include beef, pork, lamb, seafood, side dishes, snacks, and desserts.

Caters to the busy cook with a variety of low-carb recipes.

Carb levels consistent with the Atkins plan.

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