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Carb Counter - Low Carb Products, Atkins Shakes, Low ...Instead Of Eating The Whole Tub, Try Spoonfuls On Some Lower Carb Fresh Fruit, Topped With A Sprinkle Of Raw Nuts And Seeds. Recipe Creamy Cheese Sauce (from The "Variety Plus" Low Carb Cookbook) Total: (1 Cup) 6 Carbs Ingredients: ¼ Cup Heavy Cream 4 Oz Grated Cheddar May 16th, 2024.

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G = Gram Lb = Pound Lg = Large Med = Medium
N/a = Not Applicable Oz = Ounce Pkt = Packet
Sm = Small Sq = Square Tsp = Teaspoon
Tbs = Tablespoon W/ = With W/ O = Without"
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130 Recipes ***** BREAKFAST 1. CRUSTLESS
QUICHE - 4 Servings 1/2 Cup Heavy Cream (4.8 G
Carbs) 1/2 Cup Water 1/4 Cup Green Onions (1.7
G) 8 Whole Eggs 2 Cups Crumbled Bacon (cooked
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