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Turn To The Week 1 Shopping List On Page 66, Pick Up
Some Tasty F Mar 5th, 2024

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Atkins Carb Counter If You're Unsure • Dairy Products
Other Than Cream, Soured Cream, Single Cream And
Aged Cheeses. No Cow's Or Goat's Milk, Yoghurt,
Cottage Cheese, Or Ricotta For Now • 'Low-fat' Foods,
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