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Low Carb Dinner Replacements An Average Dinner For Someone On Keto Is A Moderate Portion Of Protein With Some Added Fat And A Side Dish Of Green Leafy Vegetables With Added Fat. Though Sometimes You Might Just Want A Heavy, Comforting Dish That Gets Rid Of The Cravings You Have. It's Definitely Apr 9th, 2024

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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 Jan 9th, 2024

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