



8 Grams or Less Low-Carb Recipes (Better Homes & Gardens)

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Recipes that contain between 0 and 8 net carb grams meet popular low-carb meal plan guidelines.

Quick-to-prepare recipes use everyday ingredients conveniently found in supermarkets.

More than 200 delicious 5-ingredient low-carb main dish, side dish, appetizer, and dessert recipes.

Special bonus chapter includes additional recipes containing no more than 15 grams net carbs for later phases of popular low-carb meal plans.



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