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Lb = Pound Lg = Large Med = Medium N/a = Not Applicable Oz = Ounce Pkt =
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= Without" = Inch Low Carb & No Carb E*Cookbook BREAKFAST Low Carb & No Carb
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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 & Cooled) 1 Cup Sh Apr 1th, 2024 Carb
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