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AtkinS Carb Counter AbbreviationS And SYMboLS C = Cup Dia = Diameter Fl Oz = Fluid Ounce 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" = Inch

## **Low Carb & No Carb E\*Cookbook BREAKFAST**

Low Carb & No Carb E\*Cookbook 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 & Cooled) 1 Cup Sh Jan 18th, 2024

## **Carb Meal Plan - Start Low Carb**

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