

**The Big Book Of Low-Carb Recipes: 365 Fast And
Fabulous Dishes For Every Low-Carb Lifestyle By
Nicola Graimes**

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For a quick and easy breakfast, I eat a slice of low carb cheesecake. The other day, I made a big improvement! I created a blueberry sauce to go on top of it!

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Big easy on low carb

This blog is dedicated to the low-carb menu challenge presented by Jimmy Moore. I'm living the Louisiana low carb lifestyle, Big Easy on Low Carb.

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