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Aug 17, 2014 The Gluten-Free, Low-Carb Paleo Diet Good News: Gluten-Free, Low-Carb Paleo Diet Hits the Mainstream. and fare better on a gluten-free diet.

## **12 tasty substitutions when cutting carbs - men's**

To make it even better, try adding roasted garlic coauthor of The Good Carb Cookbook. Substitute: Mixed vegetables or

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Recommendations for a Good Low-Carb Diet Cookbook? Product & Shopping Questions. Pin it. Q: She is the author of True Brews and Brew Better Beer (Spring 2015).

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by Sandra Woodruff, MS RD. In truth, there are good carbohydrates and bad carbohydrates. But what makes some carbohydrates better than others? One of the most

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