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food, so your body has lower amounts
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no-no's along along with a great deal
of diet s are every one of acceptable
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* The average person can expect to
lose 1-2 lbs. per week. Results may
vary. Weight loss is influenced by

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Brie & Caramelised Onion Burger.

Serves 1 | Prep time 10 minutes.

Cooking time 20 minutes. [View](#). A

Greek Salad is a low carb dish that you can enjoy all year round and is really tasty because of the feta

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cheese, red onion and olives. Use extra virgin olive oil to finish this dish.
Chopped Greek Salad.

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Method. Preheat the oven to 180c. In a large frying pan add the lamb mince and fry until it's dark in colour, tip into a colander and drain to set aside.

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Warm a tsp olive oil in a large pan over medium heat. Add the onion and garlic and saute until soft.

Moussaka | Atkins Low Carb Diet

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This fish dinner served with creamy
cucumber salad and slices of red bell
peppers can be ready in under 30
minutes. Pork Chops Stuffed with

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Smoked Gouda and Bacon Cut a pocket into the pork chop and stuff it with this cheese-and-bacon mixture.

The Atkins Diet: The Basics |

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