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These 7 meals are healthy, delicious and very low in carbs. They are made with simple ingredients, 101 Healthy Low-Carb Recipes That Taste Incredible.

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The daughter of a pair culinary whizzes who cooked up mouthwatering meals like mayonnaise fried chicken and Belgian waffles with ice cream, Lynn struggled with her

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Monica Lynn, Founder & CEO, is a Certified Nutritional Consultant and the author of 5 Square Low-Carb Meals : The 20-Day Makeover Plan with Delicious Recipes for Fast

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