

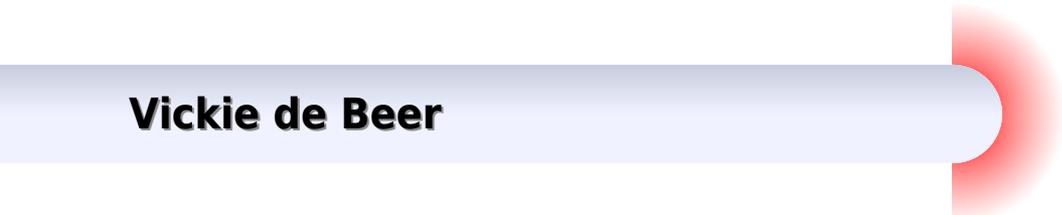


**LOW CARB  
MEAL PLAN  
WEEK 2**



# Low Carb Recipes This Week

**Vickie de Beer**



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