

What are the BEST LOW CARB VEGGIES?

(based on 1-cup servings of raw vegetables)

SPINACH

Total Carbs 1.1g
Fiber: .7g
Net Carbs: .4g



KALE

Total Carbs 4.4g
Fiber: 4.1g
Net Carbs: .3g

MUSHROOMS

Total Carbs 2.3g
Fiber: .7g
Net Carbs: 1.6g



ASPARAGUS

Total Carbs .6g
Fiber: .3g
Net Carbs: .3g

CAULIFLOWER

Total Carbs 5g
Fiber: 2g
Net Carbs: 3g



BROCCOLI

Total Carbs 6g
Fiber: 2.4g
Net Carbs: 3.6g

ZUCCHINI

Total Carbs 3.5g
Fiber: 1.2g
Net Carbs: 2.3g



CABBAGE

Total Carbs 3.9g
Fiber: 2g
Net Carbs: 1.9g

EGGPLANT

Total Carbs 4.8g
Fiber: 2.5g
Net Carbs: 2.3g



BELL PEPPERS

Total Carbs 7g
Fiber: 2.5g
Net Carbs: 4.5g

Low Carb Recipes Guide Store Hours

L Darling-Hammond



Low Carb Recipes Guide Store Hours:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Low Carb Recipes Guide Store Hours**

In some sort of inundated with monitors and the cacophony of immediate connection, the profound energy and mental resonance of verbal artistry usually fade in to obscurity, eclipsed by the continuous onslaught of noise and distractions. However, located within the lyrical pages of **Low Carb Recipes Guide Store Hours**, a fascinating work of literary splendor that pulses with natural feelings, lies an unique journey waiting to be embarked upon. Published with a virtuoso wordsmith, this mesmerizing opus guides visitors on a mental odyssey, gently exposing the latent potential and profound affect stuck within the elaborate internet of language. Within the heart-wrenching expanse of the evocative evaluation, we will embark upon an introspective exploration of the book is main themes, dissect their captivating writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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