

1 000 Low Fat Recipes

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## Summary:

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LCHF Ok, so what is this LCHF then? This is true LCHF: Basics. The abbreviation stands for Low Carb High Fat and the very simple basics are to minimize the. Cream Cheese Cookies - Divalicious Recipes Cream cheese adds a lovely flavour and texture to these cream cheese cookies. Baked with coconut flour they are low carb and gluten free too. These cream. Trans Fat: The Facts (CDC) â€¢ Consuming trans fat increases low-density lipoprotein (LDL, or â€œbadâ€œ) cholesterol. This effect contributes to increased coronary heart disease.

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