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Nov 23, 2009 Low Carb Green Bean Casserole. By Mercy; 4.73. Upload Your Recipe Photo Recipe Box Grocery List Print Share. Total Time. 45mins. Prep 15 mins. Cook 30 mins

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Book "The Slow Carb Vegetarian" (Rachel Henderson) ready for download! The slow carb diet was devised by Tim Ferris and focussed around eliminating grains, sugar,

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The Slow Carb Vegetarian

35 slow cooker recipes for busy (or lazy)

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This is a book with recipes and meal plans for vegetarians and vegans that want to follow the rules of the slow carb diet. Tim Ferris put together this eating plan to

Vegetarian: top slow-cooker recipes

See Slow-Cooker Vegetarian Curry recipe; 5 of 13. Facebook Pinterest. Marinara Sauce with Pasta.

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The author found a valuable unfulfilled market segment and tried to cater to it. I applaud the effort, but it would be nice if just a little more effort were put in.

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Low-Carb Spaghetti Squash. By shawnajean; 5.0. Upload Your Recipe Photo Recipe Box Grocery List Print Share. Total Time. 55mins. Prep 5 mins. Cook 50 mins

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Submitted by: Ferron Bourdin. Make spaghetti the way you usually would except for low carb vegetarian spaghetti you will use spinach instead of beef, and you will use

Smashwords about rachel henderson, author of

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