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## Low Carb Ing Among Friends

Low-Carbing Among Friends is a revolutionary cookbook series, in several rather unique and important ways: They're offered as perfect-bound (on Amazon - regular binding) and with Coil-binding (BUT that's a CUSTOM order direct from the printers) as many of you asked for COIL-Binding. I t's much easier to use in the kitchen as it lays flat.

## World's #1 LowCarb Team

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