



Low Carb, Low Fat (The Australian Women's Weekly: New Essentials)

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The low-carb eating phenomenon has swept the world. Now, Pamela Clark, Food director of The Australian Women's Weekly's "Test Kitchen", has devised a diet that is low carb and low fat, but still nutritionally balanced. In just 31 weeks, Pamela lost an amazing 20 kilos. You, too, can lose weight easily and safely - and never go hungry - with the delicious recipes in this book.

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