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<http://chowhound.chow.com/topics/758521>

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http://diabeticgourmet.com/book_archive/details/51.shtml

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http://www.healthy.net/Health/Essay/Good_Carbs_Bad_Carbs_Which_Do_You_Eat/627

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<http://www.bbcgoodfood.com/recipes/collection/low-carbohydrate-recipes>

Aug 17, 2014 The Gluten-Free, Low-Carb Paleo Diet Good News: Gluten-Free, Low-Carb Paleo Diet Hits the Mainstream. and fare better on a gluten-free diet.

<http://articles.mercola.com/sites/articles/archive/2014/08/18/gluten-free-low-carb-paleo-diet.aspx>

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