

CARBS

CHEAT SHEET

PER 100 CALORIES



DATES 27g



RAISINS 26g



BANANA 25.5g



CARROTS 23g



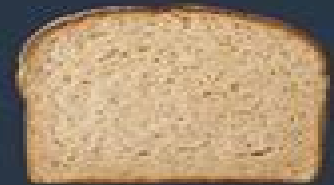
SWEET POTATO 23g



WHEAT PASTA 22g



BROWN RICE 20g



BREAD 19g



BLACK BEANS 18g



GREEN PEAS 17g



CORN 15.3g



OATMEAL 15g

Good Carb Diet Overview

J Elliott



Good Carb Diet Overview:

Good Carb Diet Overview Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Good Carb Diet Overview**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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