

## 32 Delicious Low Fat Dessert Recipes Under 250 Calories Free Pdf Books

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BEVERAGE. Iced Drinks Calories Calories From Fat Total Fat (G) Saturated Fat (G)  
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Protein (G) Iced Coffee SM 16oz 5 0 0 0 0 0 1 0 0 0 MED 20oz 5 0 0 0 0 0 1 0 0 0  
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Vitamins. Fats Are A Concentrated Source Of Energy. One Gram Of Fat Provides 9  
Calories. Our Bodies Use This Energy Or Store It As Fat For Later Use. It Is Efficient  
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'diet' Cheese, 'cheese Products', Whey Cheese Or Any Cheese Flavoured With Fruit.  
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