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Carb Counter FoodS LiSt - Start Low CarbAtkinS Carb Counter AbbreviationS And SYMbolS C = Cup Dia = Diameter Fl Oz =

Fluid Ounce G = Gram Lb = Pound Lg = Large Med = Medium N/a = Not Applicable Oz = Ounce Pkt = Packet Sm = Small Sq
= Square Tsp = Teaspoon Tbs = Tablespoon W/ = With W/ O = Without" = Inch ATKINS CARB COUNTER ATKINS CARB
COUNTERCoconut, Shredded Unsweetened1/4 C 1.3 Sweetened1/4 C 10.0 Coconut Flour 1/4 C 6.0 Coconut Milk, Canned,
Regular 1/2 C 2.0 Cornmeal Veal2 T 9.7 Cream Of Tar Feb 16th, 2024

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