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And eating more protein with more carbs won't help you. Pay attention to which lists you are allowed to eat from and in which phase. For more info on this, download the Banting Lists. Don't over- or under-eat " New Revolutionaries get nervous about the idea of not snacking and tend to go overboard at mealtimes to overcompensate. Don't worry about this.

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vacy. The diner could eat alone or with companions of his or her choosing. The table d'hôte format is more social, but the mix of companions facing a stranger coming to an inn or cookshop wasn't always ideal for outsiders. More important, the diner in a restaurant could order, eat, drink, and pay for only and exactly what she wished.

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Eating is a moral act. This is not an original idea. In fact, it is a modification used often by the National Catholic Rural Life Conference of Wendell Berry's phrase, Eating is an agricultural act. John Robbins's book not only convinced me that both are true, but also that we must act.

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