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For those looking for some low-carb meal ideas, try these 8 low-carb dinners that are all less than 500 calories. 1. Beef Burger with Jerk Onions & Avocado Cucumber Salad by eatdrinkpaleo. Jerk is a cooking style originated from Jamaica in which meat is marinated with a spicy, tasty mixture called Jamaican jerk spice.

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