



Ketogenic Diet Cookbook: 24 Low Carb Ketogenic Diet Recipes For Ultimate Weight Loss, Metabolism Boosting and Healthy Living

Brittany Samons

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Low carb food is what usually prepared and eaten when starting and maintaining a ketogenic diet. These low carb recipes are proven to be healthy and easy. While trying these recipes at home, you may also modify these at your own taste as long as it still complies with the rules of ketogenic diet plan.

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