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14 Ketogenic Recipes For Carb Lovers - Upgraded Health

This is a beautifully illustrated book with lots of recipes, all very clearly written out, and with lots of explanation about the Keto way of life and the science behind it. It has particularly good explanations of the carb profiles of different food groups which I found really useful.

Ketogenic Cookbook, The : Nutritious Low-Carb, High-Fat ...

There's no reason to dread Thanksgiving if you're following a ketogenic diet. Regardless of what your holiday feast may look like, you can plan to indulge or plan to stick to your diet. I personally like to bring my own keto recipes or keto side dishes to group events as they tend to be a hit among everyone (keto-lovers and carb-lovers alike).

Happy Keto Thanksgiving: How to Stay Keto ... - Ketogenic.com

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You Can Score All The Keto Diet Recipes You Need For 21 ...

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A Ketogenic Diet for Beginners: The #1 Keto Guide - Diet ...

It's no secret that Delish cookbooks feature mouth-watering recipes, but they aren't known to be healthy. So, when we discovered the Editors of Delish created Keto for Carb Lovers, we had to pick it up. This keto cookbook has over 100 recipes that will satisfy your craving for junk food, pizza, carrot cake, peanut butter cookies, and much more.

8 Best Keto Diet Books - Keto Diet School

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