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The Best Books on Ketogenic Diet You Need to Have on Your ...

So I took on the 60 Day Keto Challenge to help with all of these problems. Ready to take the plunge? Join the first 30 days of the challenge here: You'll get The Keto Quickstart Guide, with everything you need to know to start Keto + 30 Days of Meal Plans, Shopping Lists, and more! What is a Ketogenic Diet?

Ketogenic Diet 60 Insanely Quick And Easy Recipes For Beginners

Ketogenic Diet: 60 Insanely Quick and Easy Recipes for Beginners by Jeremy Stone. A common complaint about diets? They take a ton of time and effort. Stone's cookbook turns that assumption on its head, with 60 recipes (like Cream Cheese Cinnamon Pancakes and Salmon and Eggplant Curry) for people who think they don't have the time or cooking prowess to make keto

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