

RECIPES FOR KETOGENIC DIET



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Ketogenic diet recipes for Low Carb Diets! Each recipe in the following list is Ketogenic Diet approved and mostly gluten-free. Keto is a low carbohydrate diet that is used not only to lose weight by bodybuilders, fitness and bikini models on pre-competition, but also to treat and prevent cancer, epilepsy, Alzheimer and other diseases.

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What is the Keto Diet? A ketogenic diet is a low carb, high fat diet that turns your body into a fat-burning machine. When insulin - the fat storing hormone - levels drop, you will feel the difference of an optimal body.

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