# **HOW TO DO THE KETO DIET**



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A keto diet is a very low-carb diet, where the body turns fat into ketones for use as energy. This increases fat burning, reduces hunger and more. Learn how to eat a keto diet based on real foods what to eat, what to avoid and how to avoid side effects. Get awesome keto recipes and meal plans.

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A brief refresher, if you don't already know: the keto diet is a high-fat, moderate-protein, low-carb diet in which you switch your body's primary energy source from carbohydrates to fat (i.e

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#### The Ultimate Beginner's Guide To The Keto Diet Ultimate

The keto diet (also known as the ketogenic diet) is well known for being low in carbohydrates. Keto is a state in which the body produces ketones in the liver, which are then used for energy.

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