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100 Best Paleo Diet Recipes of 2018 Easy Desserts

Chicken. They also recommend using raw organic honey, which will replace the sugar typically found in a teriyaki sauce recipe. There is also fresh ginger used, and garlic, and they recommend free range organic chicken breasts, which should become your new way of buying chicken when on the Paleo diet.

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The 15 Best Keto Recipes For Weight Loss

The keto diet is also known as the ketogenic diet and is known as one of the most popular low-carb diets out there. It works by encouraging the liver to create the ketones needed for energy since the body isn t able to get it as much from carbohydrates.

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