EASY RECIPES FOR DIETS



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Easy Recipes for a Balanced Diet Real Simple

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Easy Keto Diet Recipes Elana's Pantry

The Keto Diet, or Ketogenic Diet is a high-fat diet that is moderate in protein and low in carbohydrates. This macro-nutrient ratio allows the body to switch from using carbohydrates (converted into glycogen in the liver) for energy, to using fat (converted into fatty acids and ketone bodies in the liver).

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36 Super Easy Healthy Dinner Recipes For Weight Loss

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