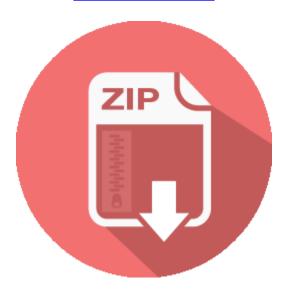
# **I CAN T DIET**



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## Foods you can't have on the keto diet INSIDER

There are some surprising foods you can't eat on keto diet. Bananas, potatoes and quinoa are just some of many foods that seem like they follow the keto guidelines, but are actually foods to avoid <a href="http://ebookslibrary.club/download/Foods-you-can't-have-on-the-keto-diet-INSIDER.pdf">http://ebookslibrary.club/download/Foods-you-can't-have-on-the-keto-diet-INSIDER.pdf</a>

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