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Independently Published, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. The Complete Ketogenic Diet for Beginners Ultimate Guide for Keto Diet The Essential Keto Cookbooks with Low Carb High Fat Recipes Doing the keto is much easier than people think, and sometimes much harder than you expect. It is often not the diet or the lifestyle that is really hard. The hardest part is often taking leave of your life - as you know it, with all of...

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- Authored by Warawara Roongruangsri
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