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Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Have you struggled with resistant weight loss or weight maintenance? In this #1 best seller, you'll learn how to cook 2019's most affordable, quick & easy 5-ingredient recipes for beginners on the ketogenic diet. A little planning and prepping go a long way towards success on the ketogenic diet. This Keto Meal Prep for Women Cookbook contains the following categories: Breakfast, Lunch, Dinner, Snacks and Side Dishes, Vegan and Vegetarian, Desserts. When you begin...

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- Authored by Clare
- Released at 2019



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Reviews

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