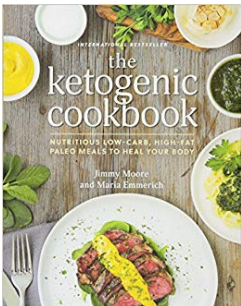
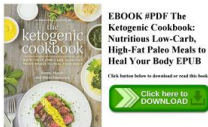


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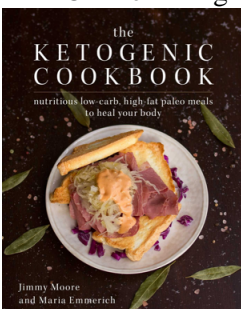
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In 2013, the 50th anniversary of the founding of the ketogenic diet was celebrated. In 2014, it was the author's turn. Now, the highly acclaimed ketogenic cookbook is back to help thousands more of the growing number of people interested in eating a low-carb, high-fat diet to lose weight, improve their health, and heal their bodies.
In this book, the author's collection, Jimmy Moore, brings his own diet blogger and podcast and bestselling author of Keto Diet, plus Moore and Emmerich have gathered and prepared their knowledge of living on keto from 100 delicious and unique recipes from health experts that are ideal for anyone who wants to live in ketosis.
In addition, the authors of several popular keto cookbooks have provided their own keto recipes, including 2 chapters on keto desserts so readers can enjoy all the fun of eating keto. In total, readers will find 200+ recipes for keto breakfast, lunch, dinner, and dessert.
If you're looking for a healthy way to eat that will help heal your body of damage done by years of eating one of our most common, the ketogenic diet may be for you. Thank you so much to people who search for great books!

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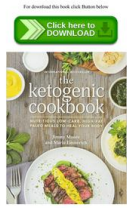


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