

CHARITY  WILSON

# KETO DIET

## COOKBOOK VOL.1

### Breakfast Recipes



# Ketogenic Diet Cookbook Vol 1 Breakfast Recipes

**Susan Zeppieri**



## **Ketogenic Diet Cookbook Vol 1 Breakfast Recipes:**

**Ketogenic Diet** Charity Wilson, 2015-01-26 Ketogenic Diet Cookbook Vol 1 Breakfast Recipes The Ketogenic diet could be considered one of the best diets available for maximum weight loss Many of the world's leanest men and women have used the ketones released from being in a state of ketosis to achieve amazing bodies Inside you will discover some awesome recipes that will support your dieting efforts and make living a low carb lifestyle much easier By having a variety of recipes available you will avoid the food boredom that usually causes people to overeat and gain weight What Does The Ketogenic Diet Entail Essentially a Ketogenic diet has you eating very few carbs and a lot of healthy fats and moderate protein Don't let the word fats scare you away because this diet has been proven to work for weight loss time and again Here are just some of the foods you get to enjoy Tuna salmon shellfish and other fatty sources of seafood Avocado egg yolks nuts coconut oil butter and even mayonnaise watch for carb loaded brands All meats such as beef bacon chicken sausage wild game bacon just to reinforce you get bacon preferably of the grass fed variety Dark green leafy vegetables these contain the least amounts of carbs and other vegetables in moderation Hard and soft cheeses sour cream cottage cheese and even heavy whipping cream choose full fat varieties As you can see the Ketogenic diet still includes many of your favorites and even some foods that are forbidden on other diets There will be a transitioning period as you switch from burning carbohydrates as energy to burning the ketones and fat in your body for energy Once you have adjusted you will be amazed at how your body turns into a fat burning machine You won't even miss the carbohydrates you used to eat once you look in the mirror It is a diet that just plain works for weight loss and for those who are carb sensitive Would You Like Even More Recipes In order to stick with a healthy lifestyle you need a variety of recipes at your fingertips which is why you will want to check out all the cookbooks in the series Ketogenic Diet Cookbook Vol 2 Lunch Recipes Ketogenic Diet Cookbook Vol 3 Dinner Recipes Ketogenic Diet Cookbook Vol 4 Snacks Dessert Recipes Ketogenic Diet Cookbook Vol 5 Slow Cooker Recipes Purchase today and start enjoying your recipes right away Scroll to the top of the page and select the buy button [Keto Diet Cookbook](#) Leanne Vogel, 2019-04-09 From the bestselling author of The Keto Diet comes this all new cookbook featuring 140 low carb high fat recipes designed to help make the ketogenic diet work for each individual's unique needs Leanne Vogel HealthfulPursuit.com is well aware that keto is not a one size fits all way of eating she offers a wealth of advice for customizing the diet to keep people from giving up because of frustration and feeling stuck Her goal with The Keto Diet Cookbook is to teach people how to eat keto with foods they have in their kitchens and show them how to make keto work with the resources they have available right now simple and easy The book begins with an overview of how and why to keto Leanne walks readers through the steps of setting macros getting into ketosis becoming fat adapted and figuring out which foods make them feel good and help them hit their goals Following that is a varied and delicious collection of recipes for breakfasts lunches dinners sweet and savory snacks drinks and condiments The recipes are packed with handy extras that make them even easier to use and

adapt from portion sizes to comprehensive nutrition information to substitutions for those with dietary restrictions such as vegetarians and people with food allergies They include Keto Breakfast Pudding All Day Any Day Hash Mexican Meatza Epic Cauliflower Nacho Plate Creamy Spinach Zucchini Boats Sweet Beef Curry Crispy Pork with Lemon Thyme Cauli Rice Bacon Avocado Fries Edamame Macadamia Crack Bars Coffee Bean Shake And much more With The Keto Diet Cookbook readers will find dozens of mouthwatering ways to honor trust and nourish their bodies When we do that we start to feel good make better decisions for our health and naturally and effortlessly progress toward our goals [Keto Meal Prep for Men](#) Sam E. Rivers, 2025-11-02 Fuel your body build muscle and stay sharp all while saving time in the kitchen This isn't your average meal prep book Keto Meal Prep for Men was built for guys who want serious results without wasting hours in the kitchen or eating the same bland meals on repeat Whether you're trying to burn fat build muscle or keep your energy dialed in all day long this high fat low carb playbook delivers a proven system for meal prep that works With simple instructions bold flavors and no nonsense guidance this book takes the guesswork out of keto and makes eating for performance simple even if you've never cooked before Inside this game changing guide you'll discover The science behind why keto works for men including testosterone muscle maintenance and fat loss How to batch cook your weekly meals in just 2 hours using a system that fits your schedule A complete toolkit for meal prep success pantry staples must have cooking gear and fridge friendly storage tips Over 50 delicious protein packed recipes for breakfast lunch dinner snacks and pre workout fuel Done for you meal plans for two powerful goals fat loss or muscle gain with full macro breakdowns Tips for eating keto on the job at the gym or while dining out without falling off track Whether you're a beginner to keto or just tired of takeout this book will help you build real results through real food without sacrificing your time or your taste buds Perfect for busy dads gym warriors or any man looking to take control of his health and performance Take the guesswork out of eating clean Prep like a pro Fuel like a beast

**The "I Love My Air Fryer" Keto Diet Recipe Book** Sam Dillard, 2019-01-01 175 fast easy and delicious meals combining the hottest diet trend the low carb high fat keto diet with the latest must have kitchen appliance the air fryer While an appliance that promises a lower fat cooking method like the air fryer may seem counterintuitive to the high fat keto diet you'll be pleasantly surprised to learn that air fryers don't remove fat from foods Instead they use the natural fats in the foods to cook them without adding additional fat or oil that comes from traditional frying methods An air fryer offers a healthy cooking option for keto dieters and is the perfect tool to cook a wide range of keto friendly foods from steak to tofu bacon to vegetables and even desserts The I Love My Air Fryer Keto Diet Cookbook will introduce you to 175 tasty and easy keto meals you can make with your air fryer Learn how to make satisfying whole food dishes for every meal from breakfast to dinner appetizers to side dishes and desserts and of course great snacks With this guide you'll discover how perfectly the air fryer fits into your keto diet [The Keto Diet](#) Leanne Vogel, 2017-04-11 Leanne Vogel the voice behind the highly acclaimed website Healthful Pursuit brings an entirely new approach to achieving health healing weight loss and happiness through a

keto adapted lifestyle with The Keto Diet The Complete Guide to a High Fat Diet For too long we've blamed dietary fat for weight gain and health problems The truth is a diet that's high in natural healthy fats can actually help your body burn fat That's the secret behind the ketogenic diet As you get more of your calories from healthy fats and cut back on carbs you'll start burning fat losing weight and feeling strong and energetic without feeling hungry or deprived The Keto Diet does away with the one size fits all philosophy offering a customizable approach that is tailored to the unique needs of the individual Leanne provides the tools to empower everyone to develop a personalized nutrition plan offering limitless options while taking away the many restrictions of a traditional ketogenic diet A one stop guide to the ketogenic way of eating The Keto Diet shows you how to transition to and maintain a whole foods based Paleo friendly ketogenic diet with a key focus on practical strategies and tons of mouthwatering recipes It includes Over 125 healthy and delicious whole food recipes that will help your body burn fat including Chicken Crisps Bacon Wrapped Mini Meatloafs Keto Sandwich Bread Waldorf Stuffed Tomatoes No Nuts Granola with Clusters Chicken Pot Pie Chocolate Covered Coffee Bites Five 28 day meal plans that walk you through a month of eating keto Tools to make your high fat life a breeze including guides for your favorite grocery stores yes no food lists food sensitivity replacements how to go dairy free to reduce inflammation and more The Keto Diet will help you gain energy lose weight improve your health and turn you into the ultimate fat burning machine all without restricting or even counting calories You'll have all the tools you need to fall in love with your body and banish your fear of fat forever

**French Keto Diet Mastery** Susan Zeppieri ,2022-04-12 Are you sick and tired of feeling sick and tired Want to lose weight gain energy manage your blood sugar levels and sleep better Do you want to reduce weight quickly gain energy and begin mending your body If so then keep reading French Keto Diet Mastery is a book for anyone who's looking for a way to live a healthier lifestyle without all the sacrifice A ketogenic diet sometimes known as the French Keto Diet has been growing in popularity in recent years and it has helped countless people who have struggled with weight loss and obesity This book is your key to weight loss better sleep energy and health Learn how to adapt the French Keto Diet to your lifestyle and your health HERE'S WHAT MAKES THIS BOOK SPECIAL Fundamentals of French Keto Diet Advantages of The French Keto Diet Beginners Should Follow These Steps for French Keto Diet Possibility of New Therapy for Age Related Conditions Much much more Interested Then Scroll up Click on Buy now with 1 Click and Get Your Copy Now [The American Journal of Nursing](#) ,1934 **Growing Up Keto** Kristie Sullivan,2020-11-10 Bestselling author Kristie Sullivan teamed up with her teenage kids Grace and Jonathan to deliver the ultimate keto family cookbook Growing Up Keto This inspiring book stems from Kristie's personal struggles with growing up obese and then finally finding the right nutritional path for herself and eventually her family The keto lifestyle proved to be the right fit for Kristie who experienced dramatic weight loss and optimized health Above and beyond being a success story Kristie is a busy working mom who is devoted to the health of her two children When she saw her own daughter begin to struggle with weight just as she had as a child Kristie committed to

supporting her by providing delicious low carb options focusing on health instead of weight and setting an example With her mother s guidance Grace made the choice to adopt a keto lifestyle herself and later on Jonathan did as well After years of success the Sullivan family brings you a first of its kind cookbook dedicated to young adults teens kids and you guessed it their parents Growing Up Keto combines the Sullivans heartwarming family narrative with a practical safe and kid friendly approach to adopting a low carb ketogenic lifestyle The recipes featured in the book were created with the health needs and tastes of kids and teens in mind Some are so simple that youngsters can take over in the kitchen with little or no help from Mom or Dad There are also recipes for celebrations with extended family and friends and meals that parents and kids can cook together making even simple weeknight dinners more fun Kristie also includes useful tools and information for parents of kids who eat keto such as tips and tricks for surviving sleepovers camp and other social activities that involve food as well as a guide to helping kids make independent and informed choices for a lifetime of healthy eating Growing Up Keto is complete with breakfasts including quick morning meals lunches including handy tips on packing for school and overnight trips main dishes including celebratory meals and of course classic desserts that kids love With plenty of options for a wide range of palates Kristie Grace and Jonathan leave nothing out Kids and adults alike will feel satisfied happy and healthy Sample recipes include Sheet Pan Blueberry Pancakes Three Amigos Dip Roasted Marinated Cheese Pizza Soup Sheet Pan Fajitas Marinated Beef Kabobs Cashew Chicken Double Stuffed Chocolate Waffle Dessert Pumpkin Spice Roll and many more

*Ketogenic Diet* John T. Smith, Project Health Mastery, 2017-07-18 Have you ever felt that you are not blessed with the best fat burning genetics Food seems to go straight to the belly thighs and bum Have you tried all the diets and still got no result If that is the case with you then Ketogenic Diet is for you The recipes that have been provided in this book are ketogenic diet friendly These recipes are not only easy to cook but taste wonderful too All that you will need to do is get the necessary ingredients and keep them on hand If you plan ahead and pre decide your meals following the keto diet won t be difficult It would be quite simple You will need to stay strong and resist temptation Be patient and you will definitely notice positive results in no time Also this diet helps you in losing fat from the abdominal region A COLLECTION OF DELICIOUS AND EASY TO COOK KETOGENIC BREAKFAST RECIPES FOR A HEALTHY LIFESTYLE WHAT WILL YOU DISCOVER INSIDE 1 How to cook various and tasty meals with simple ingredients 2 Recipes for breakfast lunch dinner snacks sides and desserts 3 Prep time cooking time and number of servings for each recipe 4 Each recipe is written in easy to follow steps 5 Benefits of the Ketogenic Diet 6 And A lot more KETO RECIPES WERE NEVER SO DELICIOUS AND SIMPLER WHAT ARE YOU WAITING FOR TAKE ACTION TOWARDS ACHIEVING THE BODY THAT YOU DESERVE GO TO THE TOP OF THIS PAGE AND CLICK BUY NOW **Ketogenic Diet** Charity Wilson, 2015-01-26 Ketogenic Diet Cookbook Vol 5 Slow Cookers Recipes The Ketogenic diet could be considered one of the best diets available for maximum weight loss Many of the world s leanest men and women have used the ketones released from being in a state of ketosis to achieve amazing bodies Inside you will discover

some awesome recipes that will support your dieting efforts and make living a low carb lifestyle much easier By having a variety of recipes available you will avoid the food boredom that usually causes people to overeat and gain weight What Does The Ketogenic Diet Entail Essentially a Ketogenic diet has you eating very few carbs and a lot of healthy fats and moderate protein Don't let the word fats scare you away because this diet has been proven to work for weight loss time and again Here are just some of the foods you get to enjoy Tuna salmon shellfish and other fatty sources of seafood Avocado egg yolks nuts coconut oil butter and even mayonnaise watch for carb loaded brands All meats such as beef bacon chicken sausage wild game bacon just to reinforce you get bacon preferably of the grass fed variety Dark green leafy vegetables these contain the least amounts of carbs and other vegetables in moderation Hard and soft cheeses sour cream cottage cheese and even heavy whipping cream choose full fat varieties As you can see the Ketogenic diet still includes many of your favorites and even some foods that are forbidden on other diets There will be a transitioning period as you switch from burning carbohydrates as energy to burning the ketones and fat in your body for energy Once you have adjusted you will be amazed at how your body turns into a fat burning machine You won't even miss the carbohydrates you used to eat once you look in the mirror It is a diet that just plain works for weight loss and for those who are carb sensitive Would You Like Even More Recipes In order to stick with a healthy lifestyle you need a variety of recipes at your fingertips which is why you will want to check out all the cookbooks in the series Ketogenic Diet Cookbook Vol 1 Breakfast Recipes Ketogenic Diet Cookbook Vol 2 Lunch Recipes Ketogenic Diet Cookbook Vol 3 Dinner Recipes Ketogenic Diet Cookbook Vol 4 Snacks Dessert Recipes Purchase today and start enjoying your recipes right away Scroll to the top of the page and select the buy button *Keto Made Easy Cookbook (Vol 1)* Kristofer Mudi, 2019-10-17 Be Smart Get the Most from Your Instant Pot You'll Never Guess What Makes These Easy Instant Pot Recipes So Unique These recipes are fantastic for satisfying all of your family members crowd pleasing mouth watering photos fun tips plenty of meat impressive side dishes instructive it's worth it Until the end of November Only 8 99 5 99 Scroll Up and Start Enjoying This Amazing Deal Instantly 2019 All Rights Reserved

**Nutritional influences on human neurocognitive functioning** Michael Smith, Andrew Scholey, 2014-11-04 You are what you eat It's a saying that we've all heard time and time again The notion that good nutrition is essential for adequate growth and sound physical wellbeing is very well established Further in recent years there has been an overwhelming increase in research dedicated to better understanding how nutritional factors influence cognition and behaviour For example several studies have suggested that higher foetal exposure to omega 3 fatty acids and B vitamins such as folate promotes neurodevelopment B vitamins may also play a role in neurocognitive functioning in later life with some suggestion that lower vitamin B levels are associated with increased risk of dementia although randomised controlled trials investigating B vitamin supplementation as a cognitive enhancer in the elderly have provided inconclusive evidence as to the benefits of such therapy for dementia In fact the nutritional underpinnings of Alzheimer's disease and other disorders of cognitive ageing is becoming a much researched

topic In addition consumption of several other foods has been found to convey more acute cognitively enhancing effects For example ingestion of carbohydrates e g glucose caffeine resveratrol and several nutraceutical herbal extracts has been associated with short term improvements in cognitive performance Beyond specific micronutrients and macronutrients the current literature seems to support anecdotal evidence that consumption of a balanced breakfast is crucial to various measures of school performance including attention in the classroom What is clear from this emerging literature is that the relationship between nutritional status and neurocognitive functioning at various stages of the lifespan is complex An aim of this Research Topic is to bring together some recent empirical findings reviews and commentaries of the literature to date and opinion pieces relating to future directions for this burgeoning field      *Ketogenic Diet Breakfast and Delicious*

*Cookbook: How to Lose Weight Quickly, Turn Fat Into Energy and Prevent Disease to Live Healthily* Amelia

Ramos,2021-02-17 55% OFF for Bookstores NOW at 24 95 instead of 39 95 Do you want a keto cookbook that is always

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Prep Cookbook Luisa Grant,2018-10-21 You want to lose weight but is hard choose healthy food You don t have so much time or ideas for cook delicious meal Change your life now with my guide I Wrote this book Keto Meal Prep Cokbook The Ultimate Weight Loss Guide For Beginners With The Best And Easy Ketogenic Recipes specially created for you to make tasty meal for every day You will learn how to start a ketogenic diet step by step with my tips easily Keto Meal Prep Cookbook features How To Get In Shapes in 30 Days How To Choose The Right Food Why You Need To Start A Ketogenic Diet How To Bring Your Family Together Recipes For Every Day Breakfast Lunch and Dinner Apply My Experience To Enjoy Every Meal What are you waiting Let s Start Now      **Subject Guide to Books in Print** ,1997      **The Video Source Book** David J. WEINER,1990

**Ketogenic Diet Breakfast Cookbook** Felicity Flinn,2021-02-24 HURRY UP NOW THIS BOOK IS AT 55% OF ITS ORIGINAL PRICE AND YOUR CUSTOMERS WILL LOVE IT HARDCOVER EDITION WOULD YOU LIKE TO CHANGE YOUR MEAL PLAN AND START A DIET TO LOSE WEIGHT AND FEEL BETTER DO YOU WANT TO LEARN MORE DISHES SO YOU CAN IMPROVE YOUR COOKING SKILLS This The Ultimate Keto Diet Cookbook Creative Breakfast is a great chance for you as it offers many different ways to apply this incredible diet on your meal plan You will learn healthy recipes that vegetarians can also eat and more sweet ones It is a good opportunity to lean new dishes to surprise your family and friends There are plenty of recipes for any kind of meal you desire The Ketogenic diet is a low carb and high fat diet putting your body into a metabolic state which brings your body to purify and improve your health In this book you will find delicious recipes for



breakfast with Fruits Sweets Cream Drinks And much more Do you think it will be difficult to use start a new diet and you don't have much time Well this book gives you a step by step guide to the preparation of the recipes You can find easy recipes if you don't have much time or you're not in the mood for cooking too much but also some more elaborate for new challenges in the kitchen And it is always recommended to change meal plan sometimes because if you eat more differently your body will feel better With this book you will learn New ingredients to mix in your meal plan New dishes To feel better by eating differently more often To improve your cooking skills with different techniques Click on the BUY button and get a copy today It's time to enjoy yummy recipes made by YOU **Ketogenic Diet Breakfast Cookbook** Felicity Flinn, 2021-02

WOULD YOU LIKE TO CHANGE YOUR MEAL PLAN AND START A DIET TO LOSE WEIGHT AND FEEL BETTER DO YOU WANT TO LEARN MORE DISHES SO YOU CAN IMPROVE YOUR COOKING SKILLS PAPERBACK EDITION This The Ultimate Keto Diet Cookbook Creative Breakfast is a great chance for you as it offers many different ways to apply this incredible diet on your meal plan You will learn healthy recipes that vegetarians can also eat and more sweet ones It is a good opportunity to learn new dishes to surprise your family and friends There are plenty of recipes for any kind of meal you desire The Ketogenic diet is a low carb and high fat diet putting your body into a metabolic state which brings your body to purify and improve your health In this book you will find delicious recipes for breakfast with Fruits Sweets Cream Drinks And much more Do you think it will be difficult to use start a new diet and you don't have much time Well this book gives you a step by step guide to the preparation of the recipes You can find easy recipes if you don't have much time or you're not in the mood for cooking too much but also some more elaborate for new challenges in the kitchen And it is always recommended to change meal plan sometimes because if you eat more differently your body will feel better With this book you will learn New ingredients to mix in your meal plan New dishes To feel better by eating differently more often To improve your cooking skills with different techniques Click on the BUY button and get a copy today It's time to enjoy yummy recipes made by YOU

**The Complete Ketogenic Breakfast Cookbook for Beginners** Allison Grey, 2020-01-15 MASTER YOUR BODY LOSE WEIGHT TODAY BY EXPLORING THE LOW CARB HIGH FAT KETOGENIC DIET Obesity in the past few years has emerged as one of the diseases that most people struggle to find solutions The biggest problem with obesity is that it does not come alone It comes with countless diseases like diabetes and heart diseases Whether you're just starting your weight loss journey or maintaining a low carb Keto Lifestyle The Complete Ketogenic Breakfast Diet Cookbook For Beginners is an effective results driven diet plan to help you keep those pounds off Inside this Ketogenic Diet Cookbook you will find everything you need to know to get started on the right foot starting with a detailed breakdown of the introduction to the ketogenic diet and its associated lifestyle We have also explained in detail some of the many benefits of the keto diet lifestyle and how those interested in getting started can do so as quickly and as painlessly as possible The Ketogenic Breakfast Diet Cookbook for Beginners provides you with a variety of 50 inspiring and delectable ketogenic breakfast recipes Let these easy low carb

ketogenic breakfast recipes inspire your ketogenic daily meal plans Each recipe in this unique keto cookbook has the following features Easily obtainable and inexpensive ingredients All the ingredients contained in this Ketogenic Diet Breakfast Cookbook are very easy to find in your local grocery store or farmer s market and are pocket friendly Nutritional Information For Each Recipe Each keto breakfast recipe comes with a list of nutrients to help you stay on top of your calorie budget Preparation and cooking time Each recipe comes with the required time for preparation and cooking Cooking directions Step by step instructions to help you prepare each of the recipes in this cookbook Learn how to Revitalize Your Life and Enjoy Delicious Meals while Restoring Your Healthy Weight Get this book today Just Click on Buy now with 1 Click And Start Your Journey Toward a Healthy Lifestyle Today **Ketogenic Diet: Cookbook Vol. 2 Lunch Recipes** Charity Wilson,2015-01-26 Ketogenic Diet Cookbook Vol 2 Lunch Recipes The Ketogenic diet could be considered one of the best diets available for maximum weight loss Many of the world s leanest men and women have used the ketones released from being in a state of ketosis to achieve amazing bodies Inside you will discover some awesome recipes that will support your dieting efforts and make living a low carb lifestyle much easier By having a variety of recipes available you will avoid the food boredom that usually causes people to overeat and gain weight What Does The Ketogenic Diet Entail Essentially a Ketogenic diet has you eating very few carbs and a lot of healthy fats and moderate protein Don t let the word fats scare you away because this diet has been proven to work for weight loss time and again Here are just some of the foods you get to enjoy Tuna salmon shellfish and other fatty sources of seafood Avocado egg yolks nuts coconut oil butter and even mayonnaise watch for carb loaded brands All meats such as beef bacon chicken sausage wild game bacon just to reinforce you get bacon preferably of the grass fed variety Dark green leafy vegetables these contain the least amounts of carbs and other vegetables in moderation Hard and soft cheeses sour cream cottage cheese and even heavy whipping cream choose full fat varieties As you can see the Ketogenic diet still includes many of your favorites and even some foods that are forbidden on other diets There will be a transitioning period as you switch from burning carbohydrates as energy to burning the ketones and fat in your body for energy Once you have adjusted you will be amazed at how your body turns into a fat burning machine You won t even miss the carbohydrates you used to eat once you look in the mirror It is a diet that just plain works for weight loss and for those who are carb sensitive Would You Like Even More Recipes In order to stick with a healthy lifestyle you need a variety of recipes at your fingertips which is why you will want to check out all the cookbooks in the series Ketogenic Diet Cookbook Vol 1 Breakfast Recipes Ketogenic Diet Cookbook Vol 3 Dinner Recipes Ketogenic Diet Cookbook Vol 4 Snacks Dessert Recipes Ketogenic Diet Cookbook Vol 5 Slow Cooker Recipes Download and start enjoying your recipes right away Scroll to the top of the page and select the buy button

## **Ketogenic Diet Cookbook Vol 1 Breakfast Recipes** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Ketogenic Diet Cookbook Vol 1 Breakfast Recipes**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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## **Ketogenic Diet Cookbook Vol 1 Breakfast Recipes Introduction**

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