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this huge (seriously, it's HEAVY!) book is an encyclopedia of the right way (in my opinion) to do keto. It's not about just eating bacon, cheese and Swerve. Leanne uses natural foods, tons of vegetables and really promotes sustainable and humane animal products. The most ...

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Amazon.com: The KetoDiet Cookbook: More Than 150 Delicious ...

Let me preface this with the fact that many of the recipes sound delicious. Also, on page 13 and 14 of the book, it accurately

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