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suitable for the following diets: atkins, paleo, thinslim diet, low carb diet, ... zero carbs, sugar; low fat, ... low carb diet, ideal protein. cooking directions ...

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bottom line: the ketogenic diet (keto) is a low-carb, high-fat diet. it lowers blood sugar and insulin levels, and shifts the body's metabolism away from carbs and ...

GETTING STARTED ON A KETOGENIC DIET - VERYWELL

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