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Mon, 09 Jul 2018 04:12:00 GMT - Learn how a ketogenic diet greatly improves not only weight issues, but many other health conditions, including diabetes and cancer. We've got the diet plan, recipes and more information here!

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Wed, 07 Jun 2017 15:52:00 GMT - I've put together a very low-carbohydrate Ketogenic Mediterranean Diet for loss of excess weight. Why ketogenic? Your body gets its energy from either fats, or carbohydrates like glucose and glycogen.

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The Definitive Guide to Keto | Mark's Daily Apple -

Wed, 11 Jul 2018 13:20:00 GMT - Ketogenic diets are exploding in popularity. This ultimate guide covers everything you need to know: benefits, dangers, meal plans, recipes, resources and more.

The Ketogenic Diet: An Ultimate Guide to Keto | Nutrition ... -

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The 7-Day Ketogenic Diet Meal Plan (+ A Beginner's Guide)-

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- During your first couple weeks on the ketogenic diet, youâ€™ll need to figure out the answer to an overwhelming amount of questions. What should you buy?

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