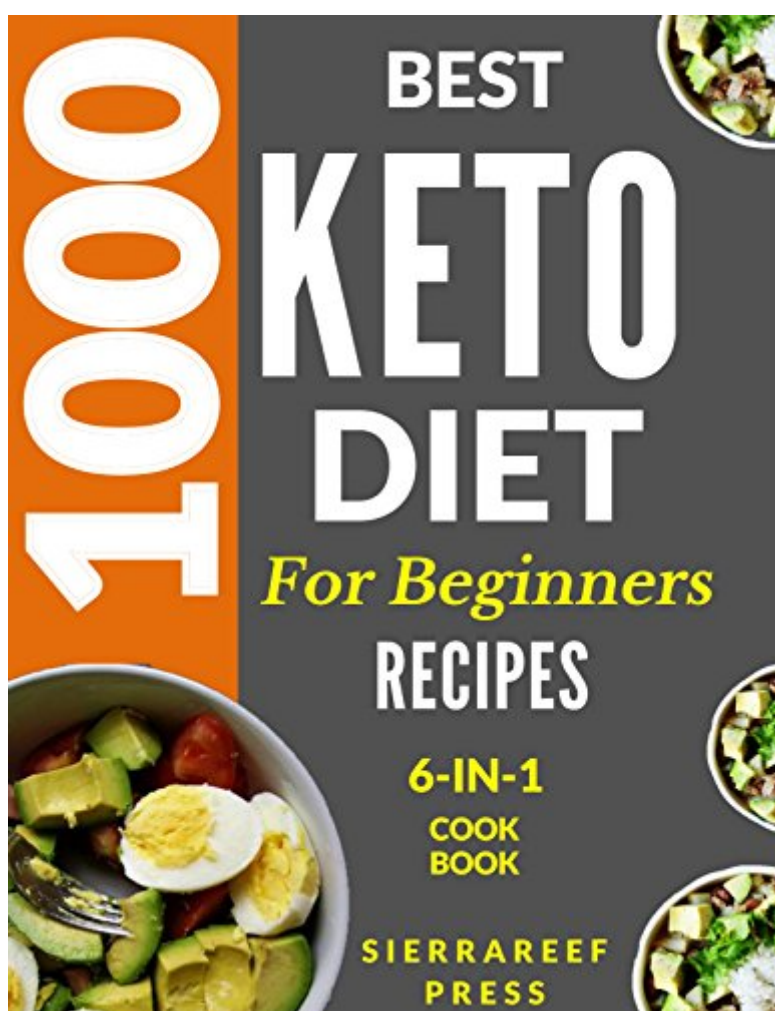


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# **KETO DIET: The Comprehensive Keto Diet Guide: 1000 Most Delicious Ketogenic Recipes, 14-day Meal Plan, Ketogenic Diet Food List, Tips For Success Plus So Much More!**





## Synopsis

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## Book Information

File Size: 2686 KB

Print Length: 1293 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 24, 2017

Sold by: Â Digital Services LLC

Language: English

ASIN: B0747RVB65

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #23,550 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Skin Ailments #1 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Skin Ailments #12 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

## Customer Reviews

This is okay. Has ingredients that are not keto/low carb (corn tortillas - really?) I may be new to Keto, but I sure know no grains are allowed. Also, ingredients missing from recipe. (beef and cauliflower dish did not list cauliflower as an ingredient.) Looks like some pretty good ideas here, but use common sense when choosing recipes.

Yes, very comprehensive and helpful. Will try several of these recipes.

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