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Ketogenic Diet Recipes - x10

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A Ketogenic Diet for Beginners - The Ultimate Keto Guide

In a study that tested the ketogenic diet on obese people, researchers noted that after 24 weeks, the test subjects lost around 14 kilograms (30.8 pounds) of excess weight, going from an average 101.03 kilograms to 86.67 kilograms (222.7 pounds to 191 pounds). 67

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