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by John Selby : **KETO Instant Pot Cookbook: Amazing Ketogenic Instant Pot Recipes for Whole Family**

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Description :

PDF-6ebb3 | Keto diet is one of the most popular diets in the world. This diet is paradoxical in its own way because unlike other diets, fats are consumed to lose weight. Most of the diet consists of meat of all kinds, eggs, nuts, butter. These foods are carbohydrate-free, but contain lots of protein and healthy fats. The principle of the diet is simple: since the body has a minimal amount of carbohydrates, i... *KETO Instant Pot Cookbook: Amazing Ketogenic Instant Pot Recipes for Whole Family*

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