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Thu, 06 Dec 2018 12:05:00 GMT The Ketogenic Diet - A Keto Guide for Beginners - Ruled Me - A keto diet is a very low-carb diet, where the body turns fat into ketones for use as energy. This increases fat burning, reduces hunger and more.

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~5% carbohydrates. Learn More About Macronutrients! Find out exactly how many calories YOU burn with our Keto Calculator! Table of Contents - Tasteaholics -

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