



Quick & Easy Ketogenic Cooking: Meal Plans and Time Saving Paleo Recipes to Inspire Health and Shed Weight

Maria Emmerich

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Flourless Fudgy Brownies

Plus, an introduction to the ketogenic diet explains how and why it works and how to become a fat burner. There are also tips and tricks for keto success, suggestions for eating keto at restaurants, and six meal plans—two weekly and four monthly—to make meal planning effortless. No matter how busy you are, there is time to eat well. Your health is worth it.

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