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# The Ketogenic Diet A Complete Guide For Dieter Amp Practitioner Lyle Mcdonald

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assuming an individual has chosen to do one. The Ketogenic Diet: A Complete Guide for the Dieter and ... On the ketogenic diet, you need to keep your daily carbs to 30 grams, about 5-10% of your total calories. Which is far lower than the average American diet that consists 50% carbs. This lower carb

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