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KETO RESTAURANT FAVORITES



Victory Belt Publishing. Paperback. Condition: New. 384 pages. The ketogenic diet has taken the world by storm, and deservedly so: its results in helping people lose weight, manage chronic health conditions, and simply feel great are unmatched. Bestselling cookbook author Maria Emmerich sits at the forefront of the keto movement and has become the go-to source for high-fat, low-carb recipes that both please the palate and nourish the body. With Keto Restaurant Favorites, Maria delivers once again by putting a...

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- Authored by Maria Emmerich
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