#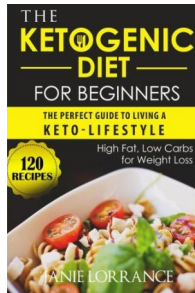 The Ketogenic Diet for Beginners: The Perfect Guide to Living a Keto-Lifestyle with 120 High Fat, Low Carbs Recipes for Weight Loss

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