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A proper keto low-carb diet always means you get a lot more energy from natural fat (like butter or olive oil, etc.). The body has two main sources of energy: carbs and fats. Take away most of the carbs and the body switches to burning fat for energy. This can come from your fat stores or the fat in your food.

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the Keto Resource list of Food Ketogenic Diet Resource

Foods You Can Eat on a Keto Diet. Keto Diet | Keto Meals | Ketogenic Diet Plan | Keto Menu Plan. Keto diet plan is fantastic for weight loss, with visible results in just a few days. People on the Keto Diet plan have reported feeling less hungry while losing weight.

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These will help you keep your diet on track, even when it's cold AF outside.

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