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Christine McRae

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised Delightful Ketogenic Biscuits, Muffins, Waffles Pancakes: Delightful Healthy Low Carb Recipes For Rapid Weight Loss (low carbohydrate, high protein):

ARE YOU READY TO EXPERIENCE THE AMAZING WEIGHT LOSS AND FAT BURNING BENEFITS OF THE KETOGENIC DIET? You've Come To The Right Place! By Reading This Book You Will Learn How To Cook Delightful Ketogenic Biscuits, Muffins, Waffles Pancakes you will love! Meal plans and shopping lists too! Here are Friendly Ketogenic Recipes Including... Creamy Berry Muffin. Garlic Flavored Biscuits. Pepper Flavored Biscuits. Healthy'n'Tasty Bread. Simple Ricotta Balls of Meat. Multi Ingredient Healthy Salad. Macaroon-de-Coconut. Turkey Avocado Blast. Much, much more!