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graduated from southern california
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to do a ketogenic diet and a plant
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May 22nd, 2020 - specializing in clinically investigating underlying factors and customizing health programs for chronic conditions such as thyroid issues autoimmune hormonal dysfunctions digestive disorders amongst others he is also the author of the book ketotarian the mostly plant based plan to burn fat boost your energy crush your cravings'

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in moderation but focuses mostly on

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fats and non starchy vegetables here
are 16 recipes to get you started
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calm inflammation as its primary fuel**

but most ketogenic plans are meat and dairy heavy creating a host of other problems especially for those who prefer plants at the center of the plate adding a plant based twist ketotarian includes'

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together beautifully it is sure to be
an essential for healthy living kelly
leveque celebrity nutritionist and
author of body love the science
developing around keto is exciting so
having someone as knowledgeable as
will write ketotarian is essential for
embracing keto in a plant based'
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together beautifully it is sure to be
an essential for healthy living kelly
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developing around keto is exciting so having someone as knowledgeable as will write ketotarian is essential for embracing keto in a plant based way'

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June 6th, 2020 - adding a plant based
twist ketotarian includes more than 75
recipes that are vegetarian vegan or
pescatarian offering a range of
delicious and healthy choices for
achieving weight loss renewed health
robust energy and better brain

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