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Now you can find everything you need in one handy place. This book contains what you need to learn about low carb eating, what it means to 'go into ketosis', and the foods you should really avoid if you want to lose weight. We have also included lots of delicious recipes, a step by step 30 Day Meal Plan and a surprise bonus, that will save you so much time after a long hard day with the kids or at the office.

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