

# Quick Keto Recipes: A Guide to a Healthier You!

Format: pdf, epub  
Language: English

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In The United States; Stated; it's estimated that 30% of the adult population is considered obese, and 33% of the adult population are considered overweight. According to The Centers for Disease Control and Prevention, there are 38% of adult population are considered obese, and 33% of the adult population are considered overweight. These negative statistics inspired me to search for health meals that will help combat the obesity epidemic. This eBook is filled with recipes that are quick, filling, and healthy! Bon Appetit!

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