



## Keto Diet Recipe Journal: Blank Keto Ketogenic Diet Cookbook Recipe Journal Diary Notebook Cooking Gift (Paperback)

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By Simple Keto

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Build your own Keto Recipe Book by recording all your low carb favorites in this 120 page Keto Diet Recipe Journal. This is a must have for beginner or expert Keto dieters and can become your favorite kitchen weight loss tool. Makes a great gift for anyone living the LCHF (low carb high fat) lifestyle.



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