

THE COMPLETE KETOGENIC DIET FOR BEGINNERS YOUR ESSENTIAL GUIDE TO LIVING THE KETO LIFESTYLE

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AMY RAMOS is the pen name of the author behind the bestsellers The Complete Ketogenic Cookbook for Beginners and the Easy Ketogenic Diet Slow Cooking cookbook (Rockridge Press). A professional chef for over 25 years, Amy is a passionate advocate for the ketogenic diet and the health benefits of a low-carb lifestyle.

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