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but unless you are consistently bringing your carb intake below 50 grams ideally below 30 grams daily your body will maintain glucose as a fuel source

Top 5 Common Mistakes People Make on a Ketogenic Diet

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13 common keto mistakes Ketovangelist

January 18th, 2019 - 13 common keto mistakes By Brian Williamson Adjusting to the Ketogenic diet and lifestyle is a process and like any other process there are some learning curves and speed bumps

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