

Read Book A Year Of Low Carb Keto Fat Bombs 52 Seasonal Recipes
Ketogenic Cookbook Sweet Savory Recipes Elizabeth Jane Cookbook

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By using the Deluxe Keto & Low carb food journal, you will double your chances of losing weight. A study of 1,700 participants by Kaiser Permanente's Center for Health Research, Portland concluded "keeping a food diary can double a person's weight loss." By taking action and tracking what you eat, you can boost your New Year's healthy resolutions and reinvigorate your ketogenic diet to continue to burn fat all year. The keto & low carb specific journal means no more 'putting square pegs into round holes'. It is tailored for you on a keto diet! No more scribbling net carbs or ketone levels in the margin, this journal is designed by keto-lovers for keto-lovers. Use the simple but effective 4 step method to create lasting change in your health habits, ensuring after 90 days you have not just achieved your goals, you remain motivated and enjoy the process. Track 90 days to reinforce the positive changes in your life. Record all your keto specific measurements; net carbs, ketone levels, intermittent fasting windows and more. Make the keto diet easier, faster and more effective with invaluable guides on how to break through plateaus, how to get back into ketosis in three days (with the least amount of pain possible) and more. Boost your chances of success further using the

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science of motivation with goal setting, weekly reviews, motivational quotes and more. Reinforce your 'positive feedback loop' with visual results charts. See your progress and take greater action towards your goals. Buy the deluxe journal today and achieve your health goals as well as creating lasting positive habitual changes.

Living the Low Carb Life From Atkins to the Zone : Choosing the Diet That's Right for You Barnes & Noble Publishing

Leading health blogger Jimmy Moore and researcher and internist Dr. Eric C. Westman join forces again to explain the powerful therapeutic effects of a ketogenic diet—one that combines a customized carbohydrate restriction, moderation of protein intake, and real food-based fats—which is emerging in the scientific literature as a means for improving a wide range of diseases, from Type 2 diabetes to Alzheimer's and more. Simply eating a low-carb diet alone isn't enough, and Moore and Westman tell you why. Have you looked at a low-carb diet simply as a means to lose weight? What if you learned that combining a low-carb nutritional approach with a high fat intake produces a powerful therapeutic effect on a wide variety of health conditions that most people think requires medication to control? That's what Keto Clarity is all about. Jimmy Moore, the world's leading low-carb diet blogger and podcaster, has reunited with his Cholesterol Clarity coauthor Dr. Eric C. Westman, a practicing internist and low-carb diet researcher, to bring you the crystal-clear information you need to understand what a ketogenic diet is all about and why it may be the missing element in your pursuit of optimal health. This

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book includes exclusive interviews from twenty of the world's foremost authorities from various fields bringing their depth of expertise and experience using this nutritional approach. Moore and Westman clearly explain why ketosis is normal, how this nutritional approach is being used therapeutically by many medical professionals, a step-by-step guide to help you produce more ketones and track your progress, real life success stories of people using a ketogenic diet, and more. The solid evidence for nutritional ketosis in dealing with many of the chronic health problems of our day is presented, including: epilepsy, Type 2 diabetes, obesity, cardiovascular disease, metabolic syndrome, polycystic ovarian syndrome (PCOS), irritable bowel syndrome (IBS), heartburn (GERD), nonalcoholic fatty liver disease (NAFLD). The good evidence for ketogenic diets is also shared in dealing with Alzheimer's Disease (AD), Parkinson's Disease, dementia, mental illness, schizophrenia, bipolar, depression, narcolepsy, and sleep disorders. Plus, you'll get the details on the emerging science that is showing great promise in treating cancer, autism, migraines, chronic pain, brain injury, stroke, kidney disease and so much more. Keto Clarity is your definitive guide to the benefits of a low-carb, high-fat diet. Full details on Jimmy Moore's yearlong n=1 scientific experiment of nutritional ketosis, in which he used sophisticated blood testing technology to track and monitor his production of ketones and blood sugar to achieve rather remarkable effects on his weight and health, is also presented as well as food shopping lists, 25+ low-carb, high-fat recipes, and a 21-day meal plan to get you going

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on your ketogenic lifestyle change. Keto Clarity gives you a whole new perspective on the work that the late, great Dr. Robert C. Atkins started in earnest with his promotion of the low-carb approach beginning in the 1960s. That revolution continues boldly in this book designed to shift your paradigm on diet and health forever!

Explains the science behind low-carbohydrate dieting and offers information on how to pick a low-carb plan and customize it for individual metabolisms and lifestyles.

Move from carb confusion to carb confidence! Overwhelmed by the avalanche of information out there about diets and health? Tired of spending time and money following complicated and expensive plans and protocols that don't deliver the results you want? Would a strict ketogenic diet be best for you? But what if you can't imagine life without fruit or bread? Why won't someone just make all this diet stuff simple? They have! Eric Westman, MD, has over twenty years of experience as an internal medicine doctor and obesity medicine specialist. He's helped patients at his Keto Medicine Clinic at Duke University lose over 26,000 pounds and reverse conditions like type 2 diabetes, PCOS, high blood pressure, and more. In End Your Carb Confusion, he shares his time-tested and science-backed strategy with YOU! If you've spent years doing "all the right things" but you're still dealing with excess weight, diabetes, heartburn, joint pain, fatigue, skin problems, or other issues, "End Your Carb Confusion" is the GPS you need to help you navigate your way from frustrated and disappointed to empowered and successful. Find the level of carbohydrate intake that's right for you now, and then

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learn how to switch gears to a higher- or lower-carb diet when the time is right. Dr. Westman gives you the information you need to start reclaiming your health today—no complicated and confusing scientific gobbledegook, only exactly what you need to understand how you got to where you are (hint—it's not your fault!) and, more important, how to get to where you want to be. You shouldn't need a PhD, a private chef, and a million dollars to lose weight and get healthy. The simple, straightforward plan laid out in "End Your Carb Confusion" fits into any lifestyle, whether you shop at an organic co-op or a discount chain and will help you reach your goals whether you prefer gourmet meals or fast food. No matter where you're starting from, End Your Carb Confusion can lead you to your destination—a renewed body, mind, and spirit.

Are you a woman of a certain age who has noticed your weight gradually increasing? Do you want to lose weight, look great and feel amazing? The ketogenic diet is the one for you! Millions of women over the age of 50 diet every year. Many fail, partly due to their bodies having changed and some because they pick the wrong sort of diet. The ketogenic diet is perfect for women who are over 50 and who may be experiencing the menopause and provides a chance to shed the excess weight that most other diets don't allow. In this book, *The Keto Diet Book for Women After 50: The Complete Guide to Ketogenic Diet with 50 Simple, Low Carbs Recipes & Useful Tips to Help Women Lose Weight During Menopause*, you will find everything you need to make your weight loss program a success, with chapters on: Why the ketogenic diet is the right one for

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you How it works if you are on the menopause Achieving ketosis Foods you should avoid Supplements you can take to assist 50 amazing recipes And more... If you area woman over the age of 50 and you've all but given up losing weight after numerous failures, then stop right there because The Keto Diet Book for Women After 50 can offer you the chance to find the success you never thought you would, giving you back the body you always wanted. Scroll up and click Add to Cart for your copy of this life changing book now!

Leading Harvard Medical School expert and "obesity warrior" (Time magazine) Dr. David Ludwig rewrites the rules on weight loss, diet, and health in this guide to retraining your cells and reclaiming your health for life. Forget everything you've been taught about dieting. In *Always Hungry?*, renowned endocrinologist Dr. David Ludwig explains why traditional diets don't work and presents a radical new plan to help you lose weight without hunger, improve your health, and feel great. For over two decades, Dr. Ludwig has been at the forefront of research into weight control. His groundbreaking studies show that overeating doesn't make you fat; the process of getting fat makes you overeat. That's because fat cells play a key role in determining how much weight you gain or lose. Low-fat diets work against you by triggering fat cells to hoard more calories for themselves, leaving too few for the rest of the body. This "hungry fat" sets off a dangerous chain reaction that leaves you feeling ravenous as your metabolism slows down. Cutting calories only makes the situation worse by creating a battle

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between mind and metabolism that we're destined to lose. You gain more weight even as you struggle to eat less food. *Always Hungry?* turns dieting on its head with a three-phase program that ignores calories and targets fat cells directly. The recipes and meal plan include luscious high-fat foods (like nuts and nut butters, full-fat dairy, avocados, and dark chocolate), savory proteins, and natural carbohydrates. The result? Fat cells release their excess calories, and you lose weight - and inches - without battling cravings and constant hunger. This is dieting without deprivation. Forget calories. Forget cravings. Forget dieting. *Always hungry?* reveals a liberating new way to tame hunger and lose weight for good.

"A practical approach to health & weight loss with 100+ easy low-carb recipes"--Cover. An Entire Year of Delectable, Decadent and Downright Delicious Keto Desserts Like an advent calendar of low-carb heavenly desserts... all year round. Your guilty pleasures without the guilt, ready to be devoured within 15 minutes of reading this.

175 low-carb recipes for satisfying, whole-food dishes for every meal from breakfast to dinner to snacks in between, perfect for fans of the air fryer who follow any of the low-carb diets! In *The "I Love My Air Fryer" Low-Carb Recipe Book*, learn how to use the hottest kitchen appliance—the air fryer—to create low-carb meals that are quick, easy, and most importantly delicious. The air fryer offers healthy cooking options for busy families, and it can be used for so much more than French fries and onion rings. The convection power of an air fryer makes it possible to cook a wide range of food from

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steak to tofu, bacon to vegetables, and even desserts! With 175 low-carb recipes and photographs throughout, this cookbook is a must-have for any air fryer fans. Discover how easy and delicious it is to follow a low-carb diet—from Atkins to keto—thanks to an air fryer.

How do you prevent those constant food cravings and feelings of deprivation when trying to lose weight? Host of *The Biggest Loser* and celebrity trainer Bob Harper's *Super Carb Diet* is the answer. Harper focuses on nutrient-dense foods that are big in flavor and allow certain kinds of carbohydrates at targeted times during the day. In *The Super Carb Diet* you'll find:

- How to eat carbs earlier in the day for sustained energy
- A list of super-carb foods
- Limited snacks but larger and more varied meals
- A way of eating that's sustainable
- Super-charged weight loss

The *Super Carb Diet* will keep millions of dieters from giving up after Week One. The program leads you through precise plate proportions, balancing good protein, low fat, high fiber, and nutrient density. Not only will you lose significant weight and whittle your waistline, you'll walk away from the table feeling happy and full.

NEW YORK TIMES BESTSELLER * Mark Sisson unveils his groundbreaking ketogenic diet plan that resets your metabolism in 21 days so you can burn fat forever. "Sisson masterfully delivers a comprehensive guide . . . to finally achieve success as it relates to health and weight loss."--David Perlmutter, M.D., author of *Grain Brain* Mounting scientific research is confirming that eating a ketogenic diet could represent one of the

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greatest nutritional breakthroughs of our time--and that it might be the healthiest and most effective weight loss strategy ever. Going "keto" by eating high fat, low-to-moderate protein and low-carb foods enables you to break free from the disastrous effects of carbohydrate dependency by resetting your metabolism and promoting metabolic flexibility--where your body learns to burn fat instead of sugar for energy, even when you go off plan. Unlike many other ketogenic programs that require challenging restrictions and deprivation or offer misinformation, Mark Sisson, bestselling author of *The Primal Blueprint* and publisher of the #1 paleo blog *MarksDailyApple*, presents a unique two-step, scientifically validated approach for going keto the right way. He first reveals the real secret to rapid and sustained weight loss, which is in becoming "fat-adapted" before entering full nutritional ketosis. It takes as little as 21-days to reprogram your metabolism to burn fat for fuel, by ditching processed grains, sugars, and refined vegetable oils in favor of nutrient-dense, high fat, primal/paleo foods--and you'll see immediate results. Next, you'll fine-tune with Intermittent Fasting and then foray into full ketogenic eating for a further weight loss boost and improved health. With *The Keto Reset Diet*, you can eat to total satisfaction by enjoying rich, high-satiety foods, and even weather occasional slip-ups, using:

- * Step-by-step guidance
- * A helpful list of toxic foods to avoid and nutrient-dense food to replace them
- * Daily meal plans, including a recipe section with over 100 keto friendly recipes

You'll use keto as a lifelong tool to stay trim, healthy, energetic, and free from

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the disastrous health conditions caused by the typical American diet. The Keto Reset Diet is the definitive guide to help the keto-beginner or the experienced health enthusiast understand the what, why, and how to succeed with ketogenic eating. Enjoy the benefits of a lower-carb lifestyle on your own terms—including a better keto diet: This is Atkins® your way. For more than forty years, Atkins has used proven scientific research to help millions achieve weight-loss goals and improve their health by controlling carbohydrate consumption. Dr. Atkins actually introduced the concept of “ketosis” to the general public in 1972 in his first book, Dr. Atkins’ Diet Revolution. With this book, you too can live a low-carb and low-sugar lifestyle that’s as flexible as it is inspiring. **A BETTER KETO DIET AND SO MUCH MORE:** This all-new Atkins guidebook focuses on eating right—not less—for painless weight management and better overall health. Choose the program that works for you: Atkins’ classic approach (Atkins 20®), a better keto diet (Atkins 40®), or small changes that lead to big results (Atkins 100™). **100 DELICIOUS WHOLE-FOOD RECIPES:** Not only are the recipes in this book low in carbs and sugar, they contain a healthy balance of proteins and healthy fats, and they are nutrient-dense. **MEAL PLANS TO HELP YOU ACHIEVE YOUR GOALS:** Six full weeks of meal plans packed with variety, these healthy takes on classic comfort foods offer simple solutions for eating the foods we love in a healthier way. Plus, learn about the Hidden Sugar Effect and how to avoid it, and read real-life tips for creating a low-carb kitchen and for setting achievable goals. You’ll see how easy it is to eat

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right—not less—to reach your weight-management goals and achieve optimal health. 104 seasonal recipes, 18,000 copies sold, 200+ 4.5 star reviews Two years ago, "A Year of Fat Bombs" became a fan favorite. A year later, "A Year of Easy Keto Desserts", provided even more delectable keto delights. Readers demanded these keto essentials be turned in a single compilation. "Two Years of Easy Keto Desserts & Fat Bombs" was created: 104 beautifully photographed recipes Sweet and savory delights Seasonal recipes based on available produce Treats for all special occasions, birthdays, Christmas, Easter and more Beautifully illustrated Happy Healthy Baking! "I've been visiting family members and have taken several items from 'A Year of Keto Desserts' and not one person said anything about tasting like a diet food!" - Amazon reviewer. "Diet" and desserts shouldn't go together. Everyone can love your freshly baked 'healthy' desserts. What are you craving? Whenever, whatever you are craving, quickly find the dessert to satisfy your sweet or savory tooth. From winter comforting Coffee Cake Loaf with No Carb Vanilla Icing to cooling Decadent no Churn Blackberry Ice Cream. Special occasions? Christmas? There's a keto dessert for that: Snowflake Christmas Spiced "Sugar" Cookies or a savory delight like the Christmas Inspired Pecan Pie Bites. Birthday? Try the Funfetti Birthday Sheet Cake. Easy, budget-friendly, quick and yummy The keto diet can be difficult, time-consuming and budget-busting. You will no longer be tempted by easy and cheap sugar-filled foods from the store. When you can spend \$6 on a pack of cookies or make 18 fat-burning keto Chocolate

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Truffles in under 15 minutes, with easy to find ingredients and four simple steps, it's a no-brainer! This book of amazing keto desserts makes it easy to stay healthy and not be filled with regret for bad choices and undoing all your good work. Wholesome, guilt-free and truly low carb Low carb treats should be just that: low carb. You shouldn't sacrifice an entire day's carb count on a single mouthful, leaving you hungry and craving junk the rest of the day. All recipes are less than 5g of net carbs per serving; low carb means low carb and is genuinely guilt-free. Created to be nutritious and delicious, only using wholesome gluten-free ingredients. There is no sacrificing your diet and health for a morsel of pleasure. At home, on the go, for next week or even to share Recipes for every occasion. Enjoy a sweet pick-me-up after a long day at home with Almond Butter Cups, or make ahead and use the Chewy Brownie Mini Cookies as an energy-boosting snack at work. Sea Salt Vanilla Almond Butter Milkshake is guaranteed to be a hit with the kids, and the Chocolate Peppermint Christmas Loaf will impress even non-keto friends and family. Taste Tested to Keto Perfection Rigorously tasted, tested and loved by fellow keto-lovers. Taste Testers quickly found their favorites: "Ultimate Low Carb Apple Pie Savory Bites - OMG thank you, I missed apple pie!" "Eggnog Brownies are to die for, and I'm thinking this will be a great dessert for company." "Ultimate Fall Spice Keto Chocolate Chip Cookies are my new go-to for snacks around the house."

By now, the low-carb diet's refrain is a familiar one: Bread is bad for you. Fat doesn't

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matter. Carbs are the real reason you can't lose weight. The low-carb universe Dr. Atkins brought into being continues to expand. Low-carb diets, from South Beach to the Zone and beyond, are still the go-to method for weight-loss for millions. These diets' marketing may differ, but they all share two crucial components: the condemnation of "carbs" and an emphasis on meat and fat for calories. Even the latest diet trend, the Paleo diet, is—despite its increased focus on (some) whole foods—just another variation on the same carbohydrate fears. In *The Low-Carb Fraud*, longtime leader in the nutritional science field T. Colin Campbell (author of *The China Study* and *Whole*) outlines where (and how) the low-carb proponents get it wrong: where the belief that carbohydrates are bad came from, and why it persists despite all the evidence to the contrary. The foods we misleadingly refer to as "carbs" aren't all created equal—and treating them that way has major consequences for our nutritional well-being. If you're considering a low-carb diet, read this e-book first. It will change the way you think about what you eat—and how you should be eating, to lose weight and optimize your health, now and for the long term.

Nicole Downs delivers exceptional cuisine to every keto-table in her new book *Keto for Foodies!* Featuring an array of upscale, gourmet-style dishes that are all low-carb, keto and even kid approved, Nicole takes you on a journey of food excellence that will please every palate and tempt any taste bud. With her easy-to-follow recipes, accessible ingredients, and tips and tricks on making meals that are high-quality, you

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will feel as though you are eating every meal at a 5-star restaurant – without the effort or cost! Keto for Foodies features page after page of the most indulgent and mouthwatering meals that will impress even the most discerning of foodies! Keto for Foodies is complete with: full-page color photos, special occasion menus, recipe variations, keto shopping lists, cooking techniques/time saving tips. Nicole even takes the guess work out of simple seasoning showing you how to perfectly balance the right ratios for phenomenal flavor. Sample Recipes Include: Shrimp & Lobster Dip French Onion Soup Beef Bourgnion Pistachio Crusted Cod French Country Stew Bacon Wrapped Pork Medallions with Maple Chipotle Cream Dark Chocolate Pots De Creme Whether you are keto, low-carb or just simply a food lover, Keto for Foodies guarantees an experience you will love!

Do you follow a ketogenic or a low carb diet currently? Do you find yourself feeling really tired around midday? Do you enjoy exercising on a regular basis? If you answer yes to any of those questions, then you may be interested in fat bombs. These tasty little energy nuggets are packed full of flavor and will help you push through your day without any problems. These tasty bites are perfect for a snack before or after a workout, or to help you push through that midday slump. Fat bombs were thought up to help people that follow a low carb or ketogenic diet as a way to help them through their day. Since they are full of fats

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and proteins and contain little to no carbs, they are perfect for anybody. This book is here to provide you will 52 recipes for fat bombs to make it through the year. People that are currently low carb or ketogenic can find something in this book that they love. The best part is, they are seasonal recipes, so you will find fat bombs that go with every time of year. You will find: - Fall inspired fat bombs - Spring inspired fat bombs - Summer inspired fat bombs - Winter inspired fat bombs - And much more These are all delicious, and you won't ever grow tired of them. The best thing is that they won't wreck your diet, yet they taste so good you think you're eating something you shouldn't. So grab this book, and get to cooking.

Tasty Alternatives for Every Low-Carb Dieter Low-carb diets are all the rage, and their appeal is obvious: You can eat great food that you'd never dream you could eat while dieting—and the diets work! But once you get past the delight of eating all the beef and butter your tummy desires, where can you turn for variety, great taste, and truly healthful low-carb dieting? Inside The Ultimate low-Carb Diet Cookbook you'll discover more than 200 scrumptious and easy to prepare recipes that will help you continue to enjoy this fat-burning diet regime on into the future. Plus, you'll find carbohydrate counts and a nutritional analysis for each recipe! This essential book, which keeps the pleasure factor of low-carb eating

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front and center, includes satisfying and helpful dishes such as: -Creamy Herb Dip -Spicy Roasted Red Pepper Soup -Savory Spinach Salad with Steak and Blue Cheese -Swordfish with Olive and Red Pepper Relish -Broccoli with Garlic and Cheese -Banana, Chocolate Chip, and Walnut Muffins -And many more creative and tasty meal, snack, and treat ideas! No matter which low-carb diet you're on, you can continue to experience meal after meal of healthful dieting and great taste.

A diet heavy in carbohydrates can lead to weight gain, high cholesterol, and put you at an alarming risk for heart disease and diabetes. Low-Carb Cookbook will show you how to adopt a low-carb diet so you can melt away those extra pounds and permanently reduce your risk of life-threatening disease. Low-Carb Cookbook is a straightforward, easy-to-follow cookbook with quick and filling low-carb recipes, and a 14-day meal plan to take the stress out of your new low-carb lifestyle. Low-Carb Cookbook is the everyday guide for easy low-carb meals, with: 125 healthy Low-Carb Cookbook recipes for every meal of the day Simple cooking tips and ingredient substitutions from the editors of Low-Carb Cookbook Low-Carb Cookbook shopping guide Easy advice for staying low-carb when dining out 14-day Low-Carb Cookbook meal plan From mouthwatering recipes, to invaluable tips, Low-Carb Cookbook will make your transition to a low-carb diet

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easy, satisfying, and sustainable.

Are you on the Keto diet yet still find yourself wanting to enjoy fried foods while staying in shape? Are you looking for a wide variety of inspiring recipes to cook with your Air Fryer and keep you in ketosis? What if you could have all that -- and save money? If you answered yes to any of these questions, then this is the book for you. Keep reading! It is possible to maintain a healthy Keto regime while eating fried foods. You can create perfectly crispy and succulent dishes in a matter of minutes by air frying, steaming, roasting, baking and more. Compared to the frying pan, the air fryer uses less oil in the process of cooking delicious meals. Using less oil means your scrumptious meals will contain fewer calories and less fat. This must-have Keto cookbook combines yummy fried goodness with the healthiness of the keto diet. In *The Super Easy Keto Air Fryer Cookbook for Beginners on a Budget*, Dr. Belinda Mack provides 500 quick and easy, low-carb Keto recipes for the air fryer that she designed especially for busy people. Each recipe is economical, easy and quick to cook and designed to stimulate weight loss!. Here are some of the outstanding tools you'll find in this book 500 of the best air fryer recipes to help follow a super healthy, Keto-friendly diet Enough material to literally cook for an entire year and never repeat the same recipe A wide variety of unique and tasty recipes for breakfast, lunch, snacks, dinners,

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drinks and desserts Simple recipes with step-by-step instructions ideal for beginners and busy people Prep time, serving suggestions and helpful nutritional information included with each recipe A huge variety of the most delicious ketogenic recipes that can be cooked with an air fryer -- and that will not break your bank account Believe it or not, you can stay on the Keto diet with fried foods! Even if you've had bad experiences in the past with other books claiming the same, this book is written by a medical professional with many years of experience with helping herself and others enhance their wellness with the keto lifestyle. It is the ultimate guide to preparing air-fried, keto-friendly meals that are healthy, delicious and economical. Don't hesitate! Scroll up and click the BUY NOW button to get your copy and start on the path toward a healthier you, today! A definitive resource for low carbohydrate living. Trading up from sugars and starches to a cornucopia of nutrient-rich, satisfying, and healthy foods.

For fifty years, the medical establishment has preached the same rules for losing weight: restrict calories, eat less, and exercise more. Yet in that time, obesity in the United States has skyrocketed. So why has this prescription so clearly failed? Based on twenty years of investigative reporting and interviews with more than a hundred practicing physicians who embrace ketogenic (low-carbohydrate, high-fat) eating as the best formula for health, here bestselling author Gary Taubes

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puts the keto movement in the necessary historical and scientific perspective. He makes clear the vital misconceptions about obesity and diet (no, people do not become fat simply by eating too much or being sedentary; hormones play the critical role) and uses collected clinical experience from the medical community to provide much-needed practical advice on healthy eating. A groundbreaking manifesto for the fight against obesity and diabetes, in *The Case for Keto*, Taubes reveals why the established rules about eating healthfully might be the wrong approach to weight loss for most people, and how ketogenic diets can help many of us achieve and maintain a healthy weight for life.

New Year, New You. Get Started and Get Results! My Keto Journal is a great companion journal and activity tracker for keto diet books like *Keto Living Day by Day*. Pick your favorite keto recipes and get going! *Track Diet and Exercise in One Place*: Put all of your fitness information in a journal that is just the right size—big enough for all of the day's details but small enough to take with you to the gym or the grocery store. Like helpful all-in-one fitness trackers such as *Hello New Me*, *My Keto Journal* is a combination meal planner, food tracker, and workout journal—and this one can easily fit in your gym bag. *A Dedicated Keto Diet Journal*: *My Keto Journal* is the only tracker fully dedicated to the approachable and proven weight loss power of the ketogenic diet. Simple,

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informative, clear and easy to use, this all-in-one journal will help get you started on your new life. Using My Keto Journal, you'll be able to keep up with what you've eaten, when you ate it and how it improved your body. Once you get started, you'll be able to:

- Master the science of the keto diet
- Record your meals—breakfast, lunch, dinner and snacks
- Progress your overall health
- Love your new active lifestyle

The author draws together decades of research to decisively debunk the purported "science" behind the low-carb claims. "Carbophobia" lists the known hazards inherent to the the Atkins diet and other low-carb regimens.

Staying the low-carb course will be easy all year long with a seemingly endless choice of everything from barbecue and simple-to-prepare slow-cooker fare to internationally inspired dishes and snacks.

#1 NEW YORK TIMES BESTSELLER • The game-changing author of *Tribe of Mentors* teaches you how to reach your peak physical potential with minimum effort. "A practical crash course in how to reinvent yourself."—Kevin Kelly, *Wired* Is it possible to reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than a marathoner by bingeing? Indeed, and much more. The *4-Hour Body* is the result of an obsessive quest, spanning more than a decade, to hack the human body using data science. It contains the collective wisdom of hundreds of

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elite athletes, dozens of MDs, and thousands of hours of jaw-dropping personal experimentation. From Olympic training centers to black-market laboratories, from Silicon Valley to South Africa, Tim Ferriss fixated on one life-changing question: For all things physical, what are the tiniest changes that produce the biggest results? Thousands of tests later, this book contains the answers for both men and women. It's the wisdom Tim used to gain 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time. From the gym to the bedroom, it's all here, and it all works. You will learn (in less than 30 minutes each):

- How to lose those last 5-10 pounds (or 100+ pounds) with odd combinations of food and safe chemical cocktails
- How to prevent fat gain while bingeing over the weekend or the holidays
- How to sleep 2 hours per day and feel fully rested
- How to produce 15-minute female orgasms
- How to triple testosterone and double sperm count
- How to go from running 5 kilometers to 50 kilometers in 12 weeks
- How to reverse "permanent" injuries
- How to pay for a beach vacation with one hospital visit

And that's just the tip of the iceberg. There are more than 50 topics covered, all with real-world experiments, many including more than 200 test subjects. You don't need better genetics or more exercise. You need immediate results that compel you to continue. That's exactly what *The 4-Hour Body* delivers.

Start seeing results right away with *Low-Carb Diet for Beginners*. A low-carb diet is one of the simplest ways to lose weight and transform your body permanently. Eating a low-

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carb diet will help you manage your weight, let go of cravings for unhealthy junk food, and fight diabetes, high cholesterol, and depression. With quick, tasty recipes, and easy-to-follow meal plans, Low-Carb Diet for Beginners will show you how to easily start a low-carb diet, so you can finally achieve and maintain your ideal weight. With Low Carb-Diet for Beginners you'll finally be able to stop the painstaking counting of calories or feeling restricted to small portions, and instead enjoy every meal to the fullest. Low-Carb Diet for Beginners will make it easy to cut down on carbs and see amazing results with: Dozens of simple and filling low-carb diet recipes, including Veggie-Packed Minestrone Soup, Crispy Parmesan Kale Chips, Roasted Salmon with Caramelized Leeks, and even Frosted Brownies The science behind how a low-carb diet can increase your metabolism and reduce your food cravings, making it easier for you to eat less and burn more Detailed information on hot topics such as good carbs vs. bad carbs, artificial sweeteners, and consumption of alcoholic beverages A 7-day low-carb meal plan to take the guesswork out of a low-carb diet Easy tips for grocery shopping, low-carb diet cooking, and handy lower-carb alternatives to have in your pantry Low-Carb Diet for Beginners will help you make the transition to a healthy, low-carb lifestyle and make permanent positive changes.

The ketogenic diet isn't just a great tool for helping people lose weight and feel their best; it's also an extremely effective method for treating the common diseases of civilization. The Keto Cure will give readers the prescription they need to heal their

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bodies by eating plenty of fat and moderating protein and carbs. Dr. Adam Nally has been advocating a low-carb, high-fat diet in his clinical practice for more than fifteen years, helping people address their health problems by making better food choices. Dr. Nally and bestselling low-carb author and podcaster Jimmy Moore have worked together to create a top-50 health podcast espousing the benefits of eating keto. Now, for the first time, Dr. Nally has teamed up with Moore to take his years of clinical experience, put everything down on paper, and create a how-to guide that details all the ways in which the ketogenic diet can help remedy common ailments. The Keto Cure details the science behind the keto diet's effectiveness at treating a wide range of diseases, including Alzheimer's epilepsy fatty liver disease hypercholesterolemia hypertension Parkinson's disease thyroiditis type 2 diabetes and many more The Keto Cure also outlines practical tips gleaned from Dr. Nally's fifteen-plus years in medical practice, as well as Moore's ten-plus years as a health and wellness podcaster, on overcoming the common pitfalls that people experience when adapting to a high-fat way of eating, including fatigue and keto flu. This helpful information, combined with a wide variety of delicious keto recipes from international bestselling cookbook author Maria Emmerich, makes The Keto Cure a complete resource for healing oneself with the ketogenic diet.

Since its publication over 15 years ago, 500 Low-Carb Recipes has become a classic in the low-carb community, earning author Dana Carpender the affectionate moniker "low-

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carb queen” from her fans. The book is now a bestseller, with over half a million copies sold. Low-carb cooking has evolved. A decade ago, low-carb menus relied on ingredients like artificial sweeteners, unhealthy vegetable oils, protein additives, and processed foods from grocery store shelves, like low-carb branded snack bars and packaged meals. Today’s low-carb cooking is influenced by larger food movements, such as clean eating; farm-to-table ingredients; higher fat ratios, thanks to the popularity of ketogenic diets; and less stigmatization of foods that have substantial inclusion in a low-carb diet, namely animal foods and saturated fat due to the growth of the Paleo and traditional foods movements. The New 500 Low-Carb Recipes is the beloved cookbook updated for today's low-carb movement.

A revelatory expose of the bad science behind conventional weight loss advice, arguing for low-carb high-fat diets, from the bestselling author of *The Case Against Sugar*. Does a High Carb Diet Make You Fat, Hungry, and Lazy? The answer may surprise you, but the science says no The truth is that people can be healthy and lean eating a huge variety of diets. This should tell you that the answer to better health and fat loss isn't found in cutting one specific macronutrient from your diet, like many low-carb gurus would have you believe. So then why has the Paleo diet gotten so much attention lately? Surely some of the claims about carbs, sugar, and insulin must be true, right? Does being a "Fat Burner" Give you Incredible Energy and Melt Off Your Bodyfat? Low-carbers would have you believe that all of our hunter-gatherer ancestors ate low-carb

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diets and that being a "fat burner" (instead of a "sugar burner") leads to all sorts of magical effects like, boundless energy, superhuman athletic performance, better health--all while it melts off your bodyfat almost overnight. Yet, there's simply no evidence that low-carb diets were standard fare for our hunter-gatherer ancestors--there are countless tribes who ate huge amounts of carbohydrates and were perfectly lean and healthy. The studies are clear that in general, athletes on low-carb diets perform worse, not better. And there is a huge difference between being a "fat burner" and actually burning off your bodyfat. (They aren't the same thing, so don't get confused and be scammed out of your money by falling for this gimmick). In reality, the science shows all of these claims around being a "fat burner" to be nothing more than a bunch of pseudoscientific myths. Move Beyond the Battle of the Macronutrients... ..and into the new era of health and fat loss In "The Low Carb Myth" by Ari Whitten and Dr. Wade Smith, MD, you'll learn the truth about low-carb diets and what you really need to be doing to lose weight, look great, and be healthy. You'll learn... The secret that's really driving the obesity epidemic (it's not carbs OR fat) The secret that's really driving the diabetes epidemic-it's not sugar or carbs How to break free of carb myths and pseudoscience, and eat carbs again The secret factors that really control your fat loss destiny (No, it's not the carb to fat ratio of your diet) How to finally have better health and a leaner body (without the crazy and unsustainable diets) Most importantly, they will show you how to put carbs back on your plate while still slashing body fat."

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Here are tips, tricks, and practical advice for dealing with issues that these dieters face every day: How to eat to maintain weight loss, the best way to deal with eating binges, what to do when dining out or facing temptations during the holidays, the safest times of day to eat high-carb foods, McCullough also provides information on new low-carb products, "secret weapons", mail-order sources, vitamin supplements, the use of "healthy fats" in cooking, and effective bounceback programs from periods of indulgence -- as well as 165 delicious recipes that never seem like a sacrifice.

About the author of this book: L.B. Daniels currently resides in Charlotte, North Carolina. He is very knowledgeable in Fitness, Nutrition, and the Weight Loss industries for over 15 years. He has earned a B.S in Public Health and a B.A in Psychology from UNC. He is also a Certified Fitness Trainer via ISSA. Learning how to Lose Weight successfully and to keep it off is something of a skill that can be used for a lifetime to keep your body in tip-top shape for your health and well-being. Once you know how to Lose Weight, you can teach friends and family to the point that their fat loss goals will be very easy to strive for. This book was designed to point you in the right direction with a no-nonsense approach to losing weight using a Low Carbohydrate Diet. Since this book is based on a Low Carb approach, you may want to keep track of your Blood Sugar as it may take a dip during the day, in which a handful of nuts will keep you in tip-top shape until another Keto Diet type meal. Be it a Low Carb or even some type of Ketogenic Diet, Weight Loss always seems to come down to the food you eat in certain quantities from personal experience. Once you take a look inside, you'll understand. But a low carb diet really makes it easy. I have personally spent 15 years eating different types of foods

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and seeing how my body reacts to it as well as researching every food and supplement possible before trying it out on myself. I personally have lost over 100 pounds in my teens and over 150 pounds in my twenties. I sustain a lean body year-round now for over 15 years with my self-learned and researched techniques to the point that I love to teach others. This is exactly why I became a Certified Fitness Trainer via ISSA and a self-proclaimed Weight Loss Expert. Once you read this book you will understand and it will be fun! I hope you gain an excellent new view point when it comes to food ingestion and your body. Eating a Low Carbohydrate Diet is something that will give you sustainable energy because you won't have to deal with spikes in blood sugar and dips in blood sugar, which makes you want to take many naps. Also, exercise is not necessarily required to lose weight, actually it might make you even more hungry in which you will eat more. Take note of how your body responds to this type of diet and lose weight and keep it off! This book also helps if you are Dieting for Beginners or even How to Diet. Some might call this diet a Quick Keto Diet, or even a Keto Diet Plan. What it really is, is a High Fat Diet that let's you also eat a moderate amount of protein. This should be one of your more favorite Low Carb Diet Books after reading this book. Friends like to call this a Fast Metabolism Diet or even a Metabolism Plan as the weight just seems to come right off. In any case, this book will teach you How to Lose Weight and How to Lose Fat. My Mother likes to call it a Fast Diet Book because it's simplicity. This book is meant to be enjoyed as a paperback due to it's formatting and book layout, hence why the eBook is priced so low compared to the paperback price. If you intend to read the eBook, please acquire a high-quality notebook to write in as well as you'll need to take some notes each day to make sure you succeed as well as it increases your weight loss successes greatly. There is something

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special about writing down everything you eat and drink and looking and recording it down. When it comes to losing weight, you can journey on many different diets, but ultimately it all results in the grams of fat, carbohydrate, and protein you intake. Any diet that likes to talk about eating an unlimited amount of food loves to sidestep that acknowledgment because they tend to believe that you will be full before you eat too much, therefor you did eat an unlimited amount of food, but did you?As always, good luck! - L.B. Daniels

Based on more than 40 years of clinical research, this illuminating book unravels the mysteries of nutrition and shows how a low-carbohydrate/high protein diet can help prevent cancer, diabetes, heart disease, and obesity, as well as increase strength, endurance, and muscle mass.

From the creators of the original ketogenic, low-carb diet, comes the most accessible and flexible approach to the Atkins diet ever: a simplified lower carb and sugar approach based on solid science. Featuring a foreword by Atkins spokesperson and actor Rob Lowe. The latest science continues to support the many health benefits of a low-carb approach to eating, far beyond just weight loss. Simply reducing your carb and sugar intake by two-thirds over the “Standard American Diet” helps avoid the development of obesity, metabolic syndrome, and type 2 diabetes. While many diet trends can be vague in their approach, The Atkins 100 Eating Solution’s fan-favorite program provides a clear-cut way to control your carb intake with 100 grams of net carbs a day and shows you how to make delicious and satisfying food choices that lessen their impact on your blood sugar. This personalized approach is a way of eating you can follow for life. With cutting-edge research and delicious recipes—all of which feature fifteen to twenty net carbs—The Atkins 100 Eating Solution provides an exciting and delicious

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variety of food. You'll also discover how the plan can be easily modified to fit in with most ways of eating, including vegetarian, Paleo, Mediterranean and more. For the first time ever, you'll even learn how to modify each recipe for the Atkins 40 and Atkins 20 program. This guide is easy to use regardless of food preferences, lifestyle, or cooking abilities. This book is not about following fads or suffering for results; it is a sustainable, delicious program for everyday wellness.

Join the thousands who have experienced dramatic weight loss, lowered cholesterol, and improvement or reversal of the damages of heart disease, adult-onset diabetes, and other major diseases by following this medically proven program. Protein Power will teach you how to use food as a tool for

- Dramatic and permanent weight loss
- Resetting your metabolism and boosting your energy levels
- Lowering your "bad" cholesterol levels while elevating the "good"
- Protecting yourself from "The Deadly Diseases of Civilization" (including high blood pressure and heart disease)

And best of all, Protein Power encourages you to

- Eat the foods you love, including meats (even steaks, bacon, and burgers), cheeses, and eggs
- Rethink the current wisdom on fat intake (science has shown that fat does not make you fat!)
- Stop shocking your body with breads, pastas, and other fat-inducing carbohydrates

So prepare yourself for the most dramatic life-enhancing diet program available!

Discover how working mom, Countess of Low Carb, went from dieting every. single. day. since she was 10 years old, WITH NO RESULTS, and feeling like she'd never lose "the freaking weight" TO... discovering "something" that FINALLY WORKED FOR HER to lose 50 lbs (without giving up her most favorite foods or forcing herself to push super hard at the gym). Her answers were found in ketosis from the keto diet, eating keto diet foods & a new way of life!

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This book is not meant for bodybuilders or athletes but meant for women and men who finally want to lose the weight. Learn: -As a beginner, what is ketosis? -How do I get into ketosis? -How can ketogenic diet help me? -What keto diet foods do I eat? -Figuring out your macros -What do I eat at restaurants? -My Starbucks! What do I drink at Starbucks?! -Recipes to cook I'm not a build builder, I'm not a high-level athlete. My two most important titles are being a great wife (most of the time - wink, wink) and mom to my 2-year-old. I also run several successful companies. The information included is what worked for me and I have seen it work for thousands of other women in the Countess of Low Carb coaching group. My view point is going to come from being a working mom and woman who wants to lose weight. My main message it to encourage what works best for YOUR body. All my suggestions may not work for you. Having lost 50 pounds with another 50 pounds to go, find what works for YOU. This book would not be a good fit for someone who needs to lose 5-10 pounds, body builder, high-level athlete or is in maintenance keto. This book is for a man or woman who needs to lose a good chunk of change in weight, who has tried many diets that didn't work, who wants a loving environment, who is eager to learn more about keto and is sick-and-tired-of-being-sick-and-tired.

All week you work hard at your job, you go to the gym, you eat your Keto diet, you stay on track, and you do your best.... But do you ever feel like indulging yourself a bit? Do you ever feel like giving yourself a special treat that will not completely throw you off track with your eating plan? Well, this book is for you. The aim of anyone choosing a specific eating regime, should be overall that of enhancing his/her health. I think that the most difficult part of any diet lies in coupling healthy choices with your actual needs for psychological/physical gratification

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and satisfaction. It does not have to be an everyday thing. Just stay on track and then really celebrate the moment, let's say once a week, with one of these fabulous, indulgent Keto dessert recipes..... Enjoy! Here's a preview of what you'll learn....(full images included!) - Ketoessentials: the essential equipment to become a real ketochef - Getting to know the ingredients of the Keto dessert Chef: Sweeteners - Getting to know the ingredients of the Keto dessert chef: Flours - Fat bomb recipes - Keto cake recipes - Keto chocolate recipes - Keto mousses & cream recipes -Keto ice creams - Keto traditional festivity recipes - Nutrition facts of the Keto dessert chef's main ingredientseach recipe is detailed with nutrition values and total + net carb calculation! Buy it with one click!

DISCOVER THESE AMAZINGLY DELICIOUS KETO RECIPES FOR EVERY DAY OF THE YEAR!If you want to prepare fast, delicious and healthy and stick with you Keto Diet then this recipe book is for you.... THIS RECIPE BOOK was created for people like you who are busy but still want to follow a Keto Diet. Each recipe follows the Keto diet and can be prepared and cooked with very little time and effort on your part which makes them all perfect for people who hate working over a stove all day. INSIDE THIS RECIPE BOOK you will get recipes covering everything from Breakfast, Stews, Sauces, Main Dishes, Soups and more! You will appreciate the variety and the quality of each recipe. Which one will be your new favorite? You don't have to search through multiple cookbooks trying to find new Keto Recipes. We provide 365 days of Keto recipes to make following the Keto Diet as easy as possible. We also strive to take the boredom out of eating the same foods. In just a matter of minutes you could be creating some amazing meals using the recipes in this book that will help you lose weight and feel great
HERE ARE JUST A FEW OF THE AMAZING RECIPES INSIDE THIS BOOK *Keto Cream

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Cheese Pancakes *Keto Coconut Waffles *Keto Cauliflower Hash Browns *Keto Crock Pot Southwestern Pork Stew *Keto Pumpkin Spiced Soup *Keto Buffalo Chicken Salad *Pulled Adobo Chicken *Keto Strawberry Cake *MUCH MUCH MORE! HERE IS WHAT YOU WILL FIND INSIDE!... *What is the Ketogenic Diet? (Keto Diet) *Why Choose the Ketogenic Diet? *BENEFITS OF A KETO DIET *365 Keto Recipes *Keto Breakfast Recipes *Keto Snacks & Appetizers *Keto Side Dishes *Keto Lunch Recipes *Keto Dinner Recipes *Keto Desserts *Keto Drinks/Smoothies *Free Bonus Gift *Much Much More!

ONE FULL YEAR OF KETOGENIC DIET FAT BOMB RECIPES WITH PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE! Kindle MatchBook: Buy the paperback edition and get the Kindle edition FREE! REGULAR PRICE: \$14.99 | LIMITED TIME PROMOTIONAL DISCOUNT The latest research has confirmed what a small group of healthy and fit people have known for decades: the secret to losing weight, maintaining a healthy lifestyle, and feeling great is the Ketogenic Diet! Join the movement and reclaim your health! The Ketogenic Diet is more than just a diet. It is a lifestyle and an entire movement based on reclaiming our health and eating healthy, delicious, fulfilling food that we truly enjoy. Food isn't meant to be something we dread, it should be an enjoyable part of life. That's why ketogenic fat bombs are so popular! Fat bombs are tasty, delicious, sweet, and savory desserts that actually help you drop excess fat fast! A full year of keto fat bombs! This ketogenic fat bombs cookbook makes it easy! Every week for a full year you can enjoy a mouthwatering new keto fat bomb recipe. Each and every recipe includes a photo of the meal as well as serving size and nutritional information. Enjoy some of the best desserts of your life all while maintaining an approved ketogenic diet for optimal health, energy, and weight loss!

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Enjoy your life while losing weight! The ketogenic diet is not a boring, bland, or starvation diet. Eating bland and weird food might be one way to lose weight, but that is not what living a satisfying lifestyle is all about. Let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! With these low carb dessert recipes, you can have your cake and eat it too by losing weight while enjoying some of the most amazing desserts you've ever made. Grab this book today and learn the many delicious possibilities you could have dessert while on the ketogenic diet! The keto diet can be fun and easy to follow, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on an entire year of amazing keto fat bomb recipes in this cookbook. Every recipe is easy to make, requires no significant cooking expertise, and is so healthy and delicious you will be proud to serve these desserts to your family and friends. World class desserts you can serve to your family and friends with pride! World renowned diet and nutrition expert Barry Knapp has hand-picked his favorite keto fat bomb recipes that he has mastered in his own kitchen, taught to chefs around the world, and that have earned rave reviews from diners on every continent of the planet! Don't miss out! Grab this book today at the limited time sale price and make a small investment in your health and well-being, as well as the health and well-being of your family, that will pay off huge in the long run!

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