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Diet - Eat Right - eatrightPRO

Cyclical keto diet: on this variation, you follow the standard keto diet principles but on certain days you switch to higher carb intakes, this is known as “carb loading.” Targeted keto diet : this approach involves eating carbs up to one hour before exercise with the theory the carbs get used up through your

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What is the Keto Diet and How Does It Work?

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