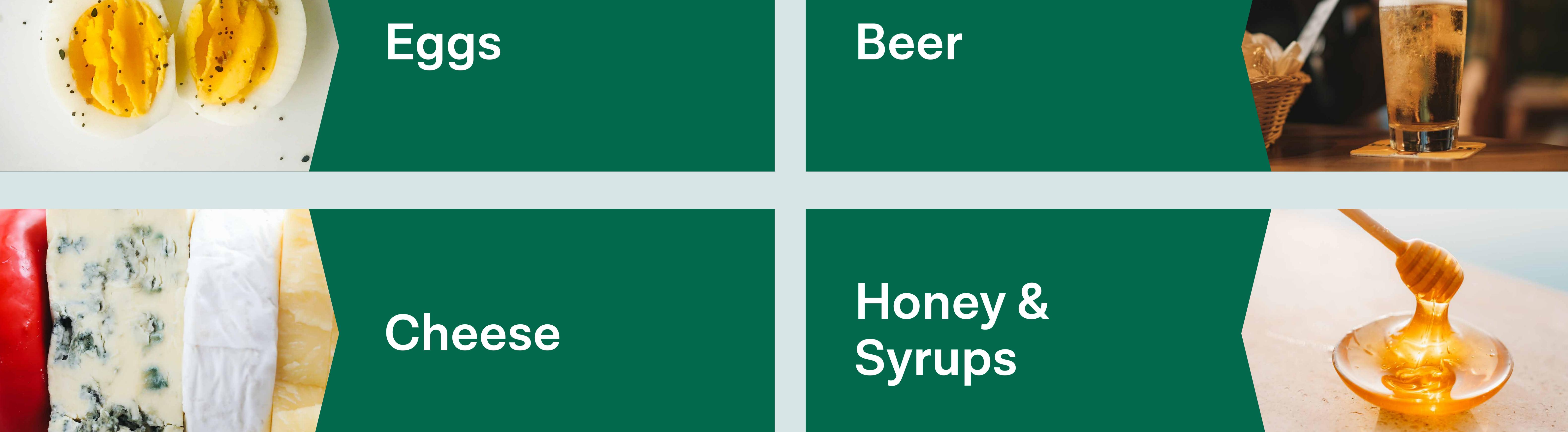
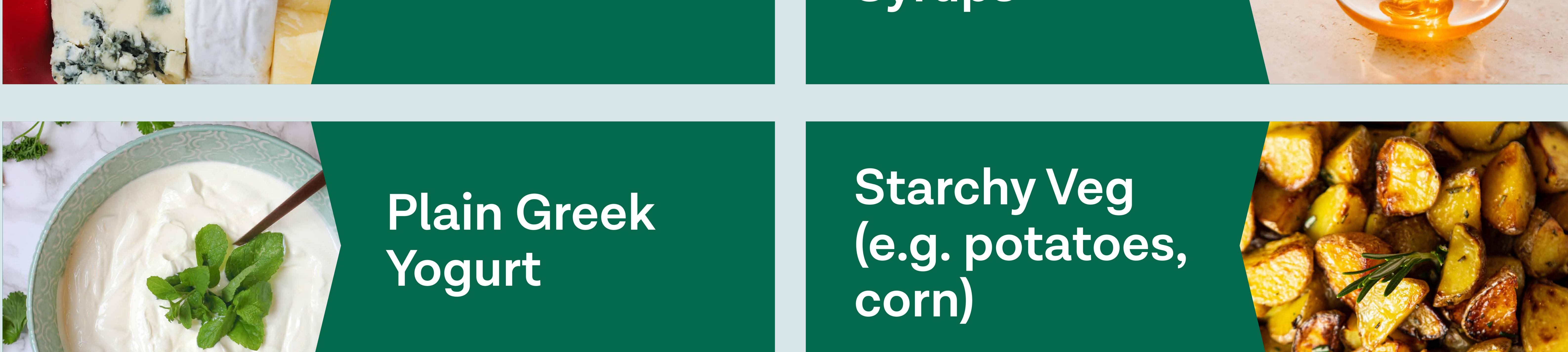
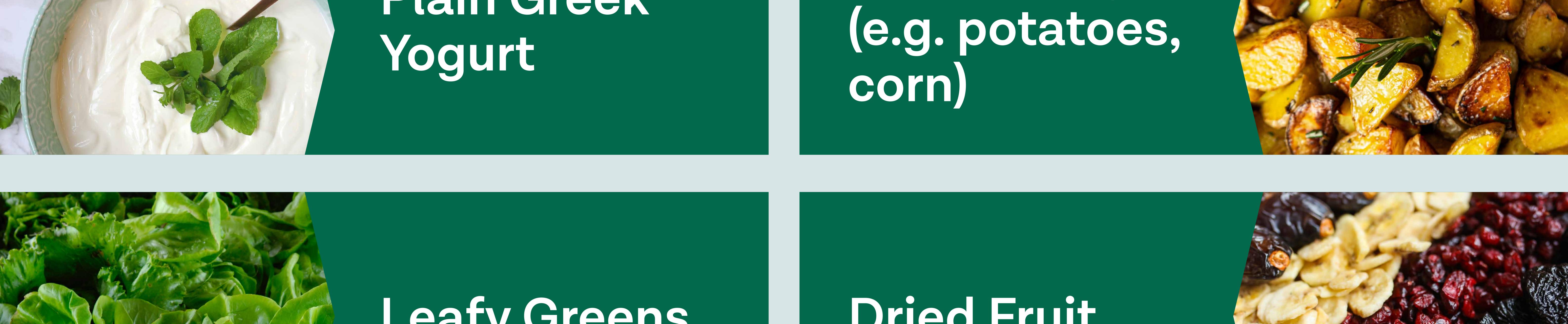
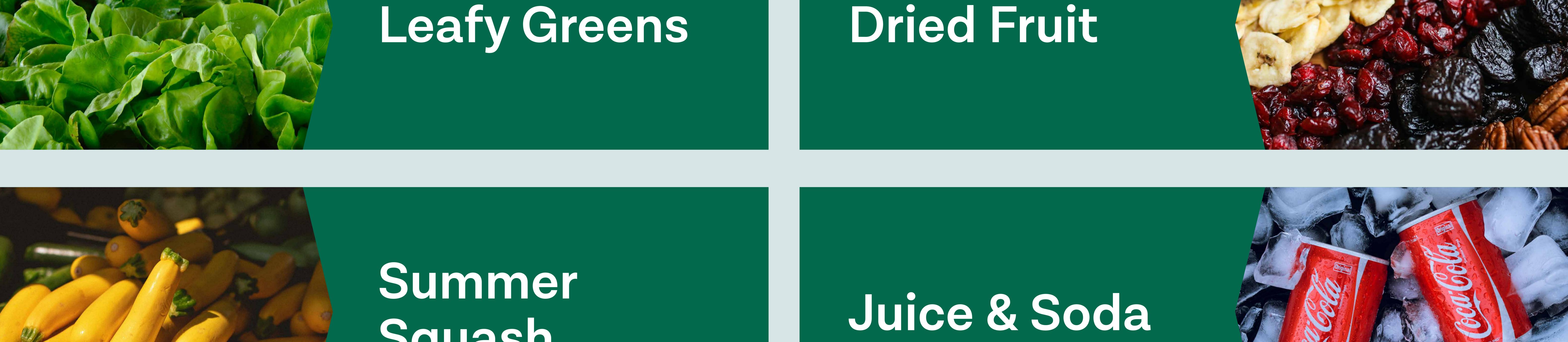
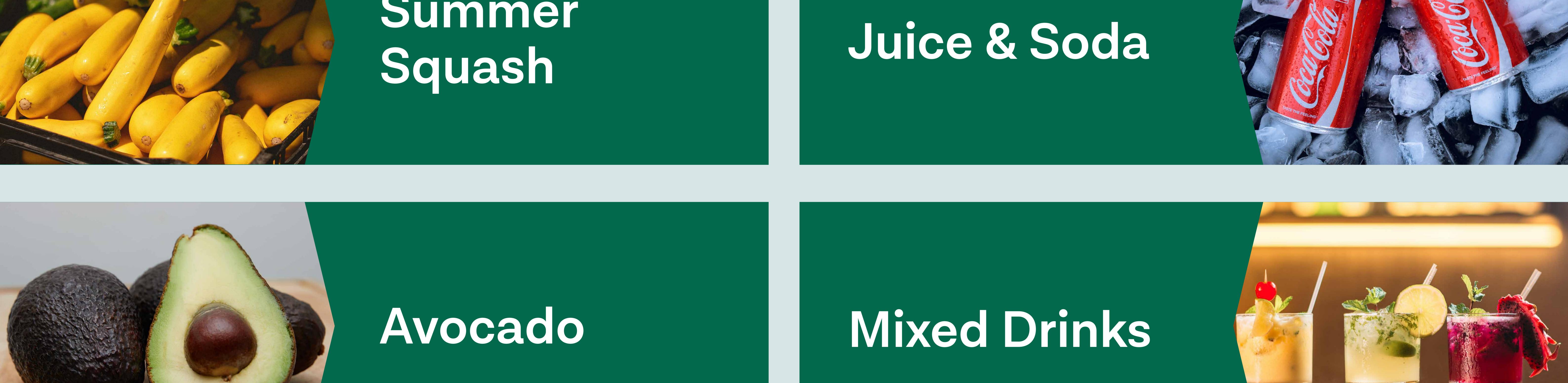
Eat This Not That: The Keto Diet Edition	
Foods To Eat:	Foods To Avoid:
Fatty Fish	Refined Carbs (e.g. bread, pasta)
Grass-Fed Beef	Ketchup & Other Condiments
Eggs	Beer











AVOCACIÓN DE LA CONTRACTOR DE LA CONTRAC	Mixed Drinks
Olive Oil	Light & Low Fat Margarine

Peppers

Glazed or

Ham

Honey-Baked