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There Are So Many Numbers Coming At You And You Just Want To Get Started. I Will Give You My Numbers And Explain What They Mean And Then Send You To Some Ketogenic Calculators That Will Help You Get Started. Here Are My Numbers. I Am Aiming For Around 2100 Calories Per Day. Carbs Are 5% Which Equals 105 Calories Which= 26g Of Carbs 1th, 2024

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Most People Will Tell You A Low-carb, High-fat Ketogenic Diet Is A Journey In Its Own Right, Filled With Triumphs And Challenges. Climbing The Ketogenic Diet Hierarchy

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