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## **Ketogenic Meal Plan - Keto Advanced Fat Burner**

Ketogenic Meal Plan BASICS OF THE KETOGENIC DIET

Most Important Things You Need To Know About The Keto Diet In The Ketogenic Diet, Carbs Are Reduced To Under 50 Grams Per Day, While Fats Should Replace Them And Deliver Approximately 75% Of The Total Calorie Intake. Proteins Should Account For Roughly 20%, While Carbs Should Be Restricted To 5%. Jan 1th, 2024

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