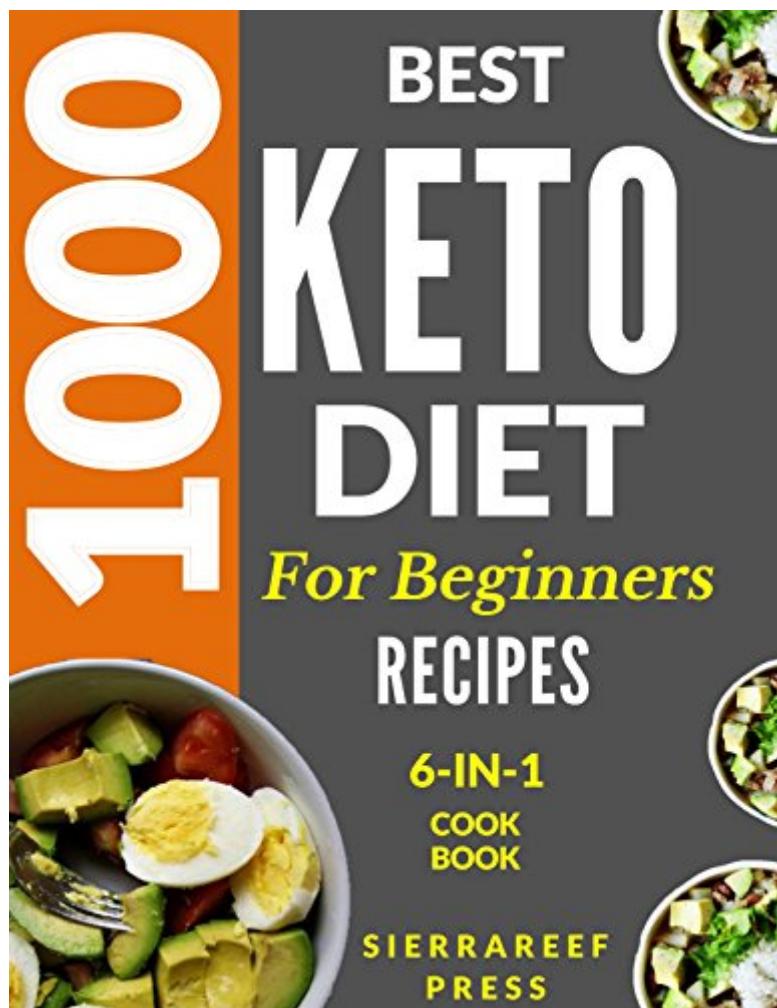


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Synopsis

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Customer Reviews

This is okay. Has ingredients that are not keto/low carb (corn tortillas - really?) I may be new to Keto, but I sure know no grains are allowed. Also, ingredients missing from recipe. (beef and cauliflower dish did not list cauliflower as an ingredient.) Looks like some pretty good ideas here, but use common sense when choosing recipes.

Yes, very comprehensive and helpful. Will try several of these recipes.

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