# TURBÓFIRE

THE FIRE

# **Turbo Fire Fuel The Fire Nutrition Guide**

**SB Merriam** 

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general guidelines for following this diet and provides a wide variety of keto recipes Readers will come away with a firm understanding of the ketogenic diet its potential uses and the ways it can be implemented Using a scientific approach the authors have drawn from both extensive research and practical experience to bring readers an all encompassing approach

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