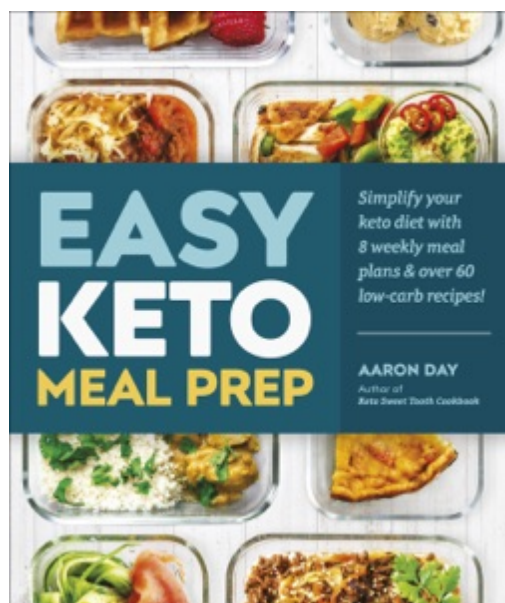


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Eating keto can be challenging, and cooking keto recipes that are satisfying can be even more challenging! You need to make sure you're eating enough fat to stay in ketosis, while still eating food that is satisfying. Weekly meal prep can help ensure that you stay in ketosis while still enjoying fresh, delicious, keto-friendly recipes that aren't the same every week. With *Easy Keto Meal Prep*, planning and preparing your weekly keto meals has never been easier!

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- Beautiful photography and visual meal grids that show you exactly what you'll be eating each day, along with the macros ratios for each day's meals
- Helpful guidance for eating keto, sticking with the diet, meal prepping like a pro, and safely storing your prepped meals

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