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## **Ketogenic Mediterranean Diet Low-Carb Mediterranean Diet**

White Potato, Corn, Carrots, Sweet Potato, Canned Beets, Green Peas, Spaghetti

Squash Legumes ... Oats, Brown Rice, Quinoa, Pearled Barley, Shredded Wheat (plain, Sugar-free), FiberOne Original Plain Cereal, Kellogg's All-Bran Original Or All-Bran Bran Buds . Author: Sunny Feb 22th, 2024

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## **10 Tips To Lose Weight, Get Lean And Get Toned**

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