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An accompanying recipe book, the KetoFast Cookbook, was written with the world-class Australian chef Pete Evans. The recipes are based on my specifications for your 300- to 600-calorie partial fast day. The foods in the recipes are loaded with phytochemicals that will support your detoxification during the KetoFast, and should serve to eliminate virtually all the side effects that people ... Learn how to write a blog post, from setting up your domain to crafting your very first article. Then, get free examples and templates to help you write more than five types of posts. Learn how to write an ebook and have it published on Amazon in 5 simple to follow steps. It's a lot easier than you think it is! Starter Sourdough: The Step-by-Step Guide to Sourdough Starters, Baking Loaves, Baguettes, Pancakes, and More - Kindle edition by Carroll Pellegrinelli. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Starter Sourdough: The Step-by-Step Guide to Sourdough Starters, Baking Loaves, Baguettes ...