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Pizza, pasta, French fries, bread, and baked goods. All of these carb-loaded treats are off-limits on the keto diet. But giving up carbs doesn't mean giving up on the flavors of the comforting high-carb dishes you crave.

In *Keto Comfort Foods* you will find 100 satisfying, keto-friendly versions of traditionally carb-loaded dishes. From mac and cheese to lasagna to low-carb pastries, you are sure to find new favorites that will please everyone at the table. Including complete nutritional statistics like the total and net carbohydrates, this recipe book will help you kick your carb

cravings to the curb and stay on track with your keto diet goals.

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