



# **Ketogenic Egg Recipes: Delicious High Fat Low Carb Ketogenic Egg Recipes (Low Carb Recipes)**

*Brian Smith*

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Brian Smith

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Carbohydrate cravings are difficult to deal with, especially when you are trying to maintain a low carbohydrate way of life. However, carbohydrate cravings are not just a matter of will power. There is indeed a physical trigger for carbohydrate cravings, and it is one of the reasons that it is so easy to develop a high-carbohydrate, low protein way of eating.

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