

# The Keto Beginning | Healthful Pursuit



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The Keto Diet - Healthful Pursuit - .

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The Keto Diet: The Complete Guide to a High-Fat Diet.

I'm Leanne Vogel, international bestselling author of The Keto Diet. I'm all about a Click here for your FREE keto starter guide: Healthful Pursuit The Delicious Pursuit of Keto LivingCreating lifelong health and lasting weight loss with whole food-based nutritional ketosis. How to master the first 30 days of a ketogenic diet.. The Keto Diet Explained - Q&A With Leanne VogelTwo 30-day keto eating programs. Everything you need to make a lasting change to your health, body, and life..

Leanne Vogel - The Keto Diet (@healthfulpursuit) • Instagram .

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Followers, 4380 Following, 4571 Posts - See Instagram photos and videos from Leanne Vogel - The Keto Diet (@healthfulpursuit). Healthful Pursuit - Home Facebook2 May 2017 She is the author of our current favourite book The Keto Diet and the force behind The Healthful Pursuit blog. We asked Leanne some of the