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Author: keto4cookbook . Hello! This is Keto Guide For Beginners By keto4cookbook. We love to read books and my job is to analyze daily all the novelties in the world of ebooks.A dram is a measure of whisky, in which you might say “I’d like a dram, please,” at your local lounge. A dram, technically speaking, is no more than a teaspoon of Scotch. To be more precise, it’s 1/8 of a fluid ounce. Now chances are when you’re at the pub and ask for a dram you’re ...Author: wowketodiet . Hello! This is Beginners Guide To Keto By wowketodiet. We love to read books and my job is to analyze daily all the novelties in the world of ebooks.A keto diet is a very low-carb diet, where the body turns fat into ketones for use as energy. This increases fat burning, reduces hunger and more. Learn how to eat a keto diet based on real foods – what to eat, what to avoid and how to avoid side effects. Get awesome keto recipes and meal plans.