

Recommended Fatty Foods for Days 1 – 2 on HCKeto Diet

Peanut Butter
Bacon
Saugage
Avocados
Guacamole
Ribs
BBQ
Steak
Pizza
Milk
Cheese
Milkshakes
Ice Cream
Burgers
Fried Chicken
Pork Chops
Pork
Sour Cream



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