

Keto Resources

Getting started:

<https://www.dietdoctor.com/low-carb/keto>

<https://chriskresser.com/a-complete-guide-to-the-keto-diet/>

<https://www.drberg.com/the-healthy-keto-diet-for-beginners>

<https://draxe.com/nutrition/guide-to-keto-diet-for-beginners/>

Recipes:

<https://www.culinarynutrition.com/top-25-keto-recipes/>

<https://www.dietdoctor.com/low-carb/recipes/dairy-free>

<https://realbalanced.com/recipe-round-up/50-dairy-free-keto-recipes/>

Videos:

Keto without crashing: <https://www.youtube.com/watch?v=raeJbyDpuyw>

Fasting: <https://www.youtube.com/watch?v=1czS0bItOU>