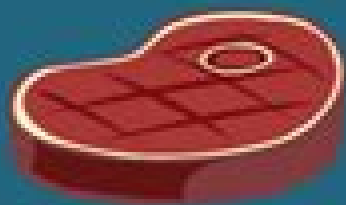


Zero Carb CARNIVORE



**Animal kingdom
only**



**Animal fat, eggs
& dairy**



**Water, tea &
coffee**

Carnivore KETO



**Primarily follows a
ZC Carnivore diet**

SOME MAY INCLUDE:



**Healthy non-
animal fats & oils**



**Limited fibrous
fruits & veggies**



Almond milk (Unsw)

Zero Carb KETO



**Primarily
follows a
Carnivore Keto
diet**

ALSO INCLUDES:



**Sugar free
alternatives
(stevia,
erythritol)**

The Only Diet That Always Works

G Thomas



The Only Diet That Always Works:

Decoding **The Only Diet That Always Works**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**The Only Diet That Always Works**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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