

# Macelleria Santa Lucia Terno Disola Foto

**Judd E. Hollander**

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listed throughout this guide this eating approach will allow you to reap the benefits of going vegan and keto with one diet

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vegan diet a high carb low fat vegan diet is a subset of a plant based diet that focuses on eating starchy high carbohydrate foods like potatoes rice or pasta some proponents try to achieve a specific macronutrient ratio of 80 of calories from carbs 10 of calories from protein and fat respectively this can only be