

Gourmet & Keto Entree Express & Bakery



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My Keto Lifestyle Journey so Far...My Journey started 4 years ago as I weighed in at 368 lbs and a size 48 waist. I knew something had to be done and as I tried many products the desire to make my own became a necessity as I wanted flavor and taste that did not remind me of a diet. All recipes we use are my own and I am so proud to say I am down to 167 lbs and a 32 inch waist. Keto is a lifestyle Journey and no better time than today to let your Journey start here.

[Website](#)

[Email](#)

