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web aug 1 2020 the biggest challenge with vegan keto is that many plant based proteins are also very high in carbs for example a half a cup of lentils has about 61g of net carbs to put that in perspective in order to get your daily recommended protein intake about 46 75g of for the average female and 56 91g per day for the average male you would also be

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web oct 18 2019 a vegan keto diet is a plant based version of the popular ketogenic diet a ketogenic or keto diet is a very low carbohydrate diet people following this diet plan get

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web sep 30 2022 in short a vegan keto diet will consist of roughly 70 fats 25 protein and 5 carbs coming exclusively from the keto friendly plant based foods 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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web mar 19 2022 what s the hclf 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