

NextGen Keto Gummies: Advanced Ketogenic Support for the Next Generation

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[Pro Max Acv Keto Gummies Reviews. Where Have I been? Summer CUT Week 1 #ketoweightloss](#)



[Hi, I'm Tammi! I am a 49-year-old mother of 9. I'm 5'7" and I lost 207 lbs on protein prioritized keto without bariatric surgery or even much exercise! My cutting Macros are generally 130g protein/ 21g net carbs / 78g fat and 1300 calories. In this video I talk about what's been going on with me for the last 4 months and where I am at in my weight loss journey. Get 10% off BUILT BARS! :\) <https://builtbar.com/?baapp=KETOCHAOS> Get 10% off SALT by Keto Chow <https://www.ketochow.xyz/ref/tamrahyde> GET BUILT bars ON AMAZON \[https://www.amazon.com/Built-Bar-Pack-Protein-Energy/dp/B0B7P7QNK3?maas=maas_adg_4B86935A9D8AB0104F7F523AF0A42B1F_afap_abs&ref_=aa_maas&tag=maas\]\(https://www.amazon.com/Built-Bar-Pack-Protein-Energy/dp/B0B7P7QNK3?maas=maas_adg_4B86935A9D8AB0104F7F523AF0A42B1F_afap_abs&ref_=aa_maas&tag=maas\) Fittrack Scale <https://getfittrack.com/products/bmi-smart-scale-fittrack-dara?rfsn=7070210.f65569> I had my lower body lift \(belt or 360 tummy tuck\) with Fleur-de-lis \(vertical incision\) and Medial Thigh Lift for Thursday July 15th, 2021. I'm so excited and nervous to see the results of this next step in my weight loss journey! My Surgeon Dr. Steven Warnock <https://premierplasticsurgerygroup.com/> SURGERY COST breakdown \\$12,000 belt Tummy Tuck \\$3000 fleur-de-lis \(vertical incision\) \\$7000 Medial thigh lift with addtl. surgery discount TOTAL \\$22,000 Which I paid with Care Credit and need to pay off before I can do my upper body DONATIONS gratefully accepted Via PayPal \[Ketochoas@gmail.com\]\(mailto:Ketochoas@gmail.com\) or venmo @Tamra-Hyde phone 0510 CashApp \\$ketochoas Zelle \[ketochoas@gmail.com\]\(mailto:ketochoas@gmail.com\) I started eating ketogenically Jan 1st, 2017 at 374 lbs. My lowest is 167 and I was maintaining around 175 until my surgery and now I'm in the 200s. I am not a doctor. All my advice comes from personal experience and is based on the science of Dr. Stephen Phinney from \[www.virtahealth.com\]\(http://www.virtahealth.com\) ---Support the channel and my plastics journey!--- Get 10% off BUILT BARS! :\) use the code KETOCHAOS <https://builtbar.com/?baapp=KETOCHAOS> Fittrack Scale <https://getfittrack.com/products/bmi-smart-scale-fittrack-dara?rfsn=7070210.f65569> Perfect KETO 15% off Code CHAOS15 \[https://shop.perfectketo.com/?rfsn=3811421.282121&utm_source=Refersion&utm_medium=Affiliate&utm_campaign=3811421\]\(https://shop.perfectketo.com/?rfsn=3811421.282121&utm_source=Refersion&utm_medium=Affiliate&utm_campaign=3811421\) Get 10% off Keto Chow <https://www.ketochow.xyz/ref/tamrahyde> HLTH CODE High Calorie Meal Replacement Shake <https://gethlth.com/?rfsn=5436501.a17c68> Lumen Metabolism Hacking Device for a more flexible metabolism <https://www.lumen.me/?fid=1151> UPSIDEDOWN BAKERY Use the code KETOCHAOS for 10% off!](#)

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