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The ketogenic Mediterranean diet : a low-carb approach to the fresh-and-delicious, heart-smart lifestyle, Robert Santos-Prowse, MS, RD. 1612436412, Toronto

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Cropped cover of "The Ketogenic Mediterranean Diet" (Ulysses press. 2017) by Robert Santos-Prowse. A high-fat, low-carb diet that's good for the heart, too. Diet: A Low-Carb Approach to the Fresh-and-Delicious, Heart-Smart Lifestyle” The lifestyle aspects that go along with the diet are beneficial for

Johnson city press: meet your neighbor — robert santos-prowse

He's also recently authored his first book, titled, “The Ketogenic Mediterranean Diet: A Low-Carb Approach to the Fresh-and-Delicious Heart-Smart Lifestyle.” Piecing together the puzzle that is a sound diet for all of the people whose diets he oversees is all in a day's work for Santos-Prowse. He works

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