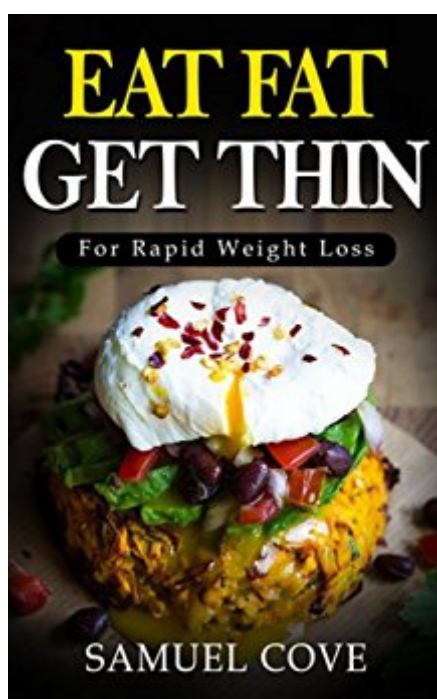


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# **Eat Fat Get Thin: Your Ketogenic Diet Guide To Rapid Weight LossÂ© (with Over 350+ Of The Very BEST Fat Burning Recipes & One Full Month Meal Plan, Upgraded Living)**



## Synopsis

Eat Fat & Get Thin Sound Counterintuitive??Take a Closer look...Over 350+ Delicious Breakfast, Lunch, Dessert & Snack Recipes & One Full Month Meal Plan included in this Book!Introducing the EAT FAT GET THIN Revolution...Why Eat Fat to Get Thin?Time and time again, scientific studies show that people on High Fat Low Carb Diets Lose much more Weight, faster, than people on Low-Fat diets, even when the low-fat dieters are actively restricting calories.Why?Because eating FAT does not Make you FAT!Eating CARBS does!By eating a High Fat Diet, you are sustained throughout the day. You donâ™t get the sugar spikes and then sugar crashes.Believe it or not, fat yields 3 times more energy than Carbohydrate!You donâ™t need the cake and coffee to stimulate you in the afternoon slump.On this diet you'll be getting plenty of Healthy Fats from cold pressed oils, nuts and seeds,grass fed meat and eliminating all unnatural and processed foods.This book will use a step-wise approach to take you through the Eat Fat Get Thin Diet and further beyond into the practical application of making healthy and super tasty recipes. You will find a FULL nutritional breakdown at the end of each recipes, so you can keep track of your calories & macro's.This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness.Think of the High Fat Diet like pushing the âresetâ™ button with your overall health, relationship with food and your lifestyle habits.This book will teach you exactly what you need to know about the Eat Fat Get Thin Diet as well as it's many Advantages and Health Benefits.Some of the Profound Benefits You will Experience when consuming these High Fat Recipes:Accelerated Fat LossIncrease Energy Levels & VitalityAppetite ControlImproved Mental FocusMood Stabilisation Stabilised Blood Sugar LevelsLower CholesterolHormonal BalanceHere's A Sneak Preview Of The Easy-to-Prepare Recipes you will find in this book:Mediterranean Pecorino Romano Breaded CutletsOriental Garlicky Chicken ThighsPordenone Cauliflower LasagnaRoasted Lemony Chicken & Prosciutto with Brussels sproutsRoquefort Spinach, Zoodles and Bacon SaladSour Avocado and Chicken MoussakaSpicy Italian Sausage and Spinach CasseroleSquash Spaghetti Lasagna DishSlow Cooker Thai Fish CurrySmoky Pork CassouletSage and Orange Glazed DuckTartar Keto CookiesCheesy High Fat BreadLemon Cheesecake Breakfast MousseBerry Breakfast ShakeCacao and Raspberry PuddingCoco and Blueberry SmoothieCreamy Chocolate MilkBlueberry Almond SmoothieFast Protein and Peanut-Butter PancakesGuacamole Bacon and Eggs BreakfastHemp Muffins with WalnutsStrawberry PuddingMinty Avocado Lime SorbetMorning Zephyr CakeSour Hazelnuts Biscuits with Arrowroot TeaWild Strawberries Ice CreamMini Lemon CheesecakesChocolate Layered Coconut CupsPumpkin Pie Chocolate CupsFudgy Slow Cooker CakeEasy Sticky

Chocolate FudgeOver 350+ Amazing Recipes, One For Every Day of the YEAR!Purchase this book at it's lowest price and make your Weight Loss journey Effortless!

## **Book Information**

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## **Customer Reviews**

Eat Fat Get Thin-- Seriously? This has surely captured my attention and held it for quite some time. How in the world will I be thin if I eat fat? Well, this book has answered it and cleared some cob webs too. And I must say that it has done the explanations in an easy to comprehend way. And what is mind-blowing too is that this book has more than 350 recipes that will surely help anyone who will decide to go forward this endeavor. And this book made me understand that it's not about eating fats, it's all about eating carbs.

I'm always curious about ketogenic diet until I bought this book. What this book offers which can not be found from other ketogenic books is that it allows you to absorb information better letting you discover the things one should avoid and helping you choose the right kind of decisions. Would highly recommend the book to anyone who loves to cook.

This is a great cookbook guide. A complete cookbook recipe for people who wants to lose weight without reducing fat intake rather than carbohydrates which is utilized more quickly. Ketogenic diet originally is for people who are suffering diabetes. This book covers everything from what ingredients, to recipes to measuring the progress, how to commence the keto diet and so much more. I recommend this read to anyone interested in the keto and keto diet recipes.

My doctor recommended me to follow this book to control over my cholesterol. At first I was confused with the title "Eat fat get thin"™. I thought how a person can become thin eating fat, it will make you fatter. I was wrong about fat, our body need fat to cut out the unnecessary fat. In this book there were food which had good fat that are necessary in our body and that increase our metabolism power. This book is awesome and had diet plan for 30 days. I had found difference in me in just one week and it is awesome. Just need to follow this book to reduce our excess weight. Following this book was not hard, these foods were very healthy and it is delicious too. Challenge yourself for 30 days and enjoy the result.

What I like about this book is it uses a step-wise approach to take you through the Eat Fat Get Thin Diet and further beyond into the practical application of making healthy and super tasty recipes. You will find a FULL nutritional breakdown at the end of each recipes, so you can keep track of your calories & macro's. This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness, I believe no other book holds the same content like this one.

Confusing, but it really is as follows: Fatty foods do not affect the increase of weight and does not distort your health. Entering large amounts of carbohydrates causes a problem with the weight. Since I'm on a diet, I am myself convinced of this. This book is a true treasury of good recipes. And not only that in one place you have good ideas, but here you can find meals for almost a year. Dishes seem to be very tasty, foods that are used you can easily find in any market, and above all, it is very healthy. Sincere recommended!

This book provides a detailed explanation about how ketogenic diet promotes weight loss and how it can be beneficial to our health. The comprehensive book on ketogenic dieting for weight loss or athletic performance. Exhaustively researched, thoroughly footnoted, and detailed on every sphere of training, nutrition, and supplementation. Quick and relatively easy read. Well, this book is really a

great introduction for beginners like myself to ketogenic diet. Great book to begin understanding ketogenic diet as a beginner.

Iâ™ve been looking for a book like this to give to my sister. She weighs too much after giving birth and getting a bit depressed about it. I decided to get this and see if itâ™ll somehow works for her and she likes it. The book is real as per my sister. I mean, this kind of diet guide will really helps in loosing of weight without sacrificing eating. I even learned something from it as well. As far as Iâ™m concerned, eating fats does makes one fat but it wasnâ™t. The book clearly explained everything about it. This is undoubtedly a great one that can be recommended to all.

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