



The Unbelievably Low-Carb High Fat Cookbook: 50 Epic Recipes for INSANE Weight Loss! (No-BS Weight Loss Book 1)

Kelly Clarkson

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Ribs, Chicken, Burgers, Meatballs and even Muffins & Waffles!- ALL Your Favourites, NOW LOW-CARB & HIGH FAT!

"INSANE to the 'E' ..This is every Dieter's Recipe Bible!"- Miranda. (On facebook)

"Every recipe is a keeper ..the best low carb high fat cookbook this year!"- Mika S. (On facebook)

Lost for recipes from the Ketogenic Diet & other Weight Loss Diets? NOT ANY MORE!!

Here are 50 EPIC Low-Carb High Fat Recipes for Superb Health & Weight Loss!

*"Eating Fat makes You Fat.." 'A Low Carb High Fat Diet' turns this theory on its head! A low-carb high fat diet is the healthiest way to not only reduce hunger but also to **Lose Weight** quickly and effectively, mostly from the abdominal area. It also gives you **increased amounts of HDL -heart healthy or 'good' cholestrol**, reduces LDL or 'Bad cholestrol, reduces blood sugar & Insulin levels, helping with **type 2 diabetes**, reduces blood pressure, fights against metabolic syndromes and several brain disorders and the list goes on and on! You have got to give it a try, if you haven't yet! And if you're tired of scouring the web, expensive cookbooks and magazines & newspapers for Low-Carb High Fat recipes, "The Unbelievably Low-Carb High Fat Cookbook" is the answer!*

These 50 Recipes are so Sinfully Yummy, Nobody'll Believe they're High Fat & Low-Carb too!

Here are some of the most INSANE Breakfast, Lunch & Dinner Recipes that'll get you salivating right away!

Take a LOOK-

Breakfast Recipes:

Sausage Egg Muffins

No Bun Cheesy Burgers

Breakfast Egg Pizza

Bacon Pancakes

and LOTS more!

Lunch Recipes:

Tomato Turkey Meatballs

Asian Style Grilled Salmon

Halibut Steaks with Feta Garnish

Pan Fried Chicken with Creamy Caper Sauce

and LOTS more!

Some International Favourites:

Hungarian Souvlaki

Cordon Bleu

Asian Style Turkey Fry Up

Oriental Eggs in Tomato Sauce

Mediterranean Chicken Casserole

and LOTS more!

Dinner Recipes:

BBQ Ribs

Turkey Marsala

Meatball Kebabs

Enchilada Zucchini Boats

Caramelized Onion Pork Chops

and LOTS more mouth-watering recipes!

I bet, you couldn't go through all of these recipes without getting hungry! Not only are these recipes incredibly delicious, each one of them has a detailed breakdown of the **fat, carb and protein content** and also other useful details like **prep-time, number of servings etc.**

In fact, here is what an expert chef had to say about these recipes:

"My personal favourite LCHF cookbook.. Every recipe is worth the cost of this book several times over!" Jeanne. (Published Author & Chef)

Okay that's enough,

'All Looking and No Cooking makes Jack a hungry boy!'

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From reader reviews:

Evelyn White:

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Greg Little:

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John McGinnis:

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Laurence Terry:

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You can add your understanding by that book. Ready to spend your spare time to spread out your book? Or just trying to find the The Unbelievably Low-Carb High Fat Cookbook: 50 Epic Recipes for INSANE Weight Loss! (No-BS Weight Loss Book 1) when you required it?

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