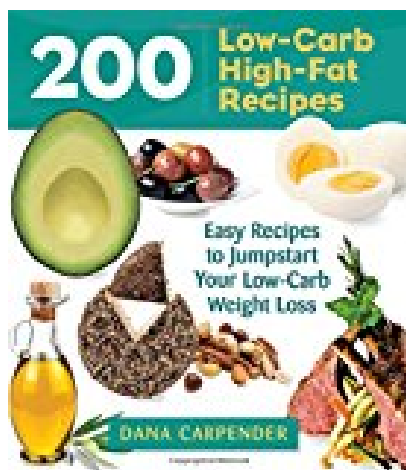


200 Low-Carb High-Fat Recipes



BOOK DETAILS

- Author : Dana Carpender
- Pages : 192 Pages
- Publisher : Fair Winds Press
- Language : English
- ISBN : 1592336388

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BOOK SYNOPSIS

"Its happened before--the dreaded weight-loss plateau can linger for what seems like forever. Get your jumpstart with Dana Carpenders 200 Low-Carb, High-Fat Recipes and youll be on your way to a healthier lifestyle in no time. First introduced by Dr. Atkins, "fat fasts" were used as a powerful tool to help fight against most metabolic challenges. By eating delicious foods that are low in carbohydrates and high in saturated fats, its easy to shed stubborn weight that could not be lost during the Atkins Induction Phase. Referred to as Nutritional Ketosis (NT), such a diet increases your metabolism, allowing your body to use stored body fat. The result allows you to live a longer and healthier life with greater amounts of energy. Dana Carpender, bestselling author of 500 Paleo Recipes and 1001 Low-Carb Recipes will guide you through important questions like: Why Low Carb/High Fat? Why May I Need to Eat Less Protein? What Are Good Fats? In 200 Low-Carb, High-Fat Recipes you get tips for creating low-carb/high-fat meals, and find out why three meals a day may not be needed! With 200 recipes, including soups, breakfasts, appetizers, sides and sauces, youll never be cooked for delicious ideas!"--

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