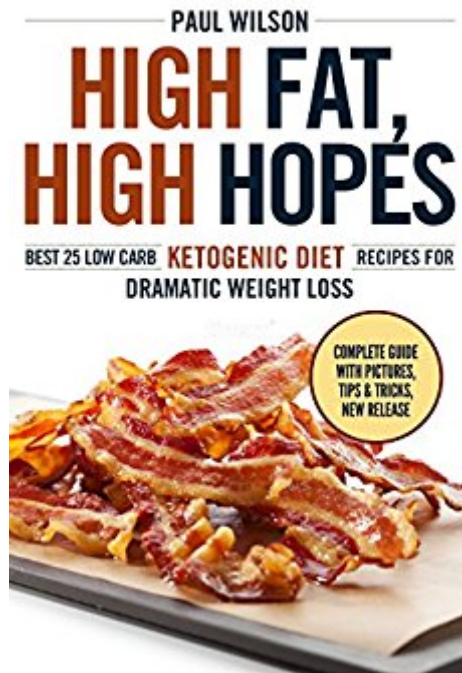


The book was found

High Fat, High Hopes: Best 25 Low Carb Ketogenic Diet Recipes For Dramatic Weight Loss



Synopsis

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Book Information

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Customer Reviews

There are various choices we can make when dieting effectively, we either cut out the carbs or we cut out the fats. Healthy fats are great nutrients for producing hormones and other essential components in our body. When it comes to weight loss i prefer to cut carbs out. I do really like the taste of bread and other wheat products but it always leaves me feeling like a zombie. Cutting fats out of my diet has helped me lose over 18 and that was before reading this book. This book explains the process in an amazing way and tops it with great recipes you can easily prepare from your kitchen at home.

I love the Ketogenic diet, and am always looking for tips and additional recipes. I have a couple of other books, but the recipes in this one far exceed the others. The directions are easy to follow, and above all else, they taste great. If you are one the fence about trying the ketogenic diet, give this book a read, and try a recipe or two. I'm sure after trying a couple, you will be hooked.

This book gave me a thought regarding what this eating routine is about and how it helps me lose my body weight. I likewise thought that it was fascinating that this eating regimen battles malignancy cells and is a characteristic restorative against a portion of the cerebrum issue. With those formulas, I likewise got a thought regarding what I can eat as a component of the eating regimen.

From the first recipe recommended, One skillet bacon and eggs, I was already struck by this and I so ohw love this one. I am so glad that I found this book. I can't contain my excitement for trying all the menus recommended here. Really great! Right now, I am not thinking anymore of the diet but more focused to the foods in here.

I like this book. It is easy to read, entertaining, informative and well referenced. The recipes are good and delicious. I saw here so much interesting recipes. I'm looking forward to implementing the author's practical advice found in the last couple of chapters. The book was well-written and an easy read.

The information in this book will be vital before making the decision to begin feeding on such a diet, the major challenge usually lies on the little number of recipe options that are delicious to my taste, but the book has addressed this by enlisting recipes and showing their preparation methods.

Like other health cookbook, this one is full of information which includes nutrition facts with number of calories, protein, and carbohydrates, plus the shopping list of most common ingredients used, the equipment/tools, and the conversion table. It talks about what ketogenic diet is and its benefits.

I have heard a lot about Ketogenic diet, but I wasn't much aware of what it is. This book gave me an idea about what this diet is all about and how it helps me lose my body weight. I also found it interesting that this diet fights cancer cells and is a natural therapeutic against some of the brain disorders. With those recipes, I also got an idea about what I can eat as part of the diet. And not to forget, some of the recipes look really tasty. I will try some of them some time.

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