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**Low Carb High Fat Cookbook: Bacon,  
Butter & Coconut Oil-101 Healthy &  
Delicious Low Carb, High Fat Recipes  
Perfect For The Paleo Diet, Atkins  
Diet, Low ... Paleo Cookbook, Gluten  
Free Cookbook)**

**101** Low Carb High Fat Recipes

**Bacon**  
**Butter &**  
**Coconut**  
**Oil**



Liz Maynard



## Synopsis

Drop 15 Pounds in 15 Days Without Being Hungry! These 101 Delicious Ultra-Low Carb High Fat Recipes Are Guaranteed To Give You The Lean, Tight Body You've Always Wanted!. But best of all because these recipes are high in healthy fats and very low in carbs, you will NEVER EVER feel hungry. Eat Fat and Drop Fat Fast! Research has proven that the LCHF diet is one of the most effective diets on the planet. If you've been looking for a diet that produces amazing results and still allows you to eat amazing meals and snacks, Bacon, Butter, and Coconut Oil: 101 Healthy Delicious Low Carb High Fat Recipes has all of the tools you need to begin a new lifestyle. Now you can enjoy delicious recipes like Cheesy Chicken Casserole, Creamy Beef Stroganoff, and gooey Chocolate Chip Pecan Cookies while shedding ugly body fat. Download your copy Bacon, Butter & Coconut Oil: 101 Healthy & Delicious Low-Carb, High-Fat Recipes Today for only \$0.99 cents!

## Book Information

File Size: 418 KB

Print Length: 221 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 5, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01A94FUPG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #117,800 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12

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## Customer Reviews

I never knew a fat could help someone else waistline shrink. For the entire time that I was on a diet I have been avoiding both carbohydrates and fats. Though I have always been craving for meats

especially in the morning. Everytime i heard about the word fats in food would always think it's unhealthy and i have to avoid it. But guess what? My favorite bacon will be back on my list of meals because of this book. I have been searching and trying different kinds of diet and this ketogenic diet, is what makes me more happy. Don't limit yourself into what has always been taught. Discover and learn different diets that would best fit your eating habit.

I've been searching for a diet that I don't have to turn down my favorite foods, like bacon! And I think I finally found it in this book! Though I've been hearing about this Low Carb, High Fat diet from my friends before, I didn't have time to know more about it until I've read this book! It just helped me a lot. It even gave tips on how to keep track on your diet. And the recipes in this book are worth a try! Thanks for this book! I really learned a lot!

The book that lets you eat foods that are high on fat but still promotes healthy living and diet. It also says that diet in low carbs and high in certain fats can lower the occurrence of seizures and possibly stop them completely. By learning how to choose foods and prepare them in a way that is not only healthy but delicious, healing your body by what you put in it.

Not only does this book offer delicious recipes, but there are a ton of them. It has everything you could imagine and more. If you are a woman, your husband/boyfriend will love these meals and ask for seconds. Just yummy.

I have tried ketogenic diet before but struggled to figure out what to eat. This book easily shows the rules to follow, the benefits and has a TON of recipes. I have tried several and they all turned out perfect and delicious. There needs to be more books like this that make diets easy to follow and understand. 5/5 stars!

This book has a lot of delicious recipes and I can't wait to try them. I love using butter and coconut oil as ingredients, in this book you will learn a lot of new and delicious recipes. The instructions and cooking procedures are very easy to understand, Liz did a great job on creating a very informative cookbook and I commend her for that. It is really worth spending my time and money on this book.

Personally, I am not aware about Ketosis prior reading this book, but I was really enticed with its

inclusion of bacon and butter as part of oneâ€™s regular DIET! (yes! I want to highlight the word diet.) This is not usual, so I gave it a try. I have read some articles about Paleo diet, but not about Ketosis diet. In hindsight, ketosis diet sounds unpleasant as it is talking about eating higher amount of fat. (We do not always have good connotation with fats along bad cholesterol and high-blood pressure.) Although, the ketosis diet would direct you to keep a low-carb diet, it still sounds not right to eat high amount of fat! However, I think that this was still able to provide some insights; although, it provided not enough scientific data to back-up each of its claims. All in all, who would not jump with happiness to learn about a diet which would offer you all-time favorites such as bacon and butter as part of your daily meals? This book offers more than 100 recipes of meal for breakfast, lunch, and dinner with bacon, butter, and coconut oil as primary ingredients!

I have read many books for weight lose purpose and waste lot of time and money. But from this book I learn how to get lose weight. This book is really amazing and with proven recipes. I would like to recommend this book to all. This is really amazing that you can reduce 15 pounds in 15 days. Must try this book.

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