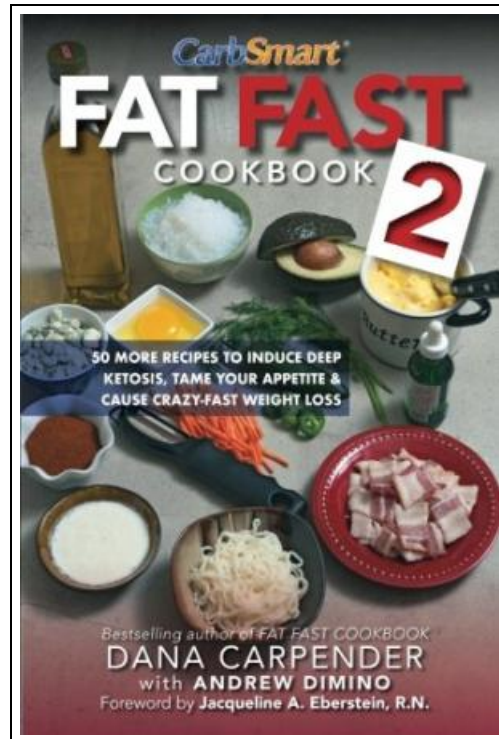


Fat Fast Cookbook 2: 50 More Low-Carb High-Fat Recipes to Induce Deep Ketosis, Tame Your Appetite, Cause Crazy-Fast Weight Loss, Improve Metabolism (Paperback)



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Reviews




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Carbsmart Publishing, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The NEW Fat Fast Cookbook 2 has 50 More-Even Better-Low-Carb High-Fat Ketogenic Recipes to Jump-Start Your Low-Carb Fat Burning! Bestselling Low-Carb Expert Author of Fat Fast Cookbook Dana Carpender introduces some new secret ingredients to quickly get you into Nutritional Ketosis kick start your stalled weight loss. This companion to the first Fat Fast Cookbook has 50 more Low-Carb High-Fat Ketogenic recipes to propel you into deep ketosis. Learn how ingredients like shirataki noodles, Miracle Rice MCT oil can help you on a successful Fat Fast. Has your Low-Carb weight loss stalled even if you re strictly following the Atkins Diet? Do you find that no matter what you do, your weight is slowly creeping back up a little at a time? Are you looking for new, delicious, easy-to-make ways to add more healthy fat to your low carb diet? Do you already have the Fat Fast Cookbook but want even more Low-Carb High-Fat recipes that your whole family will love? If you re ready to start again, we ve got your solution. Foreword by Jacqueline A. Eberstein, RN Includes a Foreword detailed explanation of the Fat Fast science by Jacqueline A. Eberstein, RN-Dr. Atkins own clinical nurse. She s been administering the Fat Fast to her patients for decades! Jacqueline has seen first hand how the Fat Fast works to get her stalled patients back into Nutritional Ketosis. All Diets Stall. Here s The Fix! The Fat Fast is the fastest way to lose stubborn fat-while maintaining muscle mass! The Fat Fast-1,000 calories per day, 90 from pure fat-resulted in average fat loss-not just weight loss, but fat loss-of over a pound per day! It s a radical, short-term strategy, but boy, does...

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