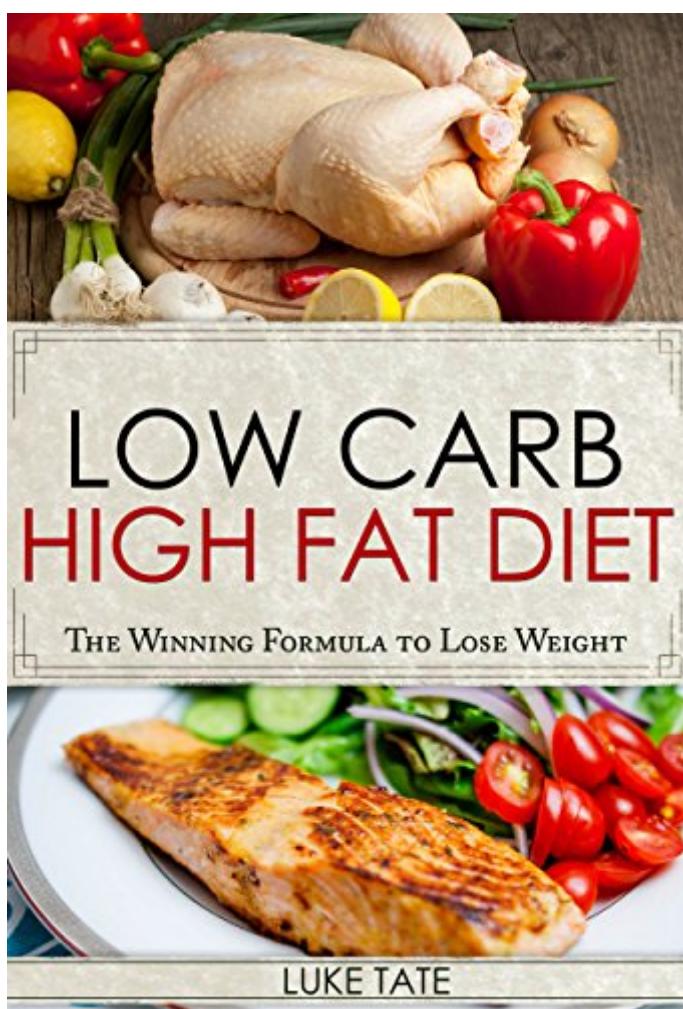


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# **Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet)**





## Synopsis

Use This Powerful Low Carb Diet Book To Lose Weight And Live A Happy And Healthy LifeHereupon these pages contain a comprehensive and informative guide towards a better understanding of all the basic information you need to know about, and the motivation to inspire yourself on how to eat fat and lose weight. Yes, it may seem absurd and preposterous, but you read it exactly right! “Eat Fat and Lose Weight! Your Winning Formula thru a Low-Carbohydrate, High-Fat Diet! Along with this eBook’s primordial purpose to helping you engage successfully on the regimen’s regular practice, is gaining the ability to reduce your excess and unwanted kilos. Assuredly, after you emerge from reading this eBook, you will become the modern-day weight-loss practitioner advocating the art and science of healthy living, proper nutrition, and wellness. More than that, you will achieve great influences of devising a personal grocery food guideline and/or sticking onto a selective food-shopping list as laid out by the eBook’s specifically recommended and restricted food items, organic compounds, nutrients, and ingredients from across the principal food groups. After all, we only want what is best for ourselves, including our families. Arming yourself with an extensive food list, you will grab the chance of exercising the bon vivant in you, concocting personalized LCHF food creations through the assistance of sample recipes with full images presented herein, as well as following a 7-day LCHF meal plan. In the end, you will earn the encouragements and pride to share your winning formula for the benefit of everybody’s welfare! The LCHF diet does not only manifest increased body weight loss, but it also indicates principal improvements in most health risk factors as well as Appetite Suppression, Brain Disorder Treatment, Destroys Abdominal Fats, Increases HDL (Good) Cholesterol Levels, Lowers Insulin and Blood Sugar Levels, Metabolic Syndrome Therapy, Reduces LDL (Bad) Cholesterol Levels, Decreases High Blood Pressure, Reduces Triglycerides, and even helps to treat chronic illnesses for example epilepsy. Turn now the pages towards eating fats to weigh less and onwards to wellness, comfort, and total happiness! Summarily, in essence, alter your usual eating habits to alter your life for the best. Enjoy your journey of an enlightened personal wellness growth via this helpful read, with the best of wishes that you will certainly earn to learn something priceless while benefitting success. Take action now, get this Kindle book and start a healthy lifestyle!

## Book Information

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## Customer Reviews

I am really enjoying this book. It has 50+ recipes that are low carb, without feeling like you are missing out. What I especially like is that this cookbook is geared to the whole family. It gives lots of ideas for recipes that don't make you feel deprived. Many recipes can be adapted and changed up. Good little find! Product purchased at discount in exchange for review.

before reading the book was a little confused, as would be possible to lose weight by eating fat I wondered, but once started reading the book I started to understand the inner workings of my body and my metabolism, the author made a good effort explaining everything well using tables for illustrate the presence of the fats and carbohydrates on the food.

N/A

Luke Tate supports the art and science of healthy living, proper nutrition, and wellness. In this succinct, well-written little book introduces a concept that may be new to many — and a controversial one at that. For instance, in his Introduction Luke presents the précis: "Low-carbohydrate and high fat (LCHF) diets have been around for such a long

time, yet oftentimes disputed. Fat-conscious medical practitioners have primarily condemned their principles and methodologies. The media even joined the disapprobation bandwagon by sensationalizing to suppress completely the controversy to all. Both sectors professed that such certain diets increase the body's cholesterol levels and result to heart ailments, obviously due to the high fat content these diets entail. However, with the changing times, there have been so many persistent dietary studies conducted about low-carbohydrate and high fat regimens. More often than not, LCHF diets were conclusively the most favorable compared against and among the popular and specific diets. The LCHF diet does not only manifest increased body weight loss, but it also indicates principal improvements in most health risk factors, which include cholesterol levels. With the several proven health benefits it continuously provides, the LCHF diet has evolved into several modifications. Among the most accepted adaptations is the ketogenic diet. Luke nutritionist/dietician approach is well research and very well grounded and explained. His areas of discussion open with Rationale of the "Eating Fats & Losing Weight" Regimen (Roots of the Regimen, State of Ketosis: The Working Principle of the Regimen, Attainment of Optimal Ketosis, Measurements of Ketones, Cautionary Measures about the Regimen), Regimen realization with a roster of regulated rations (Beverages, Carbohydrates, Dairy Products, Fats and Oils, Nuts and Seeds, Protein, Spices, Sweeteners, Vegetables and Restricted Rations) and a very fine Grocery Guide. He follows this teaching portion with a series of Regimen Recipes for breakfast, Entrees, soups, salads, main side dishes and then lays our a very skilled 7-day meal plan following the steps we have learned and implemented. The results for following his regimen? Weight Loss, Appetite Suppression, Brain Disorder Treatment, Destroy Abdominal Fats, Increase HDL (Good) Cholesterol Levels, Lower Insulin and Blood Sugar Levels, Metabolic Syndrome Therapy, Reduce LDL (Bad) Cholesterol Levels, Decrease High Blood Pressure, and Reduce Triglycerides. Luke Tate has done his research and his homework and is able to convey the ins and outs of this regimen very well. Not a quick read, but instead a fine study that offers results to improve our health. Grady Harp, March 16

I really like this book. I've been struggling with weight issues my entire life, heard a lot about the low carb diet but never knew where to start. With this book I can finally lose the weight I could never get rid off after having children. The best thing is that I don't have to cook extra meals for myself, however the entire family can eat it, which makes my life a whole lot easier!

Do not waste your time with this crap! Low carb diets are not sustainable. Your body NEEDS carbs

to function. Fuel yourself with GOOD carbs, like sweet potatoes and oatmeal. Carbs are NOT the enemy, but sugar and processed foods, and the wrong types of carbs are. Avoid white bread, sugary cereals, and overly processed carbs. Your body needs complex carbs to function. Please stay away from fad diets like these - you are wasting your time. You may lose weight going low carb, but that is because you are starving yourself. It is SO unhealthy, and you will gain the weight right back when you realize you have no energy and can't do it anymore. Learn about portion control and eating clean, real food. That will give you long term success and get you off the yo-yo fad dieting train.

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Diet) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) 365 Days of Ketogenic Diet Recipes: (Ketogenic, Ketogenic Diet, Ketogenic Cookbook, Keto, For Beginners, Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food, Weight Loss) Ketogenic Diet: 365 Days of Ketogenic Diet Recipes (Ketogenic, Ketogenic Cookbook, Keto, For Beginners, Kitchen, Cooking, Diet Plan, Cleanse, Healthy, Low Carb, Paleo, Meals, Whole Food, Weight Loss) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Slow Cooker: Ketogenic Diet: 92 Ketogenic, Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss - 2nd Edition (Low Carbohydrate, ... Watchers, Ketogenic cookbook, Keto Diet) Ketogenic Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Ketogenic recipes, Ketogenic Cookbook for Weight Loss)

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