# Lchf: Low Carb High Fat Diet & Cookbook, Your Guides and Recipes for Weight Loss and Healthy Living (Paperback)

By Warawaran Roongruangsri

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand new Book. LCHFLow Carb High Fat Diet & CookbookYour Guides and Recipes for Weight Loss and Healthy LivingThis book will provide you with the information that you need in order to get started and be successful on the LCHF diet. You'll find chapters with information on topics such as: What is the Low Carb High Fat Diet?LCHF for BeginnersHow the LCHF WorksFoods to eat and foods to avoid on the LCHF dietRecipes for breakfast, lunch, dinner, as well as desserts and snacksFinding a diet plan that works for you can be confusing and frustrating. There are so many that are out there and all of them claim that they are better than the others and will provide you with the best results. With all of the options that are out there, how do you choose the one that works for you?If you've tried out many different weight loss and diet plans, you may be tired of working hard and not seeing the results that you desire. For those that feel like they're stuck in a rut, the Low Carb High Fat diet may be the answer that...

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