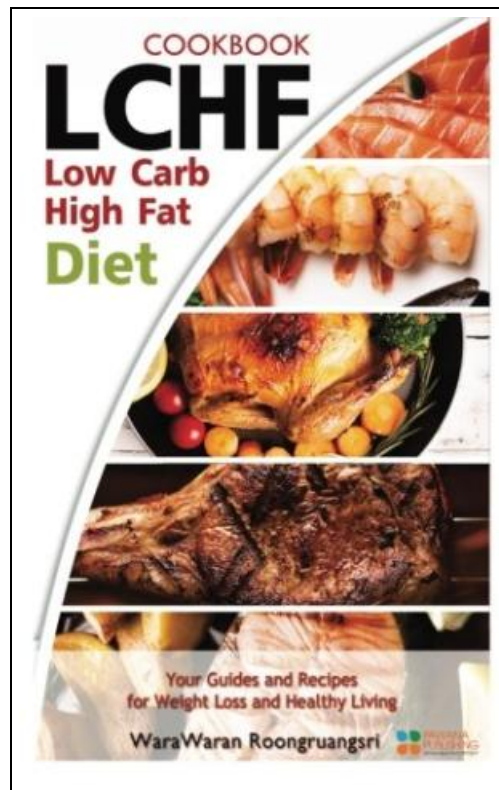


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand new Book. LCHF Low Carb High Fat Diet & Cookbook Your Guides and Recipes for Weight Loss and Healthy Living This book will provide 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 Beginners How the LCHF Works Foods to eat and foods to avoid on the LCHF diet Recipes for breakfast, lunch, dinner, as well as desserts and snacks Finding 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 you need. Instead of getting on another diet plan that sounds like all of the others and is difficult to maintain, the LCHF diet plan will give you simple, easy to follow steps that will help you to drop the weight while still feeling full and satisfied. The best part is, that if you are able to follow some of the basic requirements of this diet plan, then you will not have to waste your time with counting calories or weighing food in order to lose the weight! LCHF recipes, LCHF cookbook, low carb high fat cooking, low carb high...



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