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Fat Fast Cookbook 50 Easy Recipes to Jump Start Your Low Carb Weight Loss

By Dana Carpender

CarbSmart Publishing. Paperback. Book Condition: New. Paperback. 100 pages. Dimensions: 8.8in. x 5.9in. x 0.3in. Jump-Start Your Low Carb Weight Loss with Fat Fast Cookbook! Are you having trouble losing weight, even on the Atkins Induction phase? Have you lost weight successfully on low carb, but hit a plateau or started to regain weight even though you're still following your low carb diet? Are you looking for a way to add more healthy fat to your low carb diet? If you suspect you've been doing something wrong, we've got your solution. Introducing your new low carb weight loss tools: The Fat Fast and Nutritional Ketosis. Your Weight Loss Stall Is Not Your Fault. For years you've been told that eating fat makes you fat and that a calorie is a calorie is a calorie. Anyone who understands the science of Low Carb dieting knows this is just not true. Who would have thought that the fastest way to lose fat while maintaining muscle mass was to eat mostly fat! In testing, the Fat Fast 5 Days, 1000 calories per day, 90 from pure fat resulted in average fat loss not just weight loss, but fat loss of over a pound per...



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