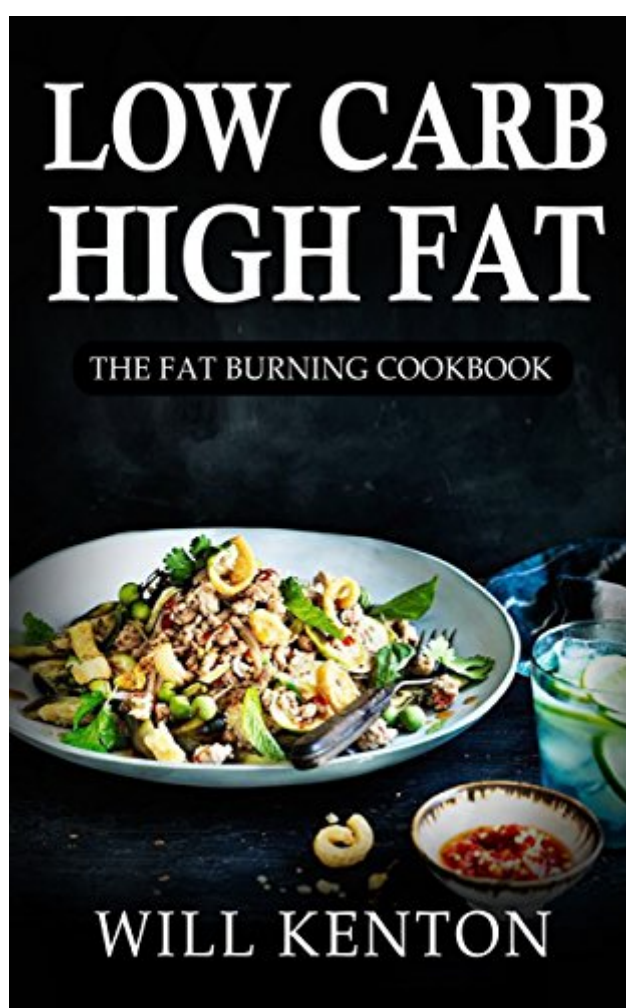


The book was found

Low Carb: The Low Carb High Fat Diet With Over 200+ Delicious Recipes & One Full Month Meal Plan (The LCHF Weight Loss Cookbook©)



Synopsis

The Essential LCHF Guide....This book includes the Top 200+ Low Carb High Fat Recipes & 1 FULL Month Meal PlanIntroducing the Revolutionary LCHF Diet...This Comprehensive book will provide Scientifically Proven Strategies to help your body Burn Fat by going Low Carb High Fat.You will also find one FULL month meal plan to make the transition easy!What is the LCHF Diet?A LCHF diet means you eat fewer carbohydrates and a higher proportion of fat. Most importantly you minimise your intake of sugar and starches. You can eat other delicious foods until you are satisfied and still lose weight!Why?Because your body will start to utilise FAT stores instead of CARBS, resulting in RAPID WEIGHT LOSS!This book will use a step-wise approach to take you through the LCHF Diet and further beyond into the practical application of making healthy and super tasty recipes.The LCHF lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness.This book will teach you exactly what you need to know about the LCHF Diet as well as its many Advantages and Health Benefits.Have a look Inside...Why is the Population Becoming Fat?What Is A LCHF Diet?The Benefits of A LCHF DietAre LCHF Diets Safe?Shopping Advice for LCHF DietersEating Out On A LCHF DietMaintaining A LCHF DietCommon Mistakes On A LCHF Diet1 FULL Month Meal PlanHere Is A Preview Of The Fat Burning recipes you will find in this book:Chicken and Broccoli filled ZucchiniSalmon with a Walnut CrustCheeseburger CasseroleCurried Coconut Chicken FingersSage and Orange Glazed DuckChicken Pot PieChicken ParmesanBell Peppers Stuffed Korean BeefCreamy Tarragon ChickenBeanless Chili con CarneSeared Ribeye SteakBacon Avocado Breakfast MuffinsChicharrones con Huevos (Pork Rind and Eggs)Red Pepper, Mozzarella and Bacon FrittataCheese and Sausage PiesBreakfast TacosTuna Avocado BitesCrispy Baked Tofu and Bok Choy SaladBBQ Chicken SoupBacon Chicken PattiesCheesy Bacon Spinach LogGrilled Cheese and Ham SandwichHearty Portobello BurgersFULL Nutritional Breakdown with EACH recipe so you can keep track of your Calories!...Start your LCHF journey today with these Nutritious Recipes that will guide you to unlimited health and vitality!...

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Customer Reviews

This is by far the Most Comprehensive and Awesome book I've read about Low Carb Diet. This is truly an amazing book, I could say. This book specifically details a lot about Low Carb Diet. The book is very well written, and Will Kenton really knows what he is talking about. What I really like about this book is the valuable information you will get about Low Carb Diet. Will Kenton explains in a very smooth way the things that everyone should need to know about LCHF Diet. Will started the book with explaining why is the population becoming fat, and followed by defining what is a LCHF diet and its benefits. Also, awesome tips and advice as well are included in the chapters about Shopping Advice for LCHF Diets. I like how Will Kenton always say to the reader about 'Planning Ahead'.. This is truly very important in a diet, or in any aspect in life. Again, included in the books are: how to eat out on LCHF Diet; maintaining LCHF diet, common mistakes on a LCHF Diet (this is a Gold-Mine chapter as well), and the 6 or 7 tips on how to start a low carb diet today.. Will Kenton also included a 1-month meal plan for you to easily look at during your diet. And of course, among all the recipes included in the book, here are my most favorites:- Creamy Chocolate Milk- Tuna Avocado Bites- Spicy Italian Sausage and Spinach Casserole- Chicken, Bacon and Avocado Sandwich- Roasted Wrapped Chicken- Slow Roast Lamb- Slow Cooker Buffalo Chicken. By the way, the recipes are varied from Breakfast, Lunch, Dinner, Snacks..and each recipe includes servings, ingredients, directions, and nutritional information. Overall, this is a Fine Written Wonderful Book on Low Carb Diet. This is Amazing.

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