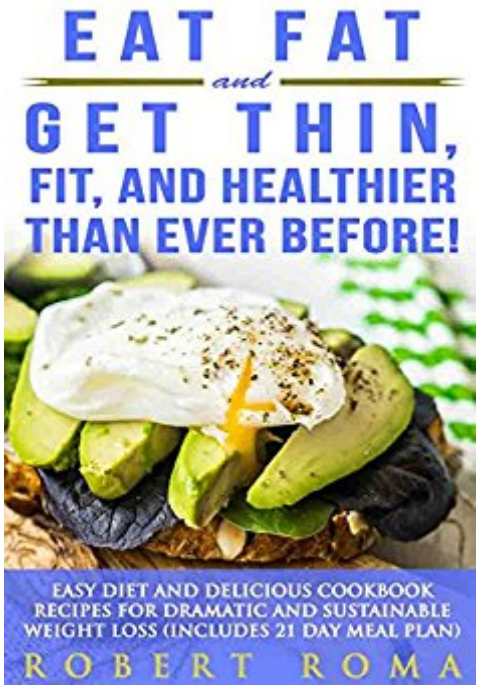
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Synopsis

The secret is out! If you want to get thin, fit, and healthier than ever before, you need to eat fat!A new diet revolution is underway, ushered in by the latest findings in nutritional science. For years our understanding of what makes us fat has been fundamentally flawed. Even worse, some of the diets and advice aimed at improving our health has actually contributed to the growing chronic disease epidemic currently plaguing the Western world.You don’t have to live that way!This book will show you exactly how you can promote health, energy, and longevity, while losing amazing amounts of fat and feeling years younger! Not only that, you can achieve your health and weight loss dreams by eating some of the most delicious meals of your life!Dozens of Recipes and a 21 Day Meal Plan!This book is divided into three parts. The first part of the book explains the truth about consuming fats. This explanation aims to be scientifically sound while still remaining accessible to readers of any background. Understand which fats are healthy, how they impact your health, as well as the mistakes, lies, and dirty secrets that have led to our current state of mass confusion about fat consumption.The second part of this book is a cookbook. It is loaded with dozens of tasty and delicious recipes you will want to eat again and again. The recipes require no exotic equipment or expert cooking background. They may look like a million bucks on your plate, but most of the recipes in this book can be made for only a few dollars per plate. Most importantly, each and every recipe you will find in this book is informed by a simple truth: if you want to get thin, fit, and healthy, you need to eat fat!Finally, the third part of this book is a complete 21 day meal plan that provides a delicious breakfast, lunch, and dinner you can prepare for yourself alone or for your entire family every day for 21 days. The meals are so delicious you won’t even realize you are on a diet. Check your weight before and after the 21 day meal plan and you will see for yourself how powerful a healthy high fat diet can be!A sustainable healthy high fat, low carb lifestyle - not a restrictive starvation dietThe healthy fat recipes in this book are not based on adhering slavishly to arbitrary rules about consuming certain things at certain times or restricting your caloric intake and starving yourself. At its core, living the healthy lifestyle described in this book involves embracing a simple philosophy: treat food as natural medicine and eat real, healthy food, in its fresh and natural form the way nature intended.Here is a preview of what you will find inside this book:The Skinny on FatThe Calorie MythThe Crucial Role of InsulinProcessing Popular Modern CarbohydratesHow Carbohydrates Make Us SickWhy Low Calorie Diets are Ineffective and DangerousOther Factors That Contribute to ObesityThe Deadly Secrets of the Sugar IndustryDoes Saturated Fat Cause Heart Disease?Are All Carbs Bad?What Fats are Healthy? Which Fats are Unhealthy?Healthy High Fat Recipes for Breakfast, Lunch, and DinnerAmazing Avocado RecipesSnacks and Appetizer

RecipesDessert Recipes21 Day Meal Plan for Health and Sustainable Weight LossDo something good for your health today!Let this book show you the amazing alternative to the flawed conventional wisdom about health and obesity. Grab your copy today so that you can embrace a new and improved you, one amazing meal at a time!Start today by grabbing your copy of this book and enjoying all the benefits that come with living a healthy high fat lifestyle!

Book Information

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Customer Reviews

This was easily one of the best diet cookbooks I've purchased on . The first part of the book explains the reasons why we get fat. Some of the reasons are not what you would expect! I was surprised by some of the conclusions (like chapters on the secrets of the sugar industry and the truth about saturated fat), but I really appreciate how the author takes the time to back up his arguments with scientific evidence. You can tell a lot of research about the current state of nutrition and health sciences has gone into this book, yet it never gets too dense or complex to be an enjoyable read. The fundamentals of the diet are solid, well explained, fun to learn, and easy to understand.The majority of this book, probably 75% or so, is recipes. I've only tried a couple of them

so far so I can’t comment on all of them but the ones I’ve tried have been absolutely top shelf. I like that complete nutritional information is included so I know exactly what I am putting into my body. There is also a full 21 day meal plan that I haven’t tried yet, but it looks like it has lots of variety in the meals and I am looking forward to following it.I have to mention this as well: there is literally an entire section of the book devoted to avocado recipes. Think you can’t do much with an avocado? Think again! Avocados are super foods that are packed full of healthy fats and if you aren’t eating them regularly, you should be! There are lots of delicious ways you can eat avocado. If you are like me and you already LOVE avocados, the avocado recipe section alone is easily worth the cost of the book. I made the salmon and cucumber avocado salad recipe for lunch and my jaw just about hit the floor - it was remarkable!In short, if you are looking for a sensible diet cookbook that is easy to stick to and well explained, and contains about 70 or 80 super healthy recipes that all sound divine, this is definitely the book for you.

My doctor recommended me to follow this book to control over my cholesterol. At first I was confused with the tittle ÃƒÂ¢Ã â ¬Ã ËœEat fat and get thinÃƒÂ¢Ã â ¬Ã â„¢. I thought how a person can become thin eating fat, it will make you fatter.I was wrong about fat, our body need fat to cut out the unnecessary fat. In this book there were food which had good fat that are necessary in our body and that increase our metabolism power. This book is awesome and had diet plan for 21 days. I had found difference in me in just one week and it is awesome. Just need to follow this book for 21 days to reduce our excess weight.Following this book was not hard, these food were very healthy and it is delicious too. Challenge yourself for 21 days and enjoy the result.

The information about the difference between saturated and unsaturated fats is good. I wish there was more information, about exactly which foods contain the healthy fats. A list of good foods would be nice. The recipes are not for the average person. I would like to see "normal food" that is healthy. Also does not contain very many recipies

This book is a major starting point to eating well. It seems he is on the right path for eating healthy, although it is a bit hard to follow his style of eating. Everything that other writers have said is in one compact book. I am looking forward to following this as much as possible. I highlyrecommended this book.

I am having a problem on losing weight for so many years cause it is so irresistible eating delicious

foods. Well, This book is really great cause it solves my problem cause the recipes on this book is really effective on losing weight and it also gives me a delicious food. I am really glad that I buy this book.

Most people aren't aware of the difference between good fat and bad fat an this book is a great way to educate them and make them clear on what is good and what is not. this book has a whole collection of recipes made of essential fats that can help you stay fit and also aid in weight loss.

What I loved about this book is the 21 day meal plan. They say that it takes 21 days to create a habit so if I survive eating healthy thrice a day for 21 days then I guess I'll make it. I can't wait to make the simple healthy meals that are included in this book.

This is a effective diet book and yes I lose a lot of weight. What I like about this book is it teaches us how to be fit and healthy. The recipes are very delicious and very easy to prepare. This is one of the greatest diet book I ever read.

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