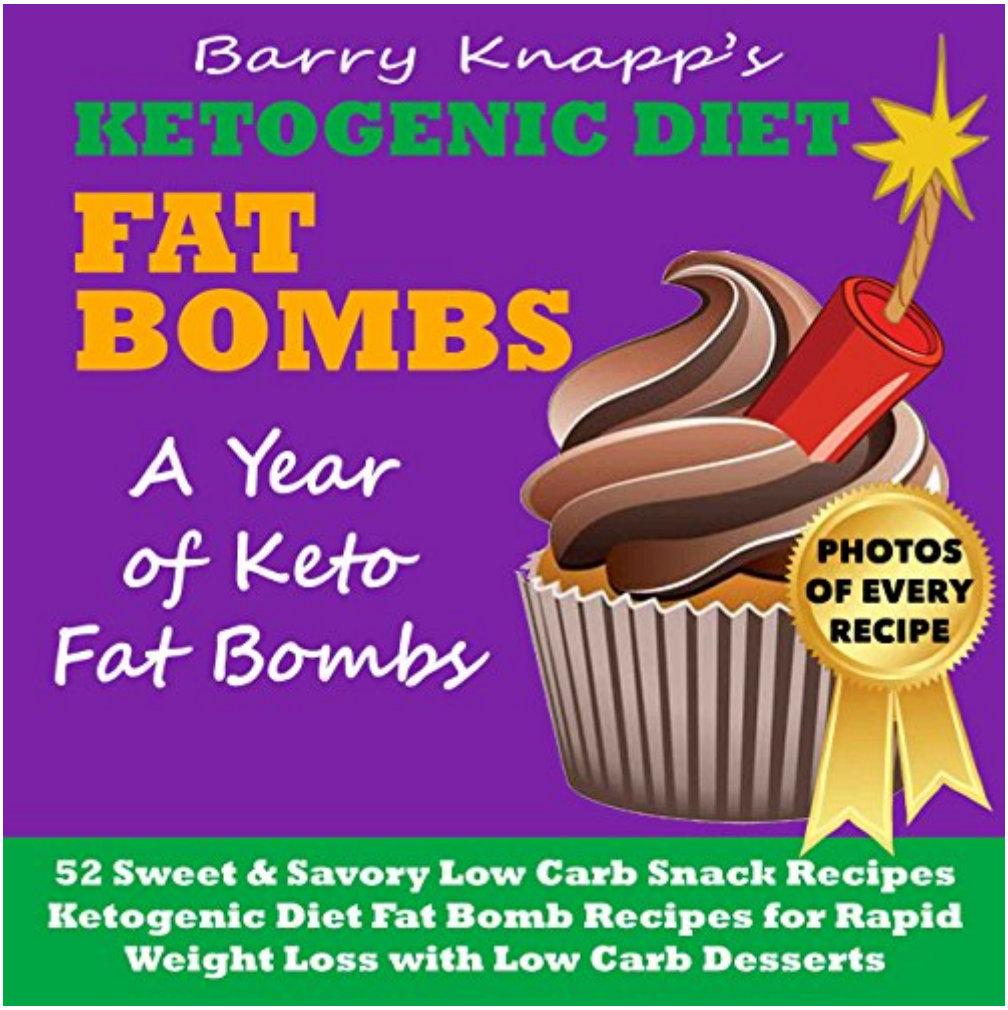
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Ketogenic Diet Fat Bombs: A Year Of Keto Fat Bombs: 52 Sweet & Savory Low Carb Snack Recipes (Ketogenic Diet Fat Bomb Recipes For Rapid Weight Loss With Low Carb Desserts)




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Synopsis

ONE FULL YEAR OF KETOGENIC DIET FAT BOMB RECIPES WITH PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE!Kindle MatchBook: Buy the paperback edition and get the Kindle edition FREE!REGULAR PRICE: $14.99 | LIMITED TIME PROMOTIONAL DISCOUNTThe latest research has confirmed what a small group of healthy and fit people have known for decades: the secret to losing weight, maintaining a healthy lifestyle, and feeling great is the Ketogenic Diet!Join the movement and reclaim your health!The Ketogenic Diet is more than just a diet. It is a lifestyle and an entire movement based on reclaiming our health and eating healthy, delicious, fulfilling food that we truly enjoy. Food isnÃ¢â ¬â„¢t meant to be something we dread, it should be an enjoyable part of life. ThatÃ¢â ¬â„¢s why ketogenic fat bombs are so popular! Fat bombs are tasty, delicious, sweet, and savory desserts that actually help you drop excess fat fast!A full year of keto fat bombs!This ketogenic fat bombs cookbook makes it easy! Every week for a full year you can enjoy a mouthwatering new keto fat bomb recipe. Each and every recipe includes a photo of the meal as well as serving size and nutritional information. Enjoy some of the best desserts of your life all while maintaining an approved ketogenic diet for optimal health, energy, and weight loss!Enjoy your life while losing weight!The ketogenic diet is not a boring, bland, or starvation diet. Eating bland and weird food might be one way to lose weight, but that is not what living a satisfying lifestyle is all about. Let’s face it: if a diet isn’t enjoyable, sooner or later it becomes impossible to stick to. Don’t set yourself up for failure! With these low carb dessert recipes, you can have your cake and eat it too by losing weight while enjoying some of the most amazing desserts youÃ¢â ¬â„¢ve ever made. Grab this book today and learn the many delicious possibilities you could have dessert while on the ketogenic diet! The keto diet can be fun and easy to follow, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on an entire year of amazing keto fat bomb recipes in this cookbook. Every recipe is easy to make, requires no significant cooking expertise, and is so healthy and delicious you will be proud to serve these desserts to your family and friends.World class desserts you can serve to your family and friends with pride!World renowned diet and nutrition expert Barry Knapp has hand-picked his favorite keto fat bomb recipes that he has mastered in his own kitchen, taught to chefs around the world, and that have earned rave reviews from diners on every continent of the planet!Don’t miss out!Grab this book today at the limited time sale price and make a small investment in your health and well-being, as well as the health and well-being of your family, that will pay off huge in the long run!

Book Information

File Size: 2081 KB

Print Length: 120 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 6, 2016

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B01M0DZG2F

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

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Customer Reviews

This cookbook is exactly what I needed to get excited about keto again! As far as diets go I think the ketogenic diet is one of the best I've tried. It really works, which is the most important thing. It is also a relatively fun diet to follow in that I can still eat a lot of my favorite foods like burgers and steaks.The big sacrifice in following the keto diet comes right around the time dessert is served. I just HATE missing out on all my favorite desserts like chocolate cake. Whenever I lose my will power to stay keto it is always because I am tempted by a delicious but sugar filled dessert. It is a bad habit, I know, but this is the worst part of keto!I've only tried a few recipes out of this book but I can already tell it is going to get a lot of use in my kitchen! The recipes I've made are remarkable, and I've already found at least 20 others that I can't wait to make! The best part though is that not only are the desserts just as good as anything I used to eat before keto, but they are fully keto compliant! There is no sugar or garbage refined carbohydrates in these recipes! They're just straight up, keto friendly fat bombs!The cookbook itself consists of 52 keto fat bomb recipes. Each recipes has full nutritional facts (really important for anyone serious about the ketogenic diet!) as well as a photograph of the finished recipe. I guess the idea is that the book has a "year of fat bombs": i.e.

you have a new dessert you can make each week for a year. I'm not sure I can stick to that plan as I've already tried several different recipes from the book in a single week, but I don't think it really matters how you use the cookbook. The point is it has a lot of delicious recipes for keto dieters to enjoy.If you are anything like me and feel your will power is at its weakest right after dinner when you would normally crave some sugar-filled junk food, this book will definitely help you. With all these recipes at my finger tips, I know I will have an easier time staying on track with keto and that means continuing to lose weight and improving my health.

This might be a good book, BUT....the author needs a PROOFREADER who can write well.The errors and poor writing in the book makes it painful for this former proofreader to go through!Ugh!You can tell many of the recipes were copied and pasted, then not properly edited as well.This book needs to go BACK to the workroom and corrected.If those sort of things don't bother you, then by all means, buy it now.Many of the recipes look identical, just a flavoring change.I haven't even tried the recipes yet - it was so irritating to read that I put it asideand have not picked it back up.I hope the author fixes this, but I have doubts that he noted a problem in the first place.

I have a bunch of keto diet books on my bookshelf but one thing they are often missing is a good sized collection of fat bomb recipes. This cookbook fills that gap. It is entirely fat bomb recipes with lots of a variety in the ingredients. These recipes taste really good which is important when you are trying to stick with a diet. They are also high in fat, and have no carbs or very low carbs, so they are perfect for the ketogenic diet.The cookbook also includes pictures which are really helpful and appetizing as well as all the nutritional information you need for each recipe which is really important when you have to track your carbs as carefully as you do on keto. Overall an excellent cookbook.

Loving these recipes! Keto diet really works and I've lost a bunch of weight. If you need some new fat bomb ideas then this is the book you want.

Technically, this is as described. However, I was hoping that it had a variety of both sweet and savory. The reality is that there is a variety of sweet fat bomb recipes, but only 2 savory recipes. I was disappointed.

This was good introduction to keto style. It could be helpful for someone completely new. Overall it gives a good overview and insight to basics but it doesn't go deeper. It is explained how to get to

ketosis and what food to eat. I would recommend it to newbies. For someone who is already keto adapted and knows the drill not so much. Maybe as a reminder to how it works and basics. Keto really works if you have the discipline to deal with a bit of boredom. ;)

Wonderful variety of recipes for fat bombs. Nice to have these on the Keto diet.

Great book. Tons of great ideas to help you with any diet!

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