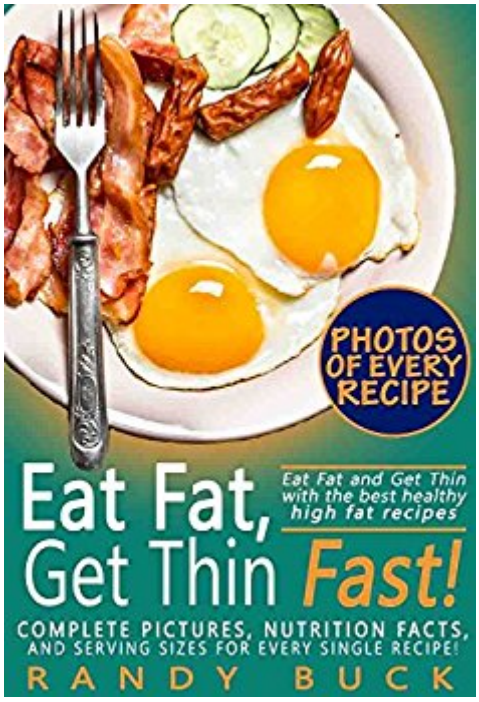
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Synopsis

Kindle MatchBook: Get the Kindle edition FREE when you grab the paperback edition today!Dozens of the top healthy high fat recipes so you can eat fat and get thin!INCLUDES COMPLETE 21 DAY MEAL PLAN WITH PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE!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 eating a healthy high fat diet!Join the movement and reclaim your health!Eating a healthy high fat diet is more than just a fad. It is a lifestyle and an entire movement based on reclaiming our health and eating healthy, delicious, natural food the way nature intended. Food isnÃ¢â ¬â„¢t meant to be engineered by scientists, loaded with chemicals, filled up with highly refined carbohydrates and mass produced in a factory. Food should be an honest, natural, and enjoyable part of life. ThatÃ¢â ¬â„¢s why eating fat to get thin and healthy is becoming increasingly popular! Not only that, the evidence has become undeniable: following a 21 day healthy high fat meal plan can help you promote whole body health, boost energy, increase longevity, and drop excess fat fast! Replacing refined carbohydrates with healthy fats has also been shown to provide a dramatic boost to immune system effectiveness, reduce hunger pangs, increase your level of mental focus throughout the day, and reduce the risk of major chronic illnesses like diabetes and heart disease!A complete 21 day high fat meal plan!This cookbook makes it easy to replace the unhealthy refined carbs in your diet with healthy fats! Simply start at day 1 and follow the included meal plan for 21 days. Each and every recipe includes a photo of the meal as well as serving size and nutritional information. There are three recipes for each day: an amazing breakfast, satisfying lunch, and mouthwatering dinner Ã¢â ¬â œ every single day! Enjoy some of the best meals of your life all while maintaining an approved healthy high fat diet for optimal health, energy, and weight loss!Embrace your health life never before!Eating healthy fats 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 healthy high fat 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! Begin your 21 day high fat meal plan by grabbing this book today and learn the many delicious possibilities you could have for breakfast, lunch, and dinner today and every day for 21 days! Eating fat to get thin can be fun and easy, 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 21 day high fat meal plan in this healthy high fat 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 meals to your family and friends.World class meals

you can serve to your family and friends with pride!Respected health and weight loss guru Randy Buck has hand-picked his favorite recipes that have facilitated the collective loss of thousands of pounds of fat from people around the world!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!

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Customer Reviews

Most people think that fats are very bad for our health but if you consume fat in a regulated way, it will help you to lose more weight than any other system. From this book you will find the best delicious fatty recipes that will make you slim. The instructions given here are neat and clean. So you will find this book very helpful for losing your extra weight.

First though, the kindle edition does not display correctly. Pictures were fine. Now, I like to cook using fresh ingredients so I do not ever use powdered anything! Fresh non processed high quality foods have so much more healthy benefits than dried, powdered spices that are processed and

have been sitting on your shelf for years! I would improvise. Then, I cook with cast iron and never use the microwave! It’s just an okay book. Good for someone who doesn’t cook much. If I would recommend it to someone I would suggest making those changes to the recipes.

I found many typos. The jam recipe is not there. Instead two pages of the instructions. Other annoying grammatical errors. Who ever edited this book should have been fired. I’d like the recipe for the jam spread please.

Pathetic book. Typos throughout the book and little valuable information. The only reason I didn’t return it was there was 1 good recipe.

The receipes in this book are truly great and have offered a greater variety to our meals. I can not understand some of the poor reviews. I have no financial interest in this book and truly believe this might be the best three bucks I’ve ever spent.

Loving this cookbook. The pictures were very inviting and when cooked, they were just as mouthwatering as the pictures portray. Surprisingly, I’ve lost a few pounds just by following this diet recipes. I actually just got this book for the sake of recipes and didn’t mind if I lose weight or not but now that I’m losing weight, I’m even happier.

Yes there are photos but they sadly are black and white .. Would have paid more for color photos

The recipes and meal plan in this book make a fairly simple diet unmanageable. There needs to be more realistic options for each meal. Felt it was a waste of money.

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