



# **The Unbelievably Low-Carb High Fat Cookbook: 50 Epic Recipes for INSANE Weight Loss! (No-BS Weight Loss Book 1)**

*Kelly Clarkson*

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**Ribs, Chicken, Burgers, Meatballs and even Muffins & Waffles!- ALL Your Favourites, NOW LOW-CARB & HIGH FAT!**

"INSANE to the 'E' ..This is every Dieter's Recipe Bible!"- Miranda. (On facebook)

"Every recipe is a keeper ..the best low carb high fat cookbook this year!"- Mika S. (On facebook)

**Lost for recipes from the Ketogenic Diet & other Weight Loss Diets? NOT ANY MORE!!**

*Here are 50 EPIC Low-Carb High Fat Recipes for Superb Health & Weight Loss!*

*"Eating Fat makes You Fat.." 'A Low Carb High Fat Diet' turns this theory on its head! A low-carb high fat diet is the healthiest way to not only reduce hunger but also to **Lose Weight** quickly and effectively, mostly from the abdominal area. It also gives you **increased amounts of HDL -heart healthy or 'good' cholestrol**, reduces LDL or 'Bad cholestrol, reduces blood sugar & Insulin levels, helping with **type 2 diabetes**, reduces blood pressure, fights against metabolic syndromes and several brain disorders and the list goes on and on! You have got to give it a try, if you haven't yet! And if you're tired of scouring the web, expensive cookbooks and magazines & newspapers for Low-Carb High Fat recipes, "The Unbelievably Low-Carb High Fat Cookbook" is the answer!*

***These 50 Recipes are so Sinfully Yummy, Nobody'll Believe they're High Fat & Low-Carb too!***

**Here are some of the most INSANE Breakfast, Lunch & Dinner Recipes that'll get you salivating right away!**

*Take a LOOK-*

**Breakfast Recipes:**

*Sausage Egg Muffins*

*No Bun Cheesy Burgers*

*Breakfast Egg Pizza*

*Bacon Pancakes*

*and LOTS more!*

**Lunch Recipes:**

*Tomato Turkey Meatballs*

*Asian Style Grilled Salmon*

*Halibut Steaks with Feta Garnish*

*Pan Fried Chicken with Creamy Caper Sauce*

*and LOTS more!*

**Some International Favourites:**

*Hungarian Souvlaki*

*Cordon Bleu*

*Asian Style Turkey Fry Up*

*Oriental Eggs in Tomato Sauce*

*Mediterranean Chicken Casserole*

*and LOTS more!*

**Dinner Recipes:**

*BBQ Ribs*

*Turkey Marsala*

*Meatball Kebabs*

*Enchilada Zucchini Boats*

*Caramelized Onion Pork Chops*

*and LOTS more mouth-watering recipes!*

I bet, you couldn't go through all of these recipes without getting hungry! Not only are these recipes incredibly delicious, each one of them has a detailed breakdown of the **fat, carb and protein content** and also other useful details like **prep-time, number of servings etc.**

In fact, here is what an expert chef had to say about these recipes:

**"My personal favourite LCHF cookbook.. Every recipe is worth the cost of this book several times over!" Jeanne. (Published Author & Chef)**

Okay that's enough,

***'All Looking and No Cooking makes Jack a hungry boy!'***

**Go On, Grab Your Copy and Get Cooking!**

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### **From reader reviews:**

#### **Marvin Gamez:**

The book The Unbelievably Low-Carb High Fat Cookbook: 50 Epic Recipes for INSANE Weight Loss! (No-BS Weight Loss Book 1) can give more knowledge and information about everything you want. So just why must we leave the best thing like a book The Unbelievably Low-Carb High Fat Cookbook: 50 Epic Recipes for INSANE Weight Loss! (No-BS Weight Loss Book 1)? Some of you have a different opinion about book. But one aim this book can give many information for us. It is absolutely correct. Right now, try to closer along with your book. Knowledge or info that you take for that, you could give for each other; you are able to share all of these. Book The Unbelievably Low-Carb High Fat Cookbook: 50 Epic Recipes for INSANE Weight Loss! (No-BS Weight Loss Book 1) has simple shape but the truth is know: it has great and big function for you. You can appearance the enormous world by start and read a reserve. So it is very wonderful.

#### **Carol Hughes:**

This The Unbelievably Low-Carb High Fat Cookbook: 50 Epic Recipes for INSANE Weight Loss! (No-BS Weight Loss Book 1) book is just not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book is information inside this e-book incredible fresh, you will get information which is getting deeper you read a lot of information you will get. This particular The Unbelievably Low-Carb High Fat Cookbook: 50 Epic Recipes for INSANE Weight Loss! (No-BS Weight Loss Book 1) without we recognize teach the one who examining it become critical in considering and analyzing. Don't possibly be worry The Unbelievably Low-Carb High Fat Cookbook: 50 Epic Recipes for INSANE Weight Loss! (No-BS Weight Loss Book 1) can bring if you are and not make your handbag space or bookshelves' turn into full because you can have it inside your lovely laptop even telephone. This The Unbelievably Low-Carb High Fat Cookbook: 50 Epic Recipes for INSANE Weight Loss! (No-BS Weight Loss Book 1) having good arrangement in word and also layout, so you will not truly feel uninterested in reading.

#### **Jimmie Houck:**

This book untitled The Unbelievably Low-Carb High Fat Cookbook: 50 Epic Recipes for INSANE Weight Loss! (No-BS Weight Loss Book 1) to be one of several books which best seller in this year, here is because when you read this guide you can get a lot of benefit upon it. You will easily to buy that book in the book store or you can order it by using online. The publisher of the book sells the e-book too. It makes you quickly to read this book, as you can read this book in your Touch screen phone. So there is no reason to you personally to past this publication from your list.

#### **Karen Johnson:**

Would you one of the book lovers? If yes, do you ever feeling doubt if you find yourself in the book store? Try to pick one book that you find out the inside because don't ascertain book by its protect may doesn't

work here is difficult job because you are scared that the inside maybe not while fantastic as in the outside search likes. Maybe you answer might be The Unbelievably Low-Carb High Fat Cookbook: 50 Epic Recipes for INSANE Weight Loss! (No-BS Weight Loss Book 1) why because the great cover that make you consider in regards to the content will not disappoint a person. The inside or content is definitely fantastic as the outside or perhaps cover. Your reading 6th sense will directly make suggestions to pick up this book.

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