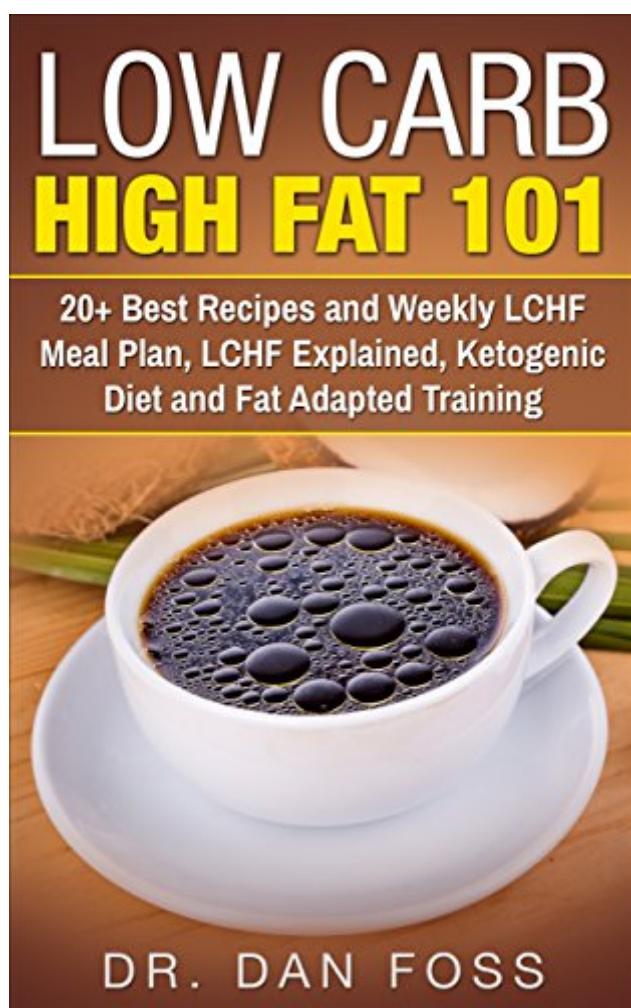


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# Low Carb High Fat 101: 20+ Best Recipes And Weekly LCHF Meal Plan, LCHF Explained, Ketogenic Diet And Fat Adapted Training



## Synopsis

Low Carb High Fat 101 Do you want to learn about the Low Carb High Fat Diet (LCHF) from a Healthcare Professional? Ready to get fat adapted and start burning through your fat reserves? Tired of people telling you that high fat diets are dangerous? FREE Gift!!! My Fat Adapted Cheat Sheet that I give to my 1-on-1 patients and clients! Yours FREE with this book! Going low carb and boosting your fat intake is one of the latest new diet trends sweeping the world. But itâ™s been around since the 1950â™s but has been kept secret by the powers that be until now. Now more than ever people are talking about becoming fat adapted athletes and getting into ketosis. How does that work? Are you ready to lose weight, feel great, reverse the effects of aging, and have a better quality of life? Then this book is for you! Iâ™m a holistic trained physician who has been focused on Intermittent Fasting, Ketogenic Diets, LCHF, Weight Training, and Endurance Sports for the past 20 years. I discovered how combining Intermittent Fasting with a Ketogenic Diet has lead me down a path to fat adaptation, massive weight loss, and incredible energy and health. Give a man a fish you can feed him for a day, teach a man to fish he can eat for a lifetime. Thatâ™s my philosophy and the reason why this book doesnâ™t need to be 300 pages on a simplistic topic.

Here Is A Preview Of Whatâ™s Included in this Book

- What is the LCHF Diet?
- The Science Behind LCHF
- Science Behind Intermittent Fasting (IF)
- How to understand the new Ketogenic Food Pyramid
- What to eat and what to avoid while in ketosis on the LCHF diet
- Ketogenic and Fat Adapted Training
- Heart Rate Training and Interval Training for Fat and Keto Adaptation
- Grocery List of Ketogenic Foods and where to get them
- My favorite Ketogenic Recipes â“ including Fat Bombs!
- A LCHF 7 day meal plan to get you started!
- Grab Your Copy of my book Low Carb High Fat 101 Today! Just scroll to the top and click buy now with 1-click!

## Book Information

File Size: 1876 KB

Print Length: 66 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 11, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01LYGCZJ2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #585,742 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #17  
in Kindle Store > Kindle eBooks > Law > Procedures & Litigation > Remedies #57 in Books >  
Law > Rules & Procedures > Remedies #335 in Kindle Store > Kindle eBooks > Health, Fitness &  
Dieting > Diets & Weight Loss > Diets > Ketogenic

## Customer Reviews

This is a very informative book that explains all we need to know about Low Carb High Diet and how this is done. This has discussed the benefits this diet good give and how this diet works. There are also some great meals and tips that can be used to help us reach our goals. Now I am equipped to start a Low Carb High Fat diet and enjoy the benefits it will give.

This book in a lot of detail explains the low carb high fat with plenty of recipes to get started with. It teaches you a lot about ketosis and everything you need to know. Consider getting this one as you will learn a handful of information. If you get this book, consider trying the Keto Bombs recipel was asked to leave an honest review on this book.

Highly recommend! As someone who has been on this diet for the last 6 months I can tell you that it works! At first I had my doubts and went through some withdrawals cutting out the sugars and breads! I stuck to it and have lost 15 pounds so far! If you follow the steps in this book I guarantee you that it will work! As the book tells you always consult your physician before starting any diet! The author does an excellent job of explaining the steps of this diet and the health benefits that come from following this diet plan.

I found this book to be extremely thorough. It covers all of the important things - training, keto diet science, and recipes which taste great and aren't too hard to prepare. I'm new to Keto but this book is certainly a step up from the other keto diet book I've read.

I have a few books on the keto diet where it uses the same principle of low carbs and high fat content to manage weight, I was just looking for more recipes to make meals and cooking more

interesting. Something nice recipes, nothing too fancy or hard.

I just wish I had more time to be a cook. Recipes look awesome

Interesting method. I've found a few details about LCHF on the web but it was not enough. This book provided me with much more knowledge. Recommended

Quite cluttered content and no pics to refer to. Some great recipes

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