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# Low Carb: The Low Carb High Fat Diet With Over 200+ Decadent Dessert Recipes (The LCHF Weight Loss Cookbook©)



## Synopsis

Indulge in These Decadent Guilt-Free Low Carb High Fat Treats, The Most Delicious Way to Rapid Weight Loss! More Than 200+ Unique Low Carb High Fat Treats, Fat Bombs & Desserts included in this Book! Whoever Told You That the Low Carb High Fat Diet Meant No Desserts had it ALL WRONG... These flavour filled Treats are 10 times more tasty than the sugar filled ones and 100 times more nutritious. Each ingredient has been carefully chosen and paired to create mind-blowing flavour in every bite! Nobody said you had to give up sweet treats if you're trying to lose weight. This is by far the easiest and most DELICIOUS way to get you 80% Fat ratio in every day, all while staying in FAT BURNING KETOSIS. Finally, a recipe book that is still within the guidelines of LCHF that doesn't DEPRIVE you of your favourite sweets! Here are some of the Benefits of the LCHF Lifestyle: Rapid Fat Loss, Increase Energy Levels, Appetite Control, Improved Mental Focus, Stabilised Blood Sugar Levels, Lower Cholesterol, Hormonal Balance. Take a Look At The Decadent Recipes You Will Find In This Book: Cacao Dream Bonbons, Dark Love Cups, Puff-up Coconut Waffles, Wild Strawberries Ice Cream, Mini Lemon Cheesecakes, Chocolate Layered Coconut Cups, Pumpkin Pie, Chocolate Cups, Fudgy Slow Cooker Cake, Strawberry Cheesecake Ice Cream Cups, Peppermint Patties, Buttery Pecan Delights, Vanilla Mousse Cups, Rich & Creamy Ice Cream, English Toffee Treats, Strawberry Shortcake, Lemon Soufflé with Poppy seed, Mocha Ice cream, Lava Cake, Creamy Pistachio Strawberry Popsicles, Macchiato Cheesecake, Lemon and Blackberry Mini Tarts, Caramel Pots, Whisky Vanilla Mug Cake, Maple Pecan Muffins, Chocolate Blackberry Panna Cotta, Vanilla Coconut Cakes. All recipes have a FULL Nutritional Breakdown so you can keep track of your MACROS. So What are you Waiting for? Purchase this REVOLUTIONARY book at its lowest price TODAY!

## Book Information

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## Customer Reviews

This is another one that is worth the purchase. This book is full of interesting and delicious recipes. A low-carb diet is a diet that restricts carbohydrates, such as those found in sugary foods, pasta and bread. It is high in protein, fat and healthy vegetables. There are many different types of low-carb diets, and studies show that they can cause weight loss and improve health. Highly Recommendable!!!

Wow! This is a pack of recipes that I think everyone in the family would enjoy. For someone who wanted to do dieting but hates just eating vegetables and keep on looking for the calories on foods, I guess this book is perfect. There are around 200 recipes that you could choose and enjoy with everyone in the squad. I would like to try the ice creams particularly doing the rich and creamy one. I will definitely raid my kitchen and try to look for some ingredients that would fit on some of the recipe. For now, I guess I have to listen to the author that these recipes will help me maintain or improve my diet plan without worrying fats.

This is really an awesome book that contains lots of low carb high fat recipes, that helps you to lose your weight while eating delicious desserts. These flavour filled Treats are 10 times more tasty than the sugar filled ones and 100 times more nutritious. Each ingredient has been carefully chosen and paired to create mind-blowing flavour in every bite! Nobody said you had to give up sweet treats if you're trying to lose weight. This is By Far the easiest and most DELICIOUS way to get you 80% Fat ratio in every day, all while staying in FAT BURNING KETOSIS.

In low carb diet one major advantage of using a slow cooker is the fact that it is fully covered meaning that all the nutrients released by your food are retained in the pot and you therefore get most of the nutrition. Additionally, the slow cooking allows for maximum drawing of nutrients from

bones for a delicious and gelatinous broth. Further along the book, we have delicious Low Carb Slow Cooker soups and stews that will stabilize your blood sugar levels, increase your cognitive abilities, bring balance to our endocrine system and most of all, and torch away the excess weight.

I started the low carb diet upon my doctors suggestion, breakfast recipes, including low carb muffins and waffles, snacks that even your friends will enjoy, soups, poultry, beef, pork, hot vegetable, and seafood recipes for your lunch and dinner meals. You will also find delectable desserts that will satisfy your sweet tooth without the extra carb. Get creative in the kitchen and start whipping up these delicious low carb recipes. Making your meal plans will be a lot more fun once you have got so many flavors to choose from.

Wonderfully written, informative, and easy to read. They support the fact that you do not have to "suffer" when following a low carb lifestyle. The food menu was quite easy. I feel very fortunate to have found this book as it has saved my life. This is an amazing diet book. The author has introduced a fantastic guide which helps in making diet plan with low carb diet secrets in making your appearance smart and gives you energy also. Rest of the author must present these type of helpful books!

The book is very helpful for diet. It very interesting and delicious recipes. A low-carb diet is a diet that restricts carbohydrates, such as those found in sugary foods, pasta and bread. There are around 200 recipes that you could choose and enjoy with everyone in the squad. I would like to try the ice creams particularly doing the rich and creamy one. I will definitely raid my kitchen and try to look for some ingredients that would fit on some of the recipe. I would highly recommend this book.

This is an impressive amount of recipes. If you are doing low carb diet, definitely you will be happy to have this huge set of recipes for every day and for holidays. You will find everything you need in this book. My only concern is that I would love to have photos in this cookbook. When I am selecting the meal to cook, I really want to see the image of that meal. It is so much easier to choose what I want then))) In any case, this book is very good and huge!

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Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat)

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