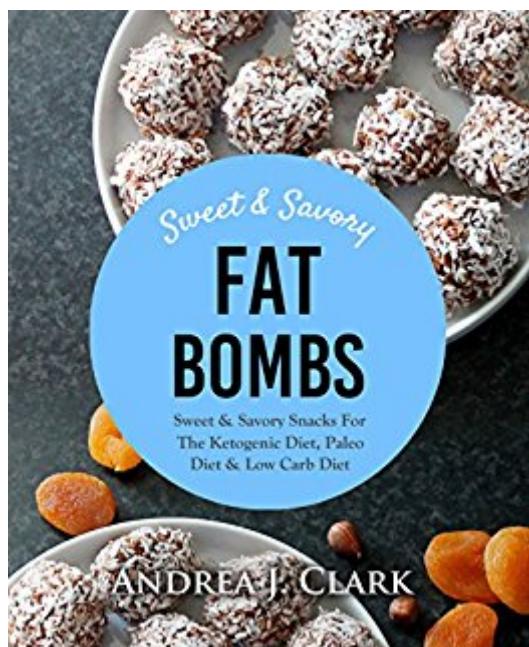


The book was found

Fat Bombs: Sweet & Savory Snacks For The Ketogenic Diet, Paleo Diet & Low Carb Diet



Synopsis

Do you want to make sweet fat bomb recipes? Are you looking for more savory fat bomb recipes? Do you want to add more variety to your Ketogenic diet? If so, then this is the book for you! In this book, you'll learn all about fat bombs, how to prep your kitchen, and what tools you'll need. You'll have thirty new fat bomb recipes to try. All recipes have under six ingredients, and you'll find that they're easy to make without losing their flavor. With fifteen sweet fat bombs recipes, you can kiss that sweet tooth goodbye, and when you aren't in the mood for sweets you'll have fifteen savory recipes to try. There is something for everyone, and with bonus recipes included for ice cream and nut butter, you'll have everything you need to stay on the healthy Ketogenic diet that you want. This book is also great for low carb diets as well as the Paleo diet.

Book Information

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Customer Reviews

What a fantastic Keto cookbook! If you follow a ketogenic lifestyle like me, you know that fat bombs are an absolute imperative to stay on track & consume enough healthy fats per day.

This has some really good recipes. I found myself not meeting my minimum for fat intake and needed some ideas for fat bombs. This did just the trick. I recommend this for anyone starting the keto.

Sweets that will not disrupt your diet? Yes, please! I have tried only the sweet recipes, and they are delightful. They are very simple and easy to prepare, but tasty. Here you will find snacks for everyone.

Very comprehensive compilation of fat bombs. This book is very neat tidy with pictures for each recipe. The recipes are true to a healthy ketogenic diet. Highly recommended this book to all.

good read for anyone needing help with the Ketogenic diet these come in handy

Lots of easy recipes which taste great.

I really like this book and plan to make many of the recipes. The photos are great, but what's more important to me is it was laid out well, organized cleanly and simply and the ingredients were real food. The recipes are true to a healthy ketogenic diet. Would definitely recommend this book to all!

This is an amazing diet book. In this book, you will learn all about fat bombs, how to prep your kitchen, and what tools you will need. In this book you will find recipes which will help you to lead a healthy and happy life. I hope you find this book helpful.

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Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Fat Bombs: Delicious Low-Carb High-Fat Sweet and Savory Ketogenic & Paleo Fat Bombs Fat Bombs: Sweet & Savory Snacks for the Ketogenic Diet, Paleo Diet & Low Carb Diet Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savory Snacks: Experience Delicious Ketogenic Snacks and Keto Dessert and Sweets Recipes The Everyday Paleo Slow Cooker: 100+ Quick and Easy Paleo Slow Cooker Recipes for Busy People (paleo diet, paleo, paleo solution, paleo diet cookbook, paleo books, paleo ebooks, paleo diet kindle) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Sweet and Savory Fat Bombs: 100 Delicious Treats for Fat Fasts, Ketogenic, Paleo, and Low-Carb Diets The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes)

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