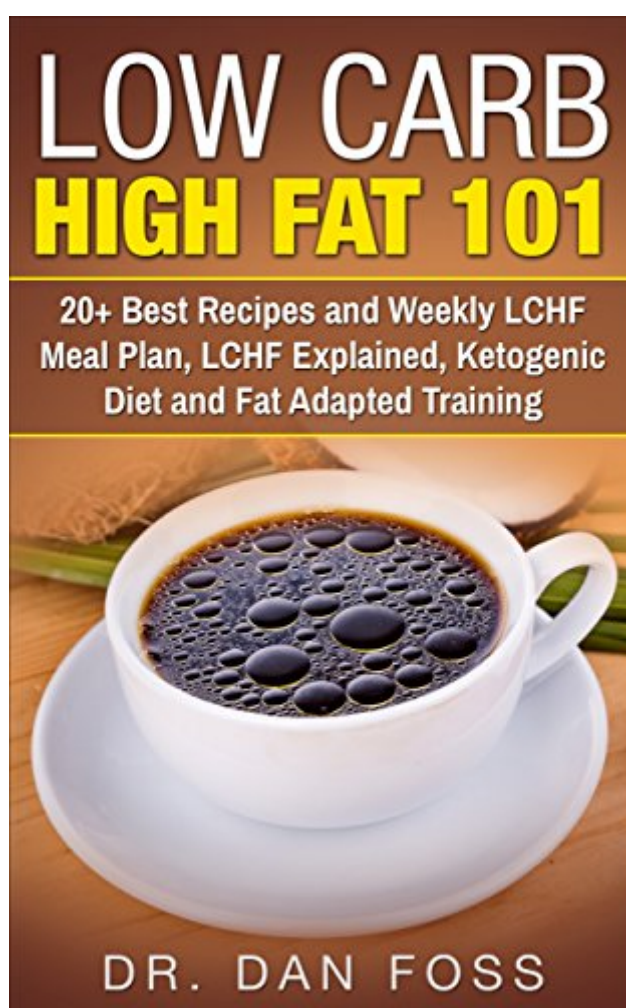


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# Low Carb High Fat 101: 20+ Best Recipes And Weekly LCHF Meal Plan, LCHF Explained, Ketogenic Diet And Fat Adapted Training



## 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? Going low carb and boosting your fat intake is one of the latest new diet trends sweeping the world. But it's been around since the 1950s 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! I'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 led 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. That's my philosophy and the reason why this book doesn't need to be 300 pages on a simplistic topic. Here Is A Preview Of What'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 " 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

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## Customer Reviews

A great book who wants to understand this method plus if you also want to learn cooking this book will also help you as it gives delicious recipes that you and your family will enjoy. Every techniques here are all base on science explanation. A book with a lot of benefits especially to those who wants to loose weight.

I didnt know what low carb diet is until i read this book though i have the idea that it may be something like cutting of the carbohydrates intake. And I can say that the book have done a good job in explaining through categorizing each chapter regarding information about the LCHF. The indept discussion of this diet, what LCHF stands for, and bits of information regarding everything that I need to know about this diet. The book also talks about what I should be watching for, and what I should grab instead. It is a comprehensive guide because it also tells the reader the possible mistakes committed with this diet, and how we can prevent them. There is a brief discussion on types of trainings that we can do while engaging in the low-carb high-fat lifestyle. The bonus part is that you get a free diet plan for the week including what should be in the grocery list as we engage in this diet. Interesting read!

A great resource. Has a step by step process that is easy follow with all the resources to start a fat adapted diet.

Great booklet for success in low carb diet!

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