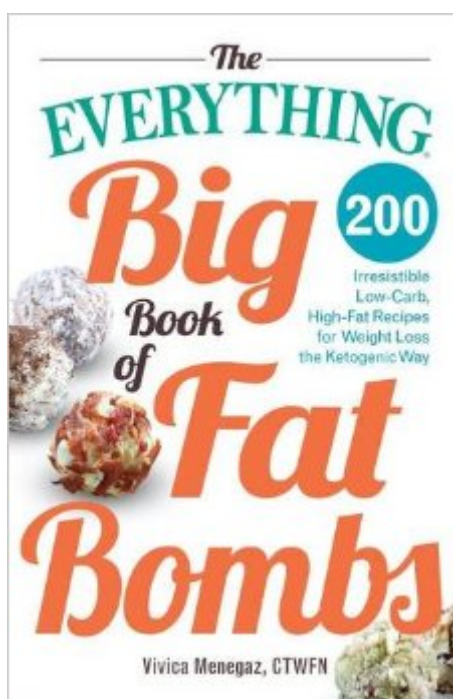


The book was found

The Everything Big Book Of Fat Bombs: 200 Irresistible Low-carb, High-fat Recipes For Weight Loss The Ketogenic Way



Synopsis

Bite-sized snacks packed with delicious flavors and healthy fats! Interested in trying the ketogenic diet and looking for some tasty recipes to try out? Look no further! The Everything Big Book of Fat Bombs delivers 200 indulgent sweet, savory, and liquid fat bombs recipes that will: Help get rid of those stubborn pounds. Take the place of sugary desserts. Boost energy levels before or after workouts. Help you reach your daily fat requirements, a necessity when maintaining ketosis. Fat bombs are high-fat, low-carb treats and snacks, ideal for boosting fat intake when following a ketogenic diet. With these easy recipes, you'll always have something delicious and satisfying to snack on while following the ketogenic diet, such as: Fudgy Macadamia Nut Fat Bombs Bacon and Egg Fat Bombs Mocha Chia Pudding Panna Cotta and Cream Hearts Macaroon Fat Bombs Savory Pizza Fat Bombs Fried Queso Fresco

Book Information

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Best Sellers Rank: #215,451 in Books (See Top 100 in Books) #111 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic #137 in Books > Cookbooks, Food & Wine > Special Diet > Ketogenic #167 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat

Customer Reviews

Since when is 127g of carbohydrate considered ketogenic??? I have to stay below 20g TOTAL carb (not net carb) to achieve fat loss. There are many recipes that are above 10-15g total carb with a few whoppers that are in the 40g, 50g, even over 100g range. One fat bomb with so many carbs will definitely kick me out of ketosis. Something isn't right. I'm wondering if someone screwed up the nutrition info. I really wanted to love this book, but this is NOT keto. Sending it back. :(

This author KNOWS nutrition! The book is filled with healthy, high fat, low carb deliciousness. It has

plenty of recipes that use real foods and no refined sugars AND instead of making you fat, these treats are good for your waistline. I HIGHLY recommend this book if you wish to lead this healthy way of eating.

This book has so many wonderful clear and easy to make directions. Most have a short cook time and simple preparation. Will continue trying new recipes from this book and the other book by the same author.

This is a great book! Everything you need for a ketogenic WOE, in an easy, simple and delicious way. Don't be confused about the amount of carbs, the publisher seems to have miscalculated them. In reality, all recipes are ketogenic and very low in carbs. Hope the publisher will correct the information soon! Other than that, this book is a keeper!

Vivica's book is a great resource of delicious low-carb recipes made with real food ingredients and natural low-carb sweeteners. Even if you are new to low-carb eating, this book includes a step-by-step guide that will help you kick-start your diet!

Great recipes using many common ingredients. I love that there are savory as well as sweet fat bombs.

Vivica is phenomenal and it shows through her book. Very excited to go through all of the pages and make all the things!

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