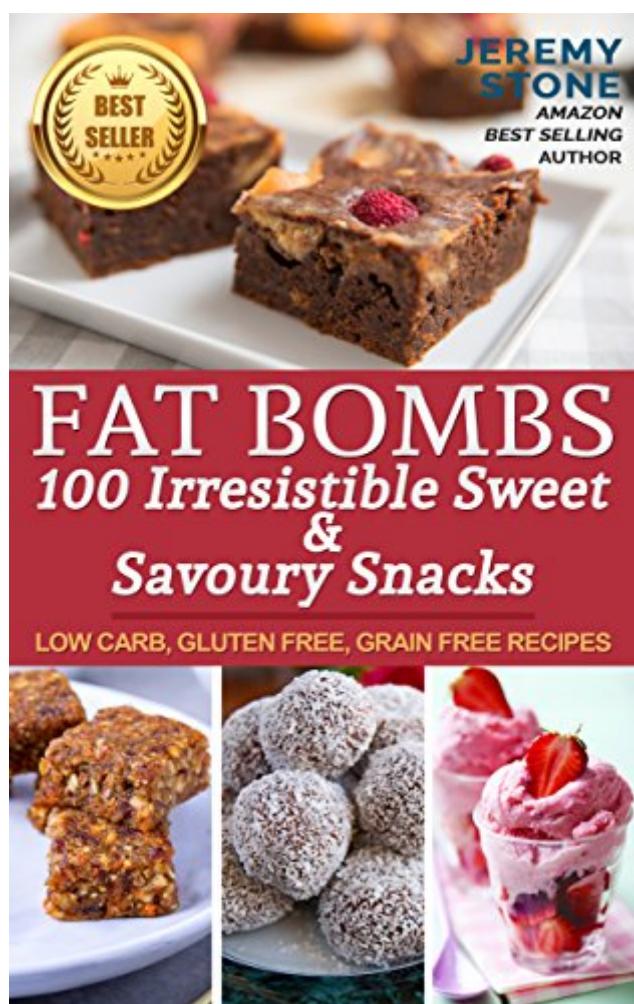


The book was found

# Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savory Snacks (Ketogenic Diet Fat Bomb, Fat Bombs Recipes, Low Carb Desserts)



## Synopsis

Are you looking for healthy ketogenic snacks that will help you lose weight and taste great? This book could be the answer you're looking for... Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savoury Snacks! Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that many fats are actually healthy for us. By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine! As a result you will automatically lose weight, increase your mental focus and decrease your appetite. This book is designed to empower you by providing easy to make high fat, low carb fat bomb recipes that don't skimp out on flavor! With Fat Bombs 100 Irresistible Sweet & Savoury Snacks You Will Get ... Over 100 Ketogenic Recipes For Dessert Bars, Fudge, Candies, Pudding, Cookies, Cakes, Smoothies and More! Macro and Micro Nutritional Information For Each Recipe Easy to Follow Step by Step Instructions An Overview of the Ketogenic Diet Benefits of Fat Bombs Check it out today! Learn How To Make These Delicious Snacks: Coconut Cashew Bars Maple Butter Bacon Cheese Bars Raspberry and Peanut Butter Truffles Vanilla Crème Parfaits Browned Chocolate Chip Buttered Cookie Chocolate Frosted Brownies Chocolate Cupcakes Almond Butter Coconut Fudge Crustless Pumpkin Pie Peanut Butter Balls Peanut Butter Caramel Shake Start making tasty keto bombs and get your copy today!

## Book Information

File Size: 4416 KB

Print Length: 234 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 20, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01HCGOW26

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

## Customer Reviews

The reason why i picked this book is that it also offers a whole bunch of savory fat bombs recipe in addition to the sweets desserts. the different combinations, textures and flavors experimented in this book is amazing and the recipes are o simple yet tasty and look so presentable too. this is a great way to please guests at dinner parties with beautiful food.

This is a perfect way to have a fat-free and guilt-free snack! More often than not, we tend to worry on the different sweets we eat since they are sugary and high in carbohydrates which causes weight gain and fat build up. Good thing you have this 100 irresistible sweets and savory snacks recipes which are low in carb, gluten-free and grain free!

What a lovely book , full of amazing recipes , my family was really happy to eat few of those recipes, well written easy to understand and read. this book is a little gold mine to everyone, sharing food with friend and family is a great pleasure, i totally recommend this book to everyone, thank you Jeremy for your great book

Iâ™ve found a lot of yummy recipes from ketogenic diet in this book â€“ dessert bars, chocolate biscottis, maple bars, blueberry cheese bars, candies, truffles, pops, ice-cream and other recipes. My all family is happy and I often cook using this book. A special treat is smoothies â€“ avocado banana, almond strawberries delight. Delicious!

This book provides delicious recipes that are easy to make and easy to stick to. This book keeps it simple and what it promises, a solid collection of keto diet recipes. The recipes are well written and easy to follow instructions. I thoroughly recommend this book for your low carb kitchen.

This is finally a book that shows exactly all the ingredients including carbs, sodium, chemicals etc. Switching to a keto diet can be a challenge and this is cookbook has helped me somewhat to make the change more pleasant, recipes are quite simple, but very good fand practical or the most part, it's a useful book.

A great book where all the ingredients are included like carbs, sodium, chemicals etc. To be on a keto diet can be hard and this cookbook is very helpful and makes the change pleasant, the recipes are easy to follow and my family enjoys the sweets without having to think that it is bad for you! Really great and highly recommended!

I bought this book for my sister, she love to bake and make different kinds of snacks and desserts. I shared this to her and she said she loved it, the recipes here are just amazing. She bake frost bite cookies and my kids love them.

[Download to continue reading...](#)

Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savory Snacks (Ketogenic Diet Fat Bomb, Fat Bombs Recipes, Low Carb Desserts) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes BATH BOMBS: A Step-By-Step Beginner's Guide to Making Simple, Homemade Bath Bombs + 50 Luxurious DIY Bath Bombs Recipes (bath bombs for beginners, bath bombs recipes book, bath salts, body scrubs) Bath Bombs: 47 Magnificent Organic Non-Toxic Bath Bomb Recipes For Stress Relief, Detoxification, Dry Skin And Longevity! (Bath Bombs, Stress Relief, Bath Bombs Recipes) Sweet and Savory Fat Bombs: 100 Delicious Treats for Fat Fasts, Ketogenic, Paleo, and Low-Carb Diets Ketogenic Diet Cookbook: AWARD WINNING Low Carb Recipes for Health and Weight Loss with the Keto Diet (tasty weight loss ketogenic cookbook with fat bomb ketogenic desserts) 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) The Everything Big Book of Fat Bombs: 200 Irresistible Low-carb, High-fat Recipes for Weight Loss the Ketogenic Way KETOGENIC DIET: KETOGENIC DIET FOR BEGINNERS: KETOGENIC COOKBOOK: 450 Best Ketogenic Diet Recipes (keto, keto clarity, ketosis, ketogenic desserts, ketogenic ... diet plan, ketogenic diet for weight loss) Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes, ketogenic plan) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat) Ketogenic Diet: The Permanent Weight Loss Guide - Ketosis, Low Carb & Ketogenic Mistakes (Ketogenic, Paleo, Low Carb, Weight Loss, Ketogenic Diet) Savory & Sweet Sauces, Marinades, Condiments & Gravies: 500 Recipes for Meats, Pasta,

Seafood, Vegetables & Desserts! (Southern Cooking Recipes Book 34) Low Carb Treats Box Set (6 in 1): Mouthwatering Cookies, Candies, Pies, Cheesecakes, Mug Cakes and Gelato Recipes Made Low Carb (Low Carb Desserts & Mug Cakes) Low Carb Slow Cooker Cookbook Box Set: Low Carb Slow Cooker Recipes, Low Carb Chicken Slow Cooker Recipes, Low Carb Beef Slow Cooker Recipes DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn How to Make Protein Bars in No Time (diy protein bars, protein bars, high protein snacks) Ketogenic Diet: Ketogenic Weight Loss Diet, Avoid Mistakes & Live Healthier (Ketogenic Diet, Ketogenic Weight Loss, Ketogenic Recipes, Ketogenic Diet Plan) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Ketogenic Diet: The Ketogenic Vegetarian Diet: Top 35 Incredibly Delicious Low Carb High Fat Recipes To Re-Gain Your Strength (low carbohydrate, high protein, ... low carbohydrate foods... Ketogenic Diet)

[Dmca](#)