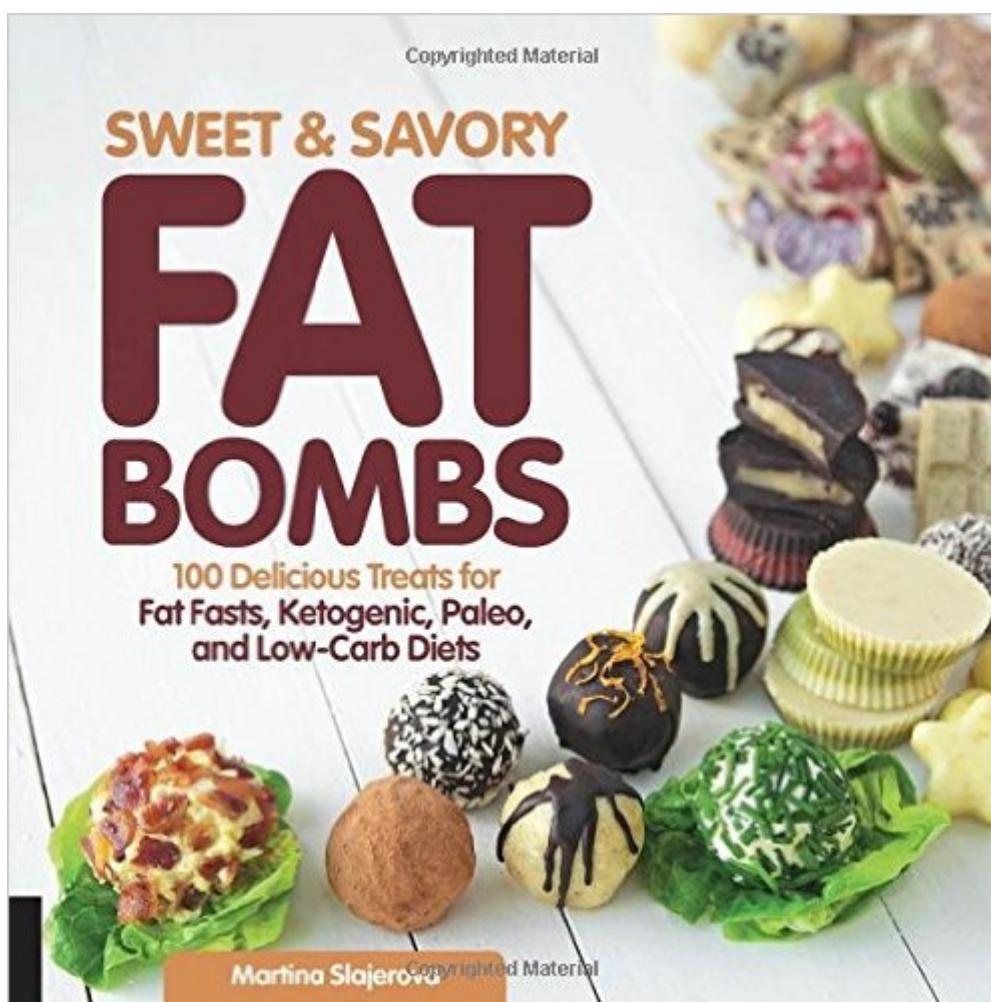


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# Sweet And Savory Fat Bombs: 100 Delicious Treats For Fat Fasts, Ketogenic, Paleo, And Low-Carb Diets



## Synopsis

Get an energy boost that is high in fat, but low in protein and carbohydrates with Sweet and Savory Fat Bombs! Learn to make 100 savory and sweet snacks perfect for fat fasts and boosting your fat intake. These delicious, high fat snacks are ideal for Low Calorie High Fat, Ketogenic, and Paleo diets, and are also a great alternative to sugary treats. Use Sweet and Savory Fat Bombs to help shed those stubborn pounds, to fill you up in between meals, or to give you an energy boost before your workout. Fat bombs are ideal for boosting your fat intake, as at least 85% of the calories come from fats. These simple recipes include easy to find ingredients, so you'll always have something delicious and high in fat to snack on!

## Book Information

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Best Sellers Rank: #4,257 in Books (See Top 100 in Books) #7 inÂ  Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic #9 inÂ  Books > Cookbooks, Food & Wine > Special Diet > Ketogenic #9 inÂ  Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat

## Customer Reviews

If you follow a low-carb, ketogenic, or Paleo/Primal diet and are looking for delicious and nutritious ways to increase your fat intake, or need something you can grab in a pinch to satisfy a craving or eat while you're running out the door, Martina Slajerova's got you covered. Her first book, The KetoDiet Cookbook: More Than 150 Delicious Low-Carb, High-Fat Recipes for Maximum Weight Loss and Improved Health -- Grain-Free, Sugar-Free, ... Paleo, Primal, or Ketogenic Lifestyle, is a great addition to any low-carb kitchen, but with Sweet and Savory Fat Bombs, she has knocked it out of the park! Whether you prefer sweet or salty, chocolatey or fruity, this book delivers. Even if you have a nut allergy, there are plenty of delicious fat bombs here for you to enjoy. It goes way beyond the usual fat bomb recipes: peanut butter, chocolate, coconut. There's orange creamsicle, dulce de leche, green tea & lemon, gingerbread, pistachio, strawberry basil. A huge

variety of flavors and textures to keep you going back to this book again and again. This book is truly unique because in addition to the standard kind of fat bombs, there are liquid versions (key lime smoothie, white hot chocolate!), and even better, \*savory\* fat bombs. \*Those\* are extremely creative, and I haven't seen them anywhere else. These delicious morsels fit perfectly into high fat diets. Cheesy jalapeño fat bombs, stilton and chive, chorizo and avocado "hello! I dare you not to get hungry just looking at the pictures. And don't forget the frozen fat bombsâ "another unique treat.

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