



The Low Carb High Fat Cookbook: 100 Recipes to Lose Weight and Feel Great

By Sten Sture Skaldeman

Skyhorse Publishing. Hardcover. Book Condition: New. Hardcover. 192 pages. Dimensions: 11.0in. x 9.2in. x 0.9in. There are so many ways to lose weight: strict diets, exercise regimens, miracle pills, and weight loss programs. Faced with the healthy and unhealthy avenues on the road to becoming slim and trim, many feel like they have to sacrifice something (good food, energy, or time) to shed off pounds but the LCHF diet proves that you won't need to! The LCHF (Low Carb, High Fat) diet started in Sweden and is now taking America by storm. Just like the name suggests, it focuses on consumption of very low amounts of starches and sugars like bread, rice, pasta, potatoes, fruits, and desserts, and high amounts of proteins and natural fats like meat, fish, eggs, vegetables, cream, and butter. You can eat as much as you want, while decreasing your blood sugar and cholesterol and losing weight! This cookbook contains 100 recipes that will help those just starting this diet or those who have been on it for a while, with excellent ideas for healthy and satisfying meals like: - Shrimp, egg, and mayonnaise salads - Healthy sauces like hollandaise, barnaise, and vinaigrettes - Cognac-marinated salmon - Baked...



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Reviews

The publication is great and fantastic. Sure, it is enjoy, nevertheless an interesting and amazing literature. You will not truly feel monotony at at any moment of your own time (that's what catalogues are for concerning when you request me).

-- **Fabian Bashirian DDS**

The publication is straightforward in study better to fully grasp. It is definitely simplistic but excitement inside the 50 percent of your publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Mazie Johns IV**

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