



# **Fat Fast Cookbook: 50 Easy Recipes to Jump Start Your Low Carb Weight Loss**

*Dana Carpender, Amy Dungan, Rebecca Latham*

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## **Jump-Start Your Low Carb Weight Loss with Fat Fast Cookbook!**

- Are you having trouble losing weight, even on the Atkins Induction phase?
- Have you lost weight successfully on low carb, but hit a plateau or started to regain weight even though you're still following your low carb diet?
- Are you looking for a way to add more healthy fat to your low carb diet?

**If you suspect you've been doing something wrong, we've got your solution.**

Introducing your new low carb weight loss tools: **The Fat Fast and Nutritional Ketosis.**

## **Your Weight Loss Stall Is Not Your Fault**

For years you've been told that eating fat makes you fat and that a calorie is a calorie is a calorie. Anyone who understands the science of Low Carb dieting knows this is just not true.

Who would have thought that the fastest way to lose fat – while maintaining muscle mass – was to eat mostly fat?!

In testing, the Fat Fast – 5 Days, 1000 calories per day, 90% from pure fat – resulted in average fat loss – not just weight loss, but fat loss – of over a pound per day! It's a radical, short-term strategy, but boy, does it work – and it's based on clinical research.

The Fat Fast Cookbook includes 50 fabulous low carb, high fat recipes that can help you break your weight loss stall or help your body become keto-adapted, catapulting you into Nutritional Ketosis. It does this with 50 great recipes to help you implement the Fat Fast.

## **Break Your Weight Loss Stall with the Atkins Fat Fast**

Popularized by Dr. Robert Atkins in his book *Dr. Atkins New Diet Revolution*, the Fat Fast is the most powerful tool for getting metabolically resistant low carb dieters back into Nutritional Ketosis and restarting their low carb weight loss.

## **Restart Your Low Carb Weight Loss With Nutritional Ketosis**

Nutritional Ketosis is a metabolic state in which we use stored body fat for energy. The Fat Fast helps low carbers break weight loss plateaus and rapidly get back to burning fat for fuel when they have gone off plan.

## **Here's What You'll Get In The Fat Fast Cookbook**

### **50 Delicious Low Carb / High Fat Recipes:**

These quick and easy-to-prepare recipes are written by Dana Carpender, Managing Editor of CarbSmart and author of 500 Paleo Recipes with contributions by low carb bloggers Amy Dungan and Rebecca Latham.

### **The Science Behind the Fat Fast:**

Dana Carpender explains the science of the Fat Fast, it's history and why and how it works.

### **Using the Fat Fast in Your Low Carb Lifestyle:**

The Fat Fast is a short-term tool for jump-starting your low carb weight loss. Dana details strategies for incorporating the Fat Fast into your long-term Low Carb diet plans.

### **Easy to Find Ingredients For Your Fat Fast Recipes:**

We include a list of easy-to-find foods and ingredients you'll need for your Fat Fast recipes whether you purchase them in your local supermarket or online.

**What Is Nutritional Ketosis and Why is It Important written by Jimmy Moore:** Jimmy Moore, the Low Carb Community's #1 Blogger, Podcaster and Low Carb Diet expert describes Nutritional Ketosis, how it works and how it helped him jump-start his low carb weight loss and help him lose over 60 pounds!

### **Sample recipes**

- Yogurt Parfait Fat Fast Recipe
- Boursin Stuffed Mushrooms
- Yogurt Parfait
- Jalapeno Poppers
- Chocolate Peanut Butter Bombs
- Fat Fast Mac-and-Cheese
- Mocha Mascarpone Mousse
- Coconut Flax Bread
- Sweet-and-Tangy Macaroni Salad
- Coco Cocoa Fat Bombs
- Butter-Roasted Pecans
- Asparagus with Wasabi Mayonnaise
- Salmon Bisque

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### **From reader reviews:**

#### **Barry Phelan:**

Do you have favorite book? When you have, what is your favorite's book? Book is very important thing for us to find out everything in the world. Each reserve has different aim or goal; it means that reserve has different type. Some people experience enjoy to spend their the perfect time to read a book. They may be reading whatever they have because their hobby is reading a book. Think about the person who don't like reading a book? Sometime, man feel need book once they found difficult problem or even exercise. Well, probably you should have this Fat Fast Cookbook: 50 Easy Recipes to Jump Start Your Low Carb Weight Loss.

#### **Norman Duque:**

Playing with family within a park, coming to see the marine world or hanging out with close friends is thing that usually you have done when you have spare time, then why you don't try factor that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Fat Fast Cookbook: 50 Easy Recipes to Jump Start Your Low Carb Weight Loss, you are able to enjoy both. It is very good combination right, you still want to miss it? What kind of hang-out type is it? Oh can occur its mind hangout guys. What? Still don't have it, oh come on its known as reading friends.

#### **Martha Bryant:**

This Fat Fast Cookbook: 50 Easy Recipes to Jump Start Your Low Carb Weight Loss is great guide for you because the content which can be full of information for you who always deal with world and get to make decision every minute. This specific book reveal it details accurately using great manage word or we can declare no rambling sentences inside. So if you are read the idea hurriedly you can have whole facts in it. Doesn't mean it only will give you straight forward sentences but tricky core information with splendid delivering sentences. Having Fat Fast Cookbook: 50 Easy Recipes to Jump Start Your Low Carb Weight Loss in your hand like finding the world in your arm, data in it is not ridiculous one. We can say that no reserve that offer you world inside ten or fifteen tiny right but this reserve already do that. So , this really is good reading book. Hi Mr. and Mrs. busy do you still doubt that?

#### **Jean Fair:**

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