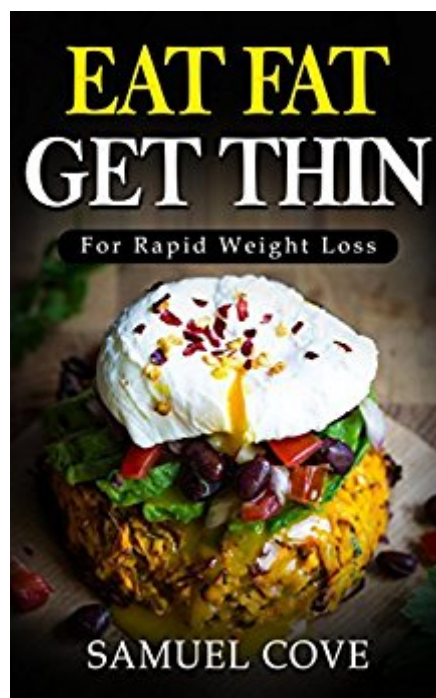


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# **Eat Fat Get Thin: Your Ketogenic Diet Guide To Rapid Weight Loss™ (with Over 350+ Of The Very BEST Fat Burning Recipes & One Full Month Meal Plan, Upgraded Living)**



## Synopsis

Eat Fat & Get Thin Sound Counterintuitive??Take a Closer look...Over 350+ Delicious Breakfast, Lunch, Dessert & Snack Recipes & One Full Month Meal Plan included in this Book!Introducing the EAT FAT GET THIN Revolution...Why Eat Fat to Get Thin?Time and time again, scientific studies show that people on High Fat Low Carb Diets Lose much more Weight, faster, than people on Low-Fat diets, even when the low-fat dieters are actively restricting calories.Why?Because eating FAT does not Make you FAT!Eating CARBS does!By eating a High Fat Diet, you are sustained throughout the day. You don't get the sugar spikes and then sugar crashes.Believe it or not, fat yields 3 times more energy than Carbohydrate!You don't need the cake and coffee to stimulate you in the afternoon slump.On this diet you'll be getting plenty of Healthy Fats from cold pressed oils, nuts and seeds,grass fed meat and eliminating all unnatural and processed foods.This book will use a step-wise approach to take you through the Eat Fat Get Thin Diet and further beyond into the practical application of making healthy and super tasty recipes. You will find a FULL nutritional breakdown at the end of each recipes, so you can keep track of your calories & macro's.This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness.Think of the High Fat Diet like pushing the reset button with your overall health, relationship with food and your lifestyle habits.This book will teach you exactly what you need to know about the Eat Fat Get Thin Diet as well as it's many Advantages and Health Benefits.Some of the Profound Benefits You will Experience when consuming these High Fat Recipes:Accelerated Fat LossIncrease Energy Levels & VitalityAppetite ControlImproved Mental FocusMood Stabilisation Stabilised Blood Sugar LevelsLower CholesterolHormonal BalanceHere's A Sneak Preview Of The Easy-to-Prepare Recipes you will find in this book:Mediterranean Pecorino Romano Breaded CutletsOriental Garlicky Chicken ThighsPordenone Cauliflower LasagnaRoasted Lemony Chicken & Prosciutto with Brussels sproutsRoquefort Spinach, Zoodles and Bacon SaladSour Avocado and Chicken MoussakaSpicy Italian Sausage and Spinach CasseroleSquash Spaghetti Lasagna DishSlow Cooker Thai Fish CurrySmoky Pork CassouletSage and Orange Glazed DuckTartar Keto CookiesCheesy High Fat BreadLemon Cheesecake Breakfast MousseBerry Breakfast ShakeCacao and Raspberry PuddingCoco and Blueberry SmoothieCreamy Chocolate MilkBlueberry Almond SmoothieFast Protein and Peanut-Butter PancakesGuacamole Bacon and Eggs BreakfastHemp Muffins with WalnutsStrawberry PuddingMinty Avocado Lime SorbetMorning Zephyr CakeSour Hazelnuts Biscuits with Arrowroot TeaWild Strawberries Ice CreamMini Lemon CheesecakesChocolate Layered Coconut CupsPumpkin Pie Chocolate CupsFudgy Slow Cooker

CakeEasy Sticky Chocolate FudgeOver 350+ Amazing Recipes, One For Every Day of the YEAR!Purchase this book at it's lowest price and make your Weight Loss journey Effortless!

## Book Information

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## Customer Reviews

Great book! At first I was hesitant to grab this book because I am a bit doubtful of the fact that how eating fats can make you thin? But well, I purchased it just to satisfy my curiosity and I never regret to my decision. The content of this book is really informative and the author explained the facts in detailed and Samuel Cove makes me understand behind the science of eating fat can help you lose weight. and one thing, the book also have recipes that offered a very delicious meal. So I would say I am proud to recommend this book to all readers.

Great looking recipes, but as in the other two books, I've found missing or incomplete nutritional info. Also, I think a shopping list would have been nice - it would make the transition and meal prepping easier to know what new stock items I will need.

EAT FAT GET THIN. Who's not going to buy this book? Admit it or not, this book is a blessing in

disguise. The book has a wide variety of dishes from breakfast recipes to dessert recipes. Also, this book has a whole month meal plan which we really needed. There's this food services in the Philippines that offers 'healthy' dishes that can be found in this book. Seriously, the dishes offered to us worth more than it should. For people like us who loves cooking, this book seriously offers us recipes that's delicious but healthy. In this book, I learned that fat is not just the fat I am scared of. A lot of help! Praises to the author Samuel!

I was excited to get this book. However, in today's times, everyone knows about the health problems of dairy and unhealthy fats that come from animals that are not grass fed. Dairy has over 60 hormones in it because it comes from a lactating cow to feed her calf. Even if it's organic dairy, it's not healthy and doesn't belong in a human being. Lamb and other meats are loaded with hormones and antibiotics, and no emphasis was placed on grass fed healthier meats high in Omega 3's, instead of the fat from grain fed animals that cause many cancers and heart disease. The basis of fat burns fat is fine, but there is no discretion or emphasis on healthy fat in this book which could have easily been achieved by the author with the same benefit to the consumer for weight loss. So you get thin and get Cancer, fibrotic breasts, enlarged uterus and a host of other serious health issues. I would think twice before using this book for weight loss.

Some recipes have odd ingredients (chemicals thickeners , artificial sweetener ) but great for ideas ,and nutritional stats

This is a great book that explains the benefits of the high fat diet and why it works. It comes with an extensive one month meal plan, with detailed and easy to make recipes. One could follow it as a meal plan or even use this book as a cook book. A great read!

I just began my health journey a few months ago as well, and this book is a really good guide that I would be following...

Excellent cookbook that is an unofficial cookbook to "Eat Fat, Get Thin" by Dr Mark Hyman

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Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **\*\*BONUS\*\*** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Ketogenic Diet: Beginners Guide For Rapid Fat Loss And Vitality (Ketogenic Diet For Beginners, Ketogenic Diet Meal Plan, Ketogenic Diet Mistakes, Low Carb Diet) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss( The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate Guide to Rapid Weight Loss and Amazing Energy!: 20+ Mouth-Watering Recipes Included (ketogenic diet, atkins diet Book 1) Eat Fat, Get Thin Fast!: Eat Fat and Get Thin with the best healthy high fat recipes; Complete pictures, nutrition facts, and serving sizes for every single recipe! Ketogenic Diet: Aim for Low Carb Guide Rapid Weight Loss: 40 Keto Recipes w/ Images & Bonus Meal Plan(Ketogenic Diet, Paleo, Intermittent Fasting, Atkins ... Vegan Diet, Anti Inflammatory, Dash Diet) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Ketogenic Diet: The Ketogenic Diet for Weight Loss: Your Ultimate

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