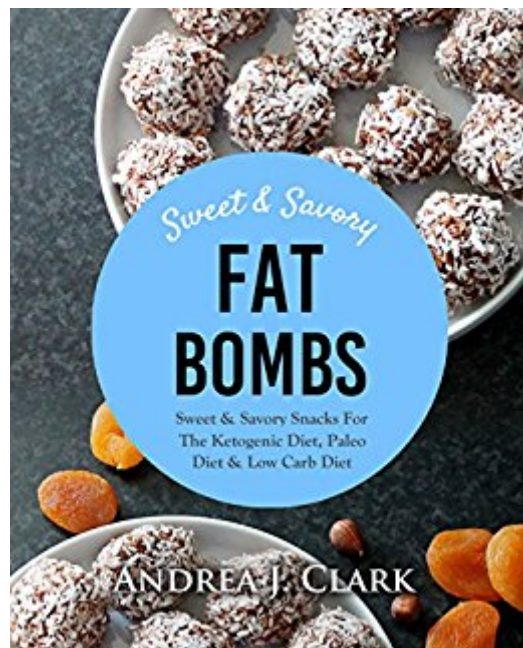




The book was found

Fat Bombs: Sweet & Savory Snacks For The Ketogenic Diet, Paleo Diet & Low Carb Diet



Synopsis

Do you want to make sweet fat bomb recipes? Are you looking for more savory fat bomb recipes? Do you want to add more variety to your Ketogenic diet? If so, then this is the book for you! In this book, you'll learn all about fat bombs, how to prep your kitchen, and what tools you'll need. You'll have thirty new fat bomb recipes to try. All recipes have under six ingredients, and you'll find that they're easy to make without losing their flavor. With fifteen sweet fat bombs recipes, you can kiss that sweet tooth goodbye, and when you aren't in the mood for sweets you'll have fifteen savory recipes to try. There is something for everyone, and with bonus recipes included for ice cream and nut butter, you'll have everything you need to stay on the healthy Ketogenic diet that you want. This book is also great for low carb diets as well as the Paleo diet.

Book Information

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Customer Reviews

What a fantastic Keto cookbook! If you follow a ketogenic lifestyle like me, you know that fat bombs are an absolute imperative to stay on track & consume enough healthy fats per day.

This has some really good recipes. I found myself not meeting my minimum for fat intake and needed some ideas for fat bombs. This did just the trick. I recommend this for anyone starting the keto.

Sweets that will not disrupt your diet? Yes, please! I've tried only the sweet recipes, and they are delightful & very simple and easy to prepare, but tasty. Here you will find snacks for everyone.

Very comprehensive compilation of fat bombs. This book is very neat tidy with pictures for each recipe. The recipes are true to a healthy ketogenic diet. Highly recommended this book to all.

good read for anyone needing help with the Ketonic diet these come in handy

Lots of easy recipes which taste great.

I really like this book and plan to make many of the recipes. The photos are great, but what's more important to me is it was laid out well, organized cleanly and simply and the ingredients were real food. The recipes are true to a healthy ketogenic diet. Would definitely recommend this book to all!

This is an amazing diet book. In this book, you'll learn all about fat bombs, how to prep your kitchen, and what tools you'll need. In this book you will find recipes which will help you to lead a healthy and happy life. I hope you find this book helpful.

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