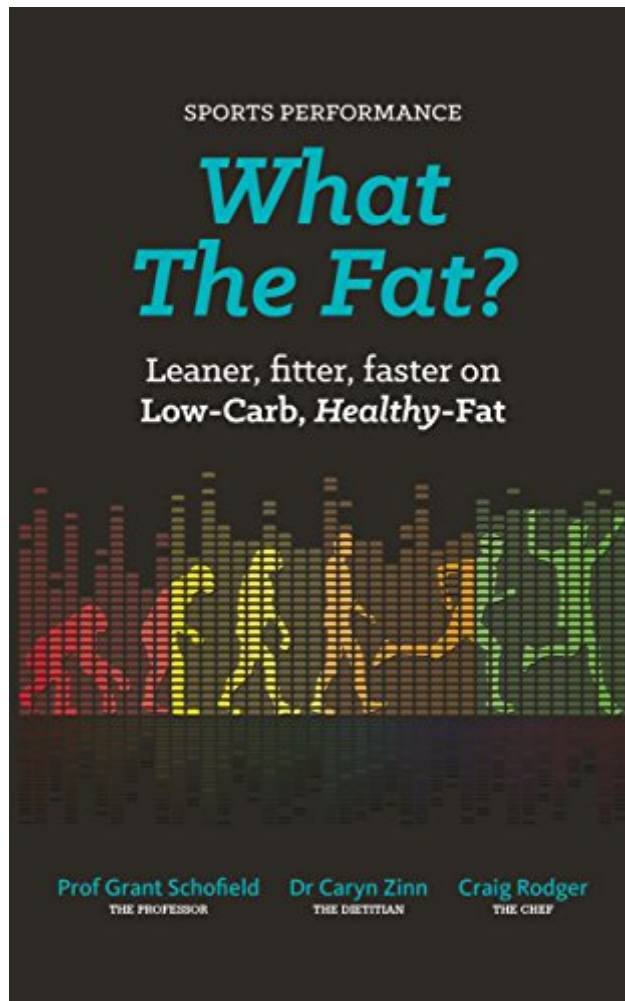


The book was found

What The Fat? Sports Performance: Leaner, Fitter, Faster On Low-Carb Healthy Fat.



Synopsis

Taking advantage of an unfair advantage.Â Retraining your body and brain and turning on your fat burning almost seems like an unfair advantage when it's applied to the sporting environment. For decades, the brightest minds in the athletic performance nutrition field have had carbs pegged as the ultimate good guy. You have been told that the best way to fuel the active body is through carbohydrates, by consuming extra carbs, before, during, and after exercise. As a result, many of us have been enslaved by an outdated mantra which has pushed us to eat carb-laden food to fuel our performance. This approach robs the human body of the flexibility it craves to switch between different energy systems and ways of producing fuel. As we have already outlined in our first book *What The Fat?* consuming a high-carb diet is likely to lead to inflammation and poor health in the long run. For fit people, this is a tragedy. The people who value their health and well-being highly. The people who have done EXACTLY what they have been told have often ended up sick, tired and injured because of a high-carb, low-fat diet. In this practical guide we present compelling evidence, inspiring real-life stories from very successful athletes, and simple ways to eat Low-Carb, Healthy-Fat. We need you to step outside the square and reset. We will ask you to forget everything you were taught by your old-school sports performance nutritionist and learn how to become the ultimate fat burning athletic machine. Let the games begin and food give you a competitive edge.

Book Information

File Size: 2189 KB

Print Length: 218 pages

Publisher: The Real Food Publishing Company; 1 edition (December 2, 2015)

Publication Date: December 2, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B017GRBF6C

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #131,585 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #46

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low

Customer Reviews

Another great book full of mainly practical advice, with a minimum of technicality. LCHF adaptation was well covered, with great examples of how various successful athletes are incorporating LCHF into their sports. The question of strategic carb use is covered, although further research needs to be done in that area. This book deserves to be read by athletes curious about LCHF and to become fat adapted/ metabolically flexible.

An excellent read and practical guide for athletes of all abilities to be able to execute a LCHF diet and optimise training sessions, speed recovery and, ultimately, improve their sports performance. The case-studies provide real-life examples of athletes putting it into practice, and the tips and recipes are easy to follow and tasty as well. A go-to guide for athletes and coaches.

Fabulous read and recipes as usual, loved the real personal journeys of the Profiles of athletes. Especially one profile that I can relate to and currently wanting to return to after a break of 18mths. After reading the first book I wondered if it was able to help me return to my sport after previously living and performing under the old regime of high protein low fat concept...but it seems this can so am currently working on trying to be as high fat as I possibly can and getting my body to react positively to the change. So far I am loving it, keep up the great work :)

Easy to read - great to get salient points. Already started on the path of LCHF & weight falling and finally the lack of energy is now an item of the past. For n=1 for me definite improvements in health issues.

Great concept, well written and convincing. I am thinking of giving it a go. But, no real vegan, vegetarian options... I'm not convinced it's long-term sustainable for the planet or the individual.

I had looked at LCHF and ketogenic diets before but I was having trouble working out how to train, compete and recover. This book put it all in perspective for me. Great, practical book.

Excellent book. Well written and containing answers that I have been looking for. Very valuable and

now a mainstay of my training manuals.

Some great stuff coming out of NZ, read this and follow up with Holistic Performance Nutrition. It will change your life!

[Download to continue reading...](#)

Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) What The Fat? Sports Performance: Leaner, Fitter, Faster on Low-Carb Healthy Fat. Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and

Low Carb Italian Recipes Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet. Slow Cooker Recipes: 25 Delicious Low Carb Dinners To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles BOX SET 2 IN 1: 38 Super Satisfying Low Carb Casseroles That Will Amaze Your Family: (low carbohydrate, high protein, low carbohydrate ... diet for dummies, low carb high fat diet) Low Carb Cookies: 23 Best Low Carb Cookie Recipes To Maintain Your Healthy Eating Habits: (low carbohydrate, high protein, low carbohydrate foods, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Slow Cooker Cookbook Box Set: Low Carb Slow Cooker Recipes, Low Carb Chicken Slow Cooker Recipes, Low Carb Beef Slow Cooker Recipes

[Dmca](#)