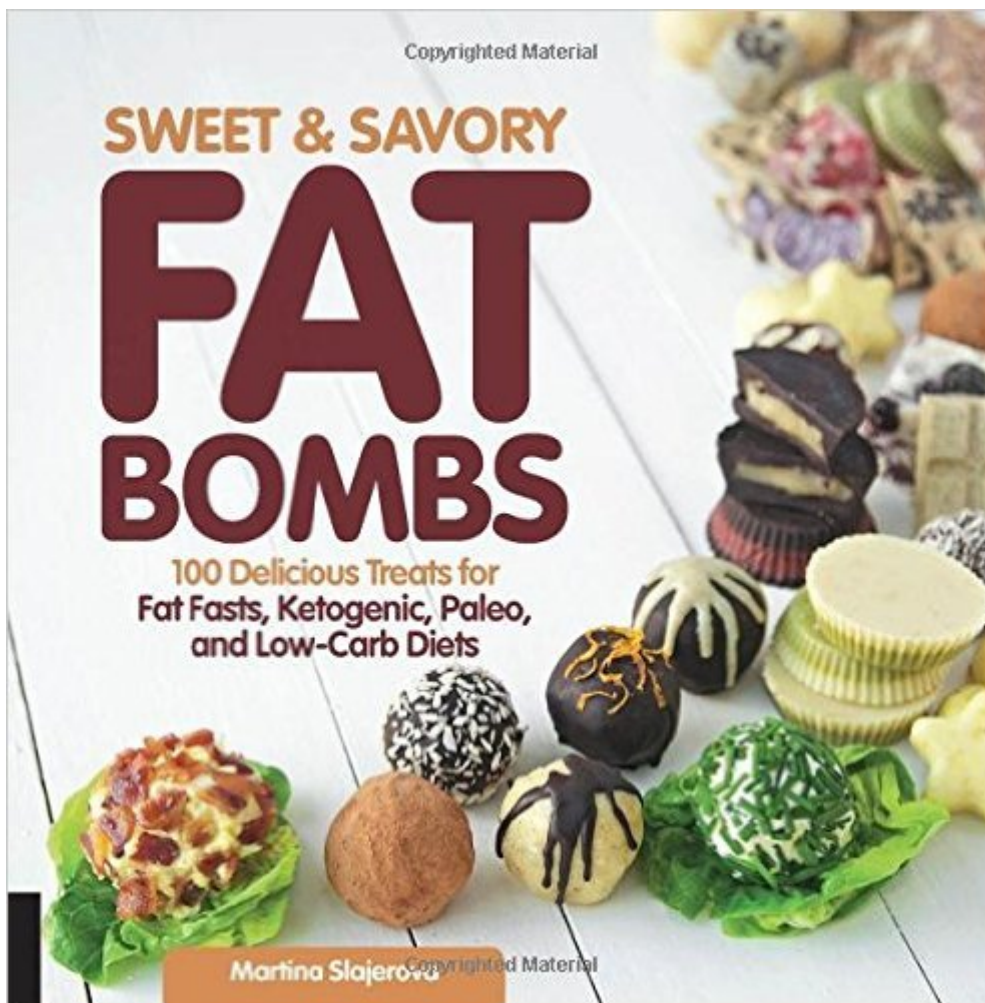


The book was found

Sweet And Savory Fat Bombs: 100 Delicious Treats For Fat Fasts, Ketogenic, Paleo, And Low-Carb Diets



Synopsis

Get an energy boost that is high in fat, but low in protein and carbohydrates with Sweet and Savory Fat Bombs! Learn to make 100 savory and sweet snacks perfect for fat fasts and boosting your fat intake. These delicious, high fat snacks are ideal for Low Calorie High Fat, Ketogenic, and Paleo diets, and are also a great alternative to sugary treats. Use Sweet and Savory Fat Bombs to help shed those stubborn pounds, to fill you up in between meals, or to give you an energy boost before your workout. Fat bombs are ideal for boosting your fat intake, as at least 85% of the calories come from fats. These simple recipes include easy to find ingredients, so you'll always have something delicious and high in fat to snack on!

Book Information

Flexibound: 192 pages

Publisher: Fair Winds Press; 1 edition (June 1, 2016)

Language: English

ISBN-10: 1592337287

ISBN-13: 978-1592337286

Product Dimensions: 8.1 x 0.6 x 8.1 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (92 customer reviews)

Best Sellers Rank: #4,257 in Books (See Top 100 in Books) #7 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic #9 in Â Books > Cookbooks, Food & Wine > Special Diet > Ketogenic #9 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat

Customer Reviews

If you follow a low-carb, ketogenic, or Paleo/Primal diet and are looking for delicious and nutritious ways to increase your fat intake, or need something you can grab in a pinch to satisfy a craving or eat while youâ™re running out the door, Martina Slajerovaâ™s got you covered. Her first book, *The KetoDiet Cookbook: More Than 150 Delicious Low-Carb, High-Fat Recipes for Maximum Weight Loss and Improved Health -- Grain-Free, Sugar-Free, ... Paleo, Primal, or Ketogenic Lifestyle*, is a great addition to any low-carb kitchen, but with *Sweet and Savory Fat Bombs*, she has knocked it out of the park! Whether you prefer sweet or salty, chocolatey or fruity, this book delivers. Even if you have a nut allergy, there are plenty of delicious fat bombs here for you to enjoy. It goes way beyond the usual fat bomb recipes: peanut butter, chocolate, coconut. Thereâ™s orange creamsicle, dulce de leche, green tea & lemon, gingerbread, pistachio, strawberry basil. A huge

variety of flavors and textures to keep you going back to this book again and again. This book is truly unique because in addition to the standard kind of fat bombs, there are liquid versions (key lime smoothie, white hot chocolate!), and even better, *savory* fat bombs. *Those* are extremely creative, and I haven't seen them anywhere else. These delicious morsels fit perfectly into high fat diets. Cheesy jalapeño fat bombs, stilton and chive, chorizo and avocado "hello! I dare you not to get hungry just looking at the pictures. And don't forget the frozen fat bombs" another unique treat.

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

Sweet and Savory Fat Bombs: 100 Delicious Treats for Fat Fast, Ketogenic, Paleo, and Low-Carb Diets 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) Ketogenic Diet: Fat Bombs 100 Irresistible Sweet & Savory Snacks (Ketogenic Diet Fat Bomb, Fat Bombs Recipes, Low Carb Desserts) 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 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 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 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) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) 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 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: 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,) Ketogenic Diet: Ketogenic Catastrophe:

Avoid the Ketogenic Diet Mistakes (ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) 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 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) Ketogenic Diet: 13 Common Ketogenic Diet Mistakes You Need to Avoid (ketogenic diet, ketogenic diet for beginners, ketogenic cookbook, ketogenic diet recipes, ketogenic diet mistakes, ketogenic plan) BATH BOMBS: A Step-By-Step Beginner's Guide to Making Simple, Homemade Bath Bombs + 50 Luxurious DIY Bath Bombs Recipes (bath bombs for beginners, bath bombs recipes book, bath salts, body scrubs) Ketogenic Diet: The Permanent Weight Loss Guide - Ketosis, Low Carb & Ketogenic Mistakes (Ketogenic, Paleo, Low Carb, Weight Loss, Ketogenic Diet)

[Dmca](#)