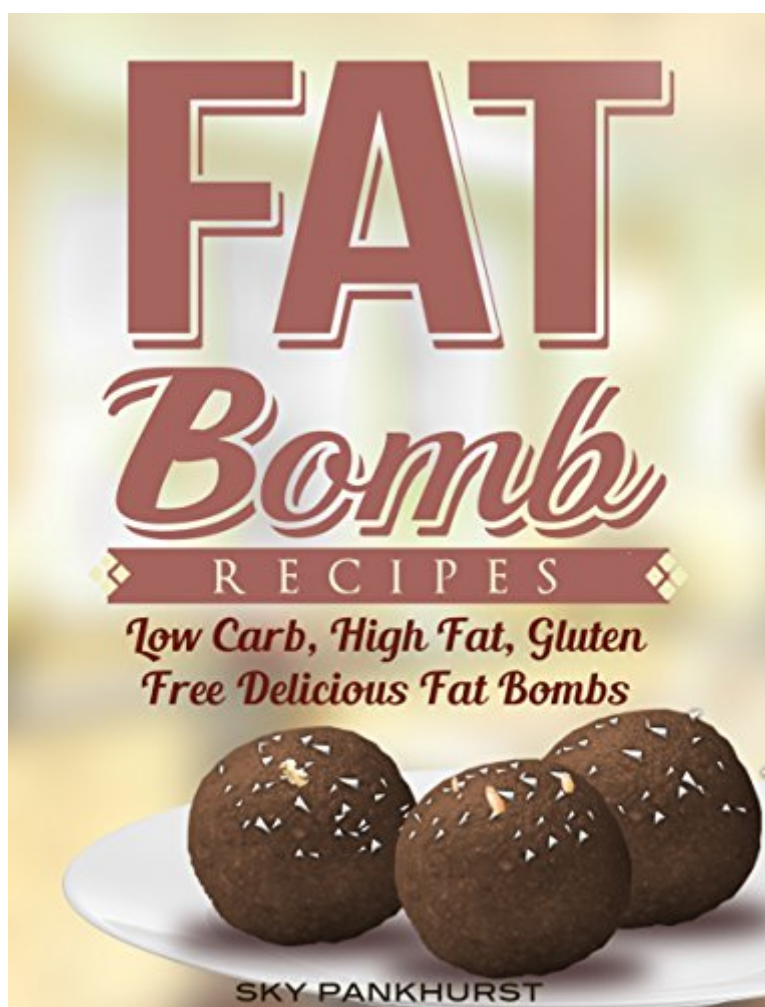


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KETOGENIC DIET: FAT BOMB RECIPES: Low Carb, High Fat, Vegan And Gluten Free Fat Bombs (FATBOMB COOKBOOK 1)



Synopsis

*****20 FREE BONUS BOOKS INSIDE*****BURN FAT, GAIN MUSCLE AND STAY IN KETOSIS WITH INDULGENTLY DELICIOUS FAT BOMBS! Fat Bombs are the yummiest and easiest way to lose weight fast and stay in awesome shape! Fat Bombs are a low carb, gluten free and super easy way to meet your 75% healthy fat ratio throughout the day. Not only are fat bombs quick, simple and satisfying they are also packed full of metabolism boosting and belly fat burning goodness! Not to mention the added vitamins, minerals and superfoods in some of these indulgent little fat bombs. Here Is A Preview Of The Delicious Low Carb Ketogenic Fat Bombs In This Book: ZESTY AND ZANY LEMON AND LIME CHEESECAKE FAT BOMBS VASTLY VANILLA FAT BOMBS MAGICAL MOCHA FAT BOMB SUPER CINNAMON SQUARE FAT BOMBS BRILLIANT BLACKBERRY AND COOL COCONUT FAT BOMBS MESMERISING MAPLE AND PECAN FAT BOMB PUMPKIN PIE CHEESE CAKE FAT BOMB DARK CHOCOLATE, PEANUT BUTTER AND COCONUT CREAM FAT BOMB Much, much more! Enjoy these fantastic fat bombs as a ketogenic dessert or a sweet pre work out power snack! Tags: fat bombs, fat bomb recipes, ketogenic fat bombs, ketogenic diet, keto dessert, keto fat bombs, fat bombs, fat bombs cookbook, fatbombs, low carb fat bombs, paleo fat bombs, coconut oil, vegan fat bombs,

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Customer Reviews

I really like this recipe collection. I actually don't know how many recipes there is in this cook book because it was too many it's really long too. It's totally worth it just thinking about it. I had many recipes to choose from. The instructions are really clear and also concise. It was easy to follow even for a beginner. I think I'm looking forward to making the easy recipes first before trying out the more complicated things since I'm a beginner in baking. I really like how the author also includes tips and advice. I like the recipes for Brownie Bites, Buttery Fudge Delight and the Chocotastic Avocado Truffles was really interesting combination.

This is very good book study about the ketogenic diet. This is very helpful guide book. I thought it was amazing until I tasted an ice cream recipe taken from another book. This book provides tips for weight to ensure your success and shows how to get all of the essential nutrients needed so you can stay healthy while losing weight.

Fantastic. Received this book when it was offered for free for short period of time from and am Very happy I got it *Only for the reason that with reading the "Fat Bomb" books instead of just following what others do and research things myself - realize 'Fat Bombs' are not necessary in the Low carb diet. So interesting to read so you can LEARN what is Right For You.

I stick to a diet for a long time ketogenik. And I had a problem: sometimes I do not know what to cook. But this book decided my problem once and for all. It's just really a great book! Recipes lot. I have some tried to cook and I really liked it. The only thing that would love to each recipe was attach the picture, because it is not clear what should turn out after cooking.

These vegan and gluten free recipes for preparing tasty meals gave my body a real good feeling of energy that keeps me going through the day. The book offers a vast variety of recipes that everyone will love and most important of all is that these delicious deserts are pumped up with lots of different vitamins, minerals and superfoods. You must try them out now!

I loved all the recipes in this book, and tried already Blackberry coconut fat bomb, it's absolutely amazing. I definitely recommend this book for special events when you don't care about your

daily diet and for people who have intolerance to gluten.

I have tasted two recipes taken from this author from a friend. I was so impressed that I asked to read them right away and he loaned me the books. The first was the pumpkin cheesecake pie bomb recipe taken from this book. I thought it was amazing until I tasted an ice cream recipe taken from another book. I wanted to congratulate the author for these ones. I will definitely prepare many of the recipes I read and come back to write my opinion.

My first time reading a ketogenic diet guidebook and I really love it! I've learned a lot of useful information and fat bombs recipes that can surely help me get started in my ketogenic diet; the instructions are very simple and easy to understand. It is indeed a must have book for people who want to try ketogenic diet.

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