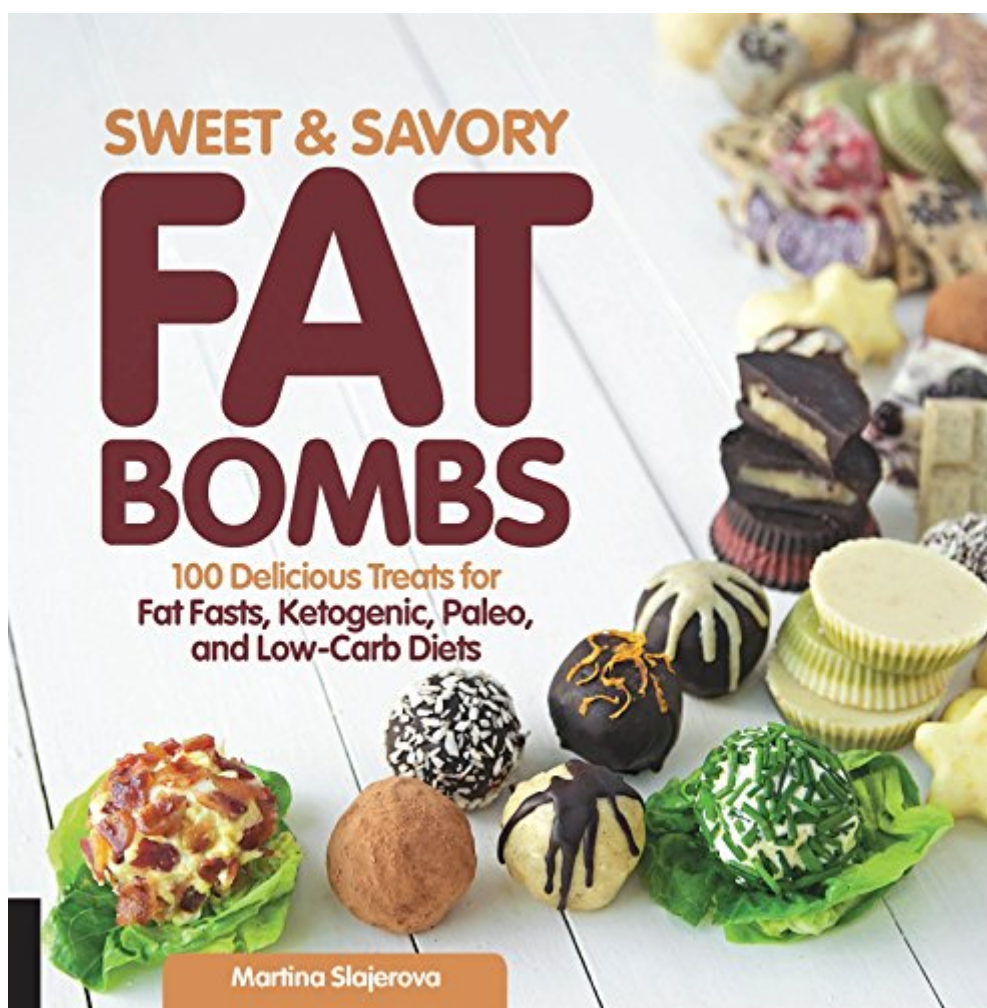


The book was found

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

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Customer Reviews

At first read, this looks like a bound collection of "50 shades of truffles and bonbons", but the last chapter...oh, the LAST chapter...was worth the price of the book. Did you know you could make fat bombs out of SALMON, SARDINES, BACON+EGGS, and GUACAMOLE? I didn't until now.

Switching to a ketogenic diet is a challenge, and this is one a couple cookbooks that have helped

make the change easier. The recipes are quite simple, for the most part. If you are already eating a ketogenic diet, you will most likely have all the ingredients on hand. If not, I'm not sure why you ordered the book, but all the specialty ingredients can be found on or other online stores. In a pinch, some "natural" groceries will have the ingredients you need, at a significantly increased price. I have made about 12-15 different recipes in this book, and the most time consuming part for most of them is the time to cool or freeze. It has helped me be able to have a snack food, or a small meal if I am not hungry enough for a full on meal. It also is a huge help in getting the 70-80% fat calories. The recipes are easy enough to alter if there is a different taste you prefer, or want to try something a little different. When I first switched to keto, I wasted a lot of time and money making recipes I found online, and was convinced keto was impossible. After purchasing one other cookbook (Quick and Easy Ketogenic Recipes), then this one, I found so many easy recipes to help me maintain ketosis. I highly recommend this book!

Very comprehensive compilation of Fat Bombs. Love this cookbook. Initially begins with the KetoDiet in a nutshell. Moves to the What ingredients are involved, Why fat is involved - the beginner's guide to getting started - the basics of keto ingredients. Excellent intro, a quick read... Martina Slajerova then offers 4 chapters of sweet, frozen, liquid and then savory fat bombs. I am in love with savory right now after making the Waldorf and Herbed cheese, have my eye on a liquid vanilla one and made the sweet lemon that is very tasty. All in all, I am very happy I bought this cookbook. I am a fan of Martina Slajerova's blog and have her recent cookbook as well. Her measuring system is perfect, she breaks down every recipe into macros so I can stay on track with my WOE, and her blog site [...] is very supportive and helpful. Fat bombs are an optional addition once one is already fat-adapted. Great source of energy for those low energy moments when there isn't time to eat a meal. The superb addition of high flavor is worth it for sure! And quick to put together! ENJOY! I am...

Wow! I can eat my sweets and be ketogenic, too! The section on savory dishes is also delish and wonderful. A thorough book of recipes plus extras: Macronutrients grams, percentages and calories and where to get hard to find ingredients.

Great recipes and a good variety. Great for Ketogenic or other low carb diets.

On a keto diet for medical reasons (not weight loss, even though I've maintained my slim figure

while on this diet) and these are AWESOME!!! switch out Swerve & Erythritol for all my sweetening and this book is FANTASTIC!Enjoy!

I love this book! I found it at the library and had it for 3 weeks before I had to return it. So, I purchased it. The recipes are delicious and have helped me to lose weight. I especially love the strawberry cheesecake and the keto coffee recipes. Yum!!!!

Love this book. I'm just starting a keto diet and this gives me some great options. I also like that majority of the recipes use items I already have or are easy and inexpensive to get. My only issue is that many of these are available for free on Pinterest. However I always enjoy hard copy recipe books.

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