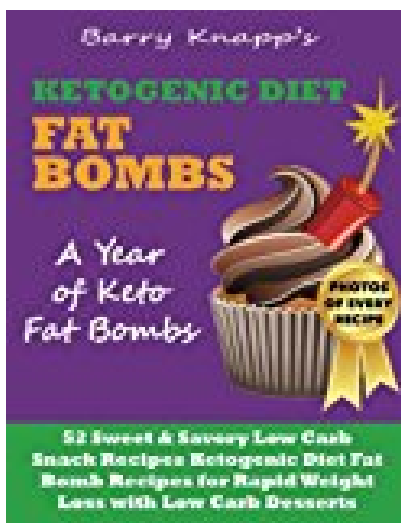


# Ketogenic Diet Fat Bombs A Year of Keto Fat Bombs 52 Sweet & Savory Low Carb Snack Recipes Ketogenic Diet Fat Bomb Recipes for Rapid Weight Loss with Low Carb Desserts

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## BOOK DETAILS

- Author : Barry Knapp
- Pages : 116 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1539413519

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## **BOOK SYNOPSIS**

ONE FULL YEAR OF KETOGENIC DIET FAT BOMB RECIPES WITH PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE!  
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The latest research has confirmed what a small group of healthy and fit people have known for decades: the secret to losing weight, maintaining a healthy lifestyle, and feeling great is the Ketogenic Diet! Join the movement and reclaim your health! The Ketogenic Diet is more than just a diet. It is a lifestyle and an entire movement based on reclaiming our health and eating healthy, delicious, fulfilling food that we truly enjoy. Food isn't meant to be something we dread, it should be an enjoyable part of life. That's why ketogenic fat bombs are so popular! Fat bombs are tasty, delicious, sweet, and savory desserts that actually help you drop excess fat fast! A full year of keto fat bombs! This ketogenic fat bombs cookbook makes it easy! Every week for a full year you can enjoy a mouthwatering new keto fat bomb recipe. Each and every recipe includes a photo of the meal as well as serving size and nutritional information. Enjoy some of the best desserts of your life all while maintaining an approved ketogenic diet for optimal health, energy, and weight loss! Enjoy your life while losing weight! The ketogenic diet is not a boring, bland, or starvation diet. Eating bland and weird food might be one way to lose weight, but that is not what living a satisfying lifestyle is all about. Let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! With these low carb dessert recipes, you can have your cake and eat it too by losing weight while enjoying some of the most amazing desserts you've ever made. Grab this book today and learn the many delicious possibilities you could have dessert while on the ketogenic diet! The keto diet can be fun and easy to follow, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on an entire year of amazing keto fat bomb recipes in this cookbook. Every recipe is easy to make, requires no significant cooking expertise, and is so healthy and delicious you will be proud to serve these desserts to your family and friends. World class desserts you can serve to your family and friends with pride! World renowned diet and nutrition expert Barry Knapp has hand-picked his favorite keto fat bomb recipes that he has mastered in his own kitchen, taught to chefs around the world, and that have earned rave reviews from diners on every continent of the planet! Don't miss out! Grab this book today at the limited time sale price and make a small investment in your health and well-being, as well as the health and well-being of your family, that will pay off huge in the long run!

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