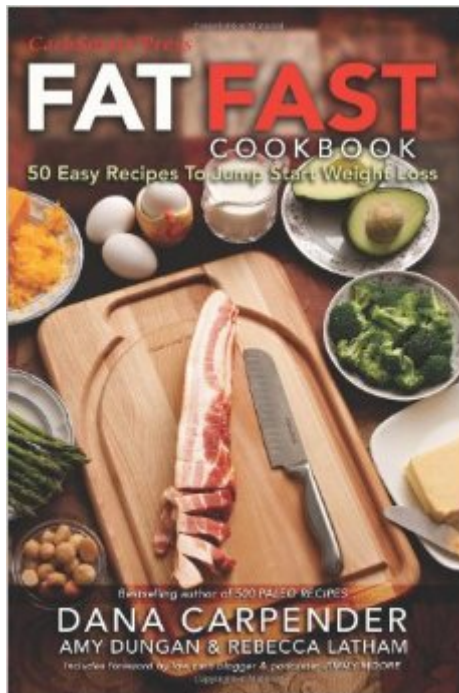


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# Fat Fast Cookbook: 50 Easy Recipes To Jump Start Your Low Carb Weight Loss



## Synopsis

Jump-Start Your Low Carb Weight Loss with Fat Fast Cookbook! Are you having trouble losing weight, even on the Atkins Induction phase? Have you lost weight successfully on low carb, but hit a plateau or started to regain weight even though you're still following your low carb diet? Are you looking for a way to add more healthy fat to your low carb diet? If you suspect you've been doing something wrong, we've got your solution. Introducing your new low carb weight loss tools: The Fat Fast and Nutritional Ketosis. Your Weight Loss Stall Is Not Your Fault For years you've been told that eating fat makes you fat and that a calorie is a calorie is a calorie. Anyone who understands the science of Low Carb dieting knows this is just not true. Who would have thought that the fastest way to lose fat – while maintaining muscle mass – was to eat mostly fat?! In testing, the Fat Fast – 5 Days, 1000 calories per day, 90% from pure fat – resulted in average fat loss – not just weight loss, but fat loss – of over a pound per day! It's a radical, short-term strategy, but boy, does it work – and it's based on clinical research. The Fat Fast Cookbook includes 50 fabulous low carb, high fat recipes that can help you break your weight loss stall or help your body become keto-adapted, catapulting you into Nutritional Ketosis. It does this with 50 great recipes to help you implement the Fat Fast. Break Your Weight Loss Stall with the Atkins Fat Fast Popularized by Dr. Robert Atkins in his book Dr. Atkins New Diet Revolution, the Fat Fast is the most powerful tool for getting metabolically resistant low carb dieters back into Nutritional Ketosis and restarting their low carb weight loss. Restart Your Low Carb Weight Loss With Nutritional Ketosis Nutritional Ketosis is a metabolic state in which we use stored body fat for energy. The Fat Fast helps low carbers break weight loss plateaus and rapidly get back to burning fat for fuel when they have gone off plan. Here's What You'll Get In The Fat Fast Cookbook 50 Delicious Low Carb / High Fat Recipes: These quick and easy-to-prepare recipes are written by Dana Carpender, Managing Editor of CarbSmart and author of 500 Paleo Recipes with contributions by low carb bloggers Amy Dungan and Rebecca Latham. The Science Behind the Fat Fast: Dana Carpender explains the science of the Fat Fast, its history and why and how it works. Using the Fat Fast in Your Low Carb Lifestyle: The Fat Fast is a short-term tool for jump-starting your low carb weight loss. Dana details strategies for incorporating the Fat Fast into your long-term Low Carb diet plans. Easy to Find Ingredients For Your Fat Fast Recipes: We include a list of easy-to-find foods and ingredients you'll need for your Fat Fast recipes whether you purchase them in your local supermarket or online. What Is Nutritional Ketosis and Why is It Important written by Jimmy Moore: Jimmy Moore, the Low Carb Community's #1 Blogger, Podcaster and Low Carb Diet expert describes Nutritional Ketosis, how it works and how it helped him jump-start his low carb weight loss

and help him lose over 60 pounds! Sample recipes Yogurt Parfait Fat Fast Recipe Boursin Stuffed Mushrooms Yogurt Parfait Jalapeno Poppers Chocolate Peanut Butter Bombs Fat Fast Mac-and-Cheese Mocha Mascarpone Mousse Coconut Flax Bread Sweet-and-Tangy Macaroni Salad Coco Cocoa Fat Bombs Butter-Roasted Pecans Asparagus with Wasabi Mayonnaise Salmon Bisque

## Book Information

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## Customer Reviews

Dr. Atkins popularized the Fat Fast, based on the Keckwick diet developed in the 1950s by Prof. Alan Keckwich and Dr. Gaston Pawen. Fat fasting forces the body to burn stored fat by depriving it of glucose (sugar). Since even protein can be partially converted to glucose via a process called gluconeogenesis, eliminating almost everything but fat guarantees that even those who are most metabolically resistant to weight loss will switch to burning fat rather than sugar. By limiting calories to 1,000 per day, stored fat will make up the difference between the dietary fat coming in and energy needs. You might think that eating a diet that is 90% fat would take a lot of discipline. You may even doubt that you can do it. This book will change your mind. While Dr. Atkins suggested five feedings a day of things like "two egg yolks with a tablespoon of mayonnaise," "two ounces of cream cheese," or "one ounce of macadamia nuts," Dana Carpender and the CarbSmart team have cooked up some recipes that are rich, interesting, varied, and very filling. You can enjoy some really tasty treats that will keep hunger at bay while you rev up your metabolism with the magic of nutritional ketosis. Some, like Mac and Cheese, Fettuccine with Pancetta Cream, and Curried

Coconut Cream of Chicken Soup, will make you feel like you've had a full meal. There are also plenty of treats here, Pumpkin Pie and Chocolate Cheese Mousse, for example. These are recipes that you will continue to make long after you have reached your ideal weight. For some of you, just replacing one meal a day with a fat-fast dish may be enough to keep your metabolism in a happy place.

FULL DISCLOSURE: I am one of the contributors to some of the content used and a contributing writer to CarbSmart who published this book. Since May 2012, I have personally been engaged in an n=1 self-experiment of a concept known as "nutritional ketosis." This phrase to describe the very healthy state of generating ketone bodies as an alternative fuel source to glucose in the body has been used quite prominently in a series of books (namely New Atkins for a New You, The Art and Science of Low Carbohydrate Living and The Art and Science of Low Carbohydrate Performance) in recent years and it has rekindled interest in a concept that was first promoted by the late, great Dr. Robert C. Atkins of Dr. Atkins' New Diet Revolution fame. If you've ever read Dr. Atkins' books, then you know he advocated for and pushed this thing called the "fat fast" which is a very high-fat, moderate protein, very low-carbohydrate nutritional approach. The purpose of this was as a means for kicking your weight (and more appropriately your stored body fat) loss program into high gear by pressing the issue about fueling your body on ketones instead of glucose (sugar).

Having a very insulin resistant body, low fat low calorie diets never work for me. Low carb diets did work until a short while ago. Losing the last 40 pounds has been gruelling, and I had put on weight despite being very low carb. That's when the idea of Nutritional Ketosis made sense. I have tried several diets before and none of them worked, leaving me desperate. Increasing the fat, moderating the protein and keeping carbs under 20 grams from low impact veggies has made all the difference in the world. I can lose only on fat fasting and a level slightly above it. Any higher I go, I stop losing. Being so metabolically resistant, I knew Fat fast and Extended Fat Fast is the way to go, but I wanted some variety than eating blocks of cream cheese or macadamia nuts. That's when this book comes handy, and I had been waiting for it so long. This book contains 50 recipes. One good thing is that it contains several veggie dishes including a fat fast salad, other veggies and soup. Those were the items I missed on fat fasts. I also wish they had more recipes. It also contains some useful info on fat fasting. For many people, doing a fat fast will truly get them into ketosis. Other low carb diets and so called ketogenic diets may or may not, depending on your body's resistance. I saw recipes that contains potatoes, dates or honey in cookbooks claiming to promote themselves as ketogenic. A true

ketogenic diet induces ketosis, as can be tested using keto strips from sample blood, not urine. Also more and more research emphasises the therapeutic effects of truly ketosis inducing diets for cancer, alzheimers, epilepsy, neuro-related, tumors, autism, fibromalgia, diabetes and so much more modern civilisation diseases.

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