



Fat Bombs: Ketogenic Fat Bomb Recipes, Mouth-Watering Keto / Paleo Sweet Savory Fat Bombs Recipes for Weight Loss (Paperback)

By Emma Johnson

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do You Want simple and easy options for snacking and LOSE WEIGHT at the same time? Then High-fat, low-protein and low carbohydrate options are perfect for you! May I introduce you to the world of Fat Bombs! THE KETOGENIC FAT BOMBS Mouth-watering Keto/ Paleo SweetSavory Fat bombs recipes Fat bombs normally are made from an assortment of ingredients, which allow for an instant bodily energy boost. Undesirable fats aren't added to your storage, as the fat is almost instantly used to create energy for the body. Being rich in nutrients, fat bombs are great for when you need an instant energy hit! Fat bombs are moving more and more into the public eye, especially with dieters following low-carb and ketogenic programs bringing it to the forefront of our attention. Fats are a huge and important part of our diets every day, especially the healthy sorts. Fat bombs are normally made with upwards of 80 fat consistency, but don't worry about it, since they can be made from a range of good fats such as those derived from coconuts or...



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