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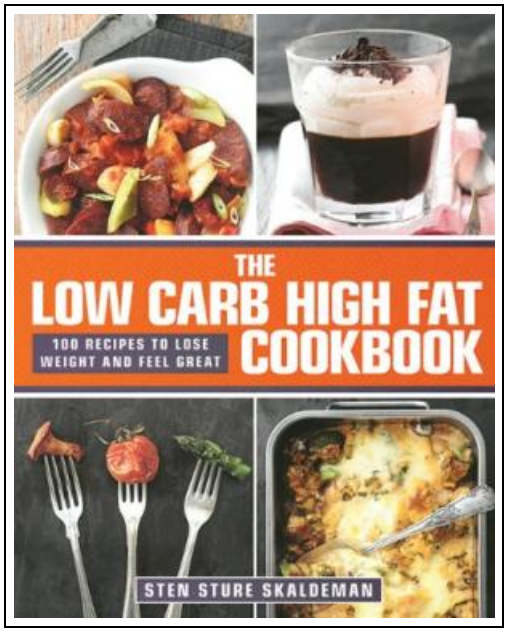

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Skyhorse Publishing. Hardcover. Book Condition: New. Hardcover. 192 pages. Dimensions: 11.0in. x 9.2in. x 0.9in.There are so many ways to lose weight: strict diets, exercise regimens, miracle pills, and weight loss programs. Faced with the healthy and unhealthy avenues on the road to becoming slim and trim, many feel like they have to sacrifice something (good food, energy, or time) to shed off poundsbut the LCHF diet proves that you wont need to! The LCHF (Low Carb, High Fat) diet started in Sweden and is now taking America by storm. Just like the name suggests, it focuses on consumption of very low amounts of starches and sugars like bread, rice, pasta, potatoes, fruits, and desserts, and high amounts of proteins and natural fats like meat, fish, eggs, vegetables, cream, and butter. You can eat as much as you want, while decreasing your blood sugar and cholesterol and losing weight! This cookbook contains 100 recipes that will help those just starting this diet or those who have been on it for a while, with excellent ideas for healthy and satisfying meals like: - Shrimp, egg, and mayonnaise salads - Healthy sauces like hollandaise, barnaise, and vinaigrettes - Cognac-marinated salmon - Baked chicken with salsa - Roasted pork with coleslaw - Lamb chops with bacon - Roasted Brazil nuts with strawberries marinated in lime juice - Fried apple slices with cinnamon and whipped cream Sten Sture Skaldeman, one of the first to follow this diet, also cites scientific studies and lists various online resources, which makes Low Carb High Fat Cookbook a great resource for anyone curious about this effective diet. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Hardcover.

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