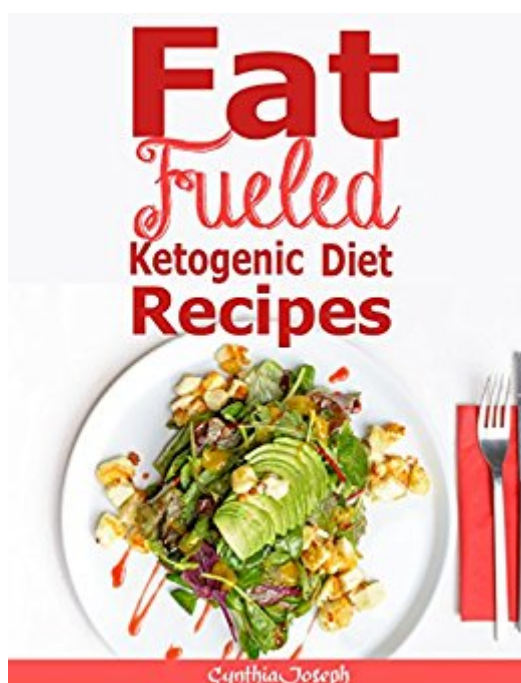


The book was found

Fat For Fuel Diet Recipes: 10 Days Ketogenic Meal Plan To Help You Combat Cancer, Boost Brain Power, And In-crease Your Energy! Using Low Carb, Sugar Free Ketogenic Diet!



Synopsis

90% of the energy is stored in the body as fat while the rest is sugar in the form of glycogen. You need salt! Eat no processed food. Low carb, high fat, good fats, moderate protein. Endeavor to drink salt water using pink Himalayan salt. We need salt to survive, keep your electrolytes up, or you die or feel like you want to lol. Food manufacturing has been lying to all of us to sell products. Sugar industry blaming fat for making us obese, all along it's sugar that is the poison. Then they come along and blame salt for bad health. It's not salt, it's the kind of salt and amount in processed food. I hate to call it food. Discover how to Eat real food , with this Delicious Ketogenic Diet Recipes, Youâ™ll be surprised how Easy it is to make your own meals, it will only takes few minutes to do so. This book also contains ten days working Ketogenic meal-plan along with the grocery list for the ketogenic diet to help you Boost Brain Power, Combat Cancer and Increase Your Energy. Order your Copy Now to Get Started

Book Information

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Customer Reviews

I thought this book was associated with the Fat for Fuel book by Mercola. The author mentions his

name only one time in the book. I do not think he has anything to do with this book's contents. I was very disappointed.

Many recipes lacked nutritional information and when provided the nutrients listed were inconsistent in units and spectrum. Lazy writer did not do analysis on each recipe

Excellent thank you

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