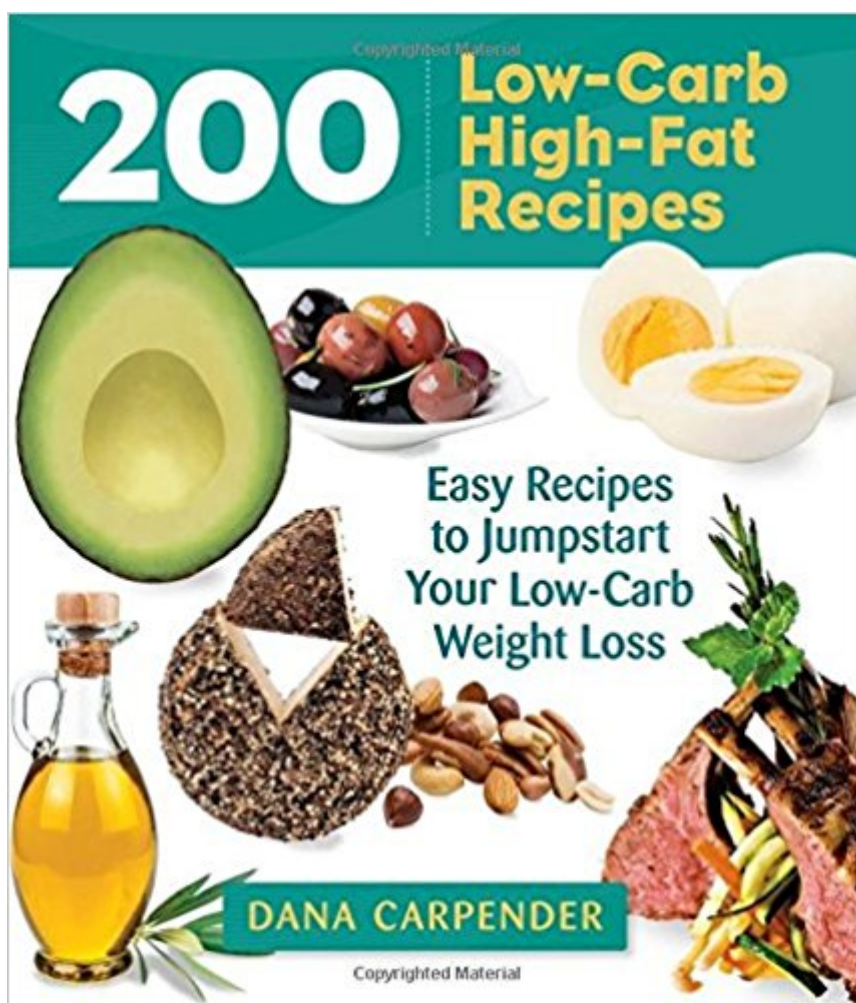


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# 200 Low-Carb, High-Fat Recipes



## Synopsis

Drop the Pounds Permanently with the Hottest New Diet Craze! You've hit it before - the dreaded weight-loss plateau that you just can't break through. No matter what, the pounds won't go even with calorie counting and traditional low-carb diets. Turns out there is a secret weapon to losing weight - fat (and lots of it). After decades of taking butter, bacon, eggs, and avocados off the table, it turns out that fats are far better for beating the battle of the bulge than "healthy whole grains" and high protein diets. Backed up by science, the LCHF diet is quickly becoming the hottest way to shed pounds and jumpstart a stalled metabolism. Low-carb proponent and bestselling author Dana Carpender will guide you through the LCHF lifestyle and shed light on important questions such as: Is LCHF safe? Why does the traditional low-carb, high-protein diet not work for you? Which Are Good Fats? (Not all fats are created equal!) In 200 Low-Carb, High-Fat Recipes you get tips for creating low-carb/high-fat meals, and find out why three meals a day may not be needed! With 200 recipes, including soups, breakfasts, appetizers, sides and sauces, you'll never be cooked for delicious ideas!

## Book Information

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## Customer Reviews

"Fat is back and better than ever. Real food-based fats like butter, coconut oil, steak, cream, and cheese, are essential to help you burn fat, zap hunger and cravings, and optimize your health in ways you never thought possible. If you want to be in a state of nutritional ketosis, 200 Low-Carb, High-Fat Recipes is your new go-to resource." - Jimmy Moore, author of Cholesterol Clarity and

Keto Clarity" If you are among the nutritionally enlightened, rejecting the outdated and destructive 'cut your fat and eat more healthy whole grains' message, and have ambitions for a sumptuous return to duck fat, lard, bacon fat, and coconut milk and doing it in style, then Dana's new book is right up your alley." - William Davis, M.D., author of #1 New York Times bestseller Wheat Belly

Dana Carpender is a pioneer of the low-carb movement and a bestselling author of over 14 cookbooks, including 1001 Low-Carb Recipes, 500 Paleo Recipes, 15-Minute Low-Carb Recipes, The Low-Carb Diabetes Solution Cookbook, 200 Low-Carb, High-Fat Recipes, The Low-Carb Diabetes Solution, the Insulin Resistance Solution, 500 Ketogenic Recipes and many more. To date her books have sold over a million copies worldwide. She writes about low-carb cooking and nutrition on her Facebook page, Dana Carpender's Hold the Toast Press. She lives in Bloomington, Indiana with her husband and a menagerie of pets, all of whom are well and healthily fed.

Super recipes, lot of information on products related to low-carb, high-fat ketogenic eating. I refer to this book over and over again. I find Dana Carpender very straight forward and friendly...her recipes are simple and almost always quite good. The lack of pics does not bother me for a single moment. I like that that she has the info (macros) that I need: fat, protein, carb and fiber info per serving. She doesn't spend a lot of time convincing you that you should eat like this...there are other keto books and sites to check out for that. This is the book you can use to figure out what to cook for you and your family on a daily basis. I ordered 4 different keto related books and this was my first choice for practical cooking, I returned 2 of the other ones...Keto Clarity and Fat Chance....neither of those books had enough info for the day in/day out effort needed to change your cooking patterns. Frankly, Keto Clarity was a big disappointment. It MAY be the definitive guide to understanding Keto eating, I found it boring and repetitive, not getting any new info that I didn't already have from the internet....and definitely not enough recipes or practical info to inspire me. In fact, that book left me with many practical questions. Fat Chance was interesting, but again, not really a practical guide for me. The other "recipe" book and much more practical than the two I returned, is "Low Carb High Fat, No Hunger Diet"....that's a mother and daughter team who share their keto journey, combining it with a strong paleo/organic thrust. (In fact, they call their diet the "KetoHybrid" because of the paleo focus.) Dana Carpender lets you decide whether or not you care about organic/paleo, she just puts the recipes out there. I like that about her.

I have all of Dana Carpenter's cookbooks. I preordered this and couldn't wait until it showed up at the house. Right now this is my go-to cookbook. We had the Creamy Sage and Parmesan Chicken for dinner last night. My (soon to be teen) son had seconds and was full. (Finally!) It was so good! I had the rest of the Cannoli Pudding earlier in the day at work and was in heaven the whole time. Tonight we are having the Chicken and Bell Pepper salad. My husband requested to have it again! I'm seriously in love with this cookbook. With recipes like these I certainly don't feel like I am missing anything, like carbs. The majority of the recipes are gluten free and legume free. There are a few peanut recipes, but I just switch those out for a different type of nut. You may have to substitute items to be gluten free. For example, some coconut aminos for soy sauce, but the recipes always work with the substitutions. (I do not think this was covered in the book. I have been gluten free due to an allergy for 4 years now, so I know the substitutions.) There are some paleo LCHF recipes in here, but not a ton. There is quite a bit of dairy. However, Dana does give you options on how to substitute items for dairy since some people have a boost in insulin when they consume dairy. The beginning of the book covers some of the ingredients that someone who is new to LCHF would need to know for the recipes in her cookbook. So if you're new to eating this way you can pick up this book and use it as a stand alone cookbook. Beyond being super yummy I have been dropping weight fairly quickly and semi-effortlessly using these recipes. It's nice to be able to eat something and feel full for a very long time. The only thing I can complain about this recipe book is that I wish there were more recipes!

Well written . Good insights into how eating too many carbs (esp sugars) and not enough healthy fat = blood glucose & fructose goes up = insulin levels go up = insulin & leptin resistance = more insulin now needed = yet more insulin resistance = yet more insulin needed = increases in uric acid = hypertension = increase in risk of CVD. . . .HDL goes down . . .central obesity . . . inflammation goes up. All the above = metabolic syndrome and Type 2 and PreDiabetes (over 100 million folks) . . .cost \$245 Billion . . .will bankrupt us. The low fat high carb recommendation over the past 40 years is killing us. Wake Up, America.

The outside of this book made me think it would have some pictures inside with the recipes though I was disappointed to find that there was NO PICTURES it has a lot of simple but great recipes.

there are a lot of good real food recipes here. I'm still frustrated by the dependency on artificially

flavored sweeteners and artificial sweeteners in general. But there are enough good solid recipes here that makes this book worth owning. Even the non-keto family members enjoy many of the main dish and salad recipes.

I love Dana's recipe books! Her style of writing is entertaining too. All of her recipes are very easy and quick to make and taste great! I have another of her recipe books and it is one of my favorites as well. I actually bought two of these and gave one to a friend who was trying to get their diet and health under control. They loved it too. You can't go wrong buying this one.

I absolutely love Dana's no-nonsense writing style, and her recipes are always as straightforward as her comments. If you are into Keto eating, this book is a great addition to your repertoire. It's a quick reference for "what to have today" and it provides info so you can quickly pick a recipe with the correct ratio of fat/carbs to fit in with your goals. Clever, but simple recipes, as always from Dana.

Carpender does a pretty good job for people using the book and its recipes for weight loss purposes. For those who want to follow a ketogenic diet plan for health purposes, she does not apply the best arithmetic necessary for that degree of exactitude. One has to do a little math to supplement the recipes so that the correct ratios are maintained. She had someone do the math for her, perhaps she does not know the importance of not slipping out of a ketogenic state for readers attempting to cure serious illnesses. The recipes are creative...many are original, and she is quite adventurous in her kitchen! They allow some welcome variety in following a ketogenic diet.

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