



# 200 Low-Carb High-Fat Recipes

By Dana Carpender

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## 200 Low-Carb High-Fat Recipes By Dana Carpender

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!



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## 200 Low-Carb High-Fat Recipes By Dana Carpender Bibliography

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### Editorial Review

#### Review

"If you are among the nutritionally enlightened, rejecting the outdated and destructive 'cut your fat and eat more healthy whole grains' message, and have ambitions for a sumptuous return to duck fat, lard, bacon fat, and coconut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**

"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**

#### About the Author

Best-selling author Dana Carpender was startled to discover that limiting her carbohydrate intake not only helped her control her weight, but produced the health and vitality a low fat diet had promised but never delivered. Fifteen years later, she laughs at people who say "You can't eat that way long-term." Her eight cookbooks are the result of her realization that the key to permanent dietary change is the answer to the age-old question, "What's for supper?" To date they have sold over a million copies worldwide. Dana blogs about low carb nutrition at [www.HoldtheToast.com](http://www.HoldtheToast.com); her weekly blog digest goes out to over 20,000 readers. She is also Managing Editor of CarbSmart magazine at [www.CarbSmart.com](http://www.CarbSmart.com), as well as a featured staff writer. Dana lives in Bloomington, Indiana with her husband and a menagerie of pets, all of whom are well and healthily fed.

### Users Review

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