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# **Eat Fat And Get Thin, Fit, And Healthier Than Ever Before!: Easy Diet And Delicious Cookbook: Recipes For Dramatic And Sustainable Weight Loss (Includes 21 Day Meal Plan)**



## Synopsis

The secret is out! If you want to get thin, fit, and healthier than ever before, you need to eat fat! A new diet revolution is underway, ushered in by the latest findings in nutritional science. For years our understanding of what makes us fat has been fundamentally flawed. Even worse, some of the diets and advice aimed at improving our health has actually contributed to the growing chronic disease epidemic currently plaguing the Western world. You don't have to live that way! This book will show you exactly how you can promote health, energy, and longevity, while losing amazing amounts of fat and feeling years younger! Not only that, you can achieve your health and weight loss dreams by eating some of the most delicious meals of your life! Dozens of Recipes and a 21 Day Meal Plan! This book is divided into three parts. The first part of the book explains the truth about consuming fats. This explanation aims to be scientifically sound while still remaining accessible to readers of any background. Understand which fats are healthy, how they impact your health, as well as the mistakes, lies, and dirty secrets that have led to our current state of mass confusion about fat consumption. The second part of this book is a cookbook. It is loaded with dozens of tasty and delicious recipes you will want to eat again and again. The recipes require no exotic equipment or expert cooking background. They may look like a million bucks on your plate, but most of the recipes in this book can be made for only a few dollars per plate. Most importantly, each and every recipe you will find in this book is informed by a simple truth: if you want to get thin, fit, and healthy, you need to eat fat! Finally, the third part of this book is a complete 21 day meal plan that provides a delicious breakfast, lunch, and dinner you can prepare for yourself alone or for your entire family every day for 21 days. The meals are so delicious you won't even realize you are on a diet. Check your weight before and after the 21 day meal plan and you will see for yourself how powerful a healthy high fat diet can be! A sustainable healthy high fat, low carb lifestyle - not a restrictive starvation diet. The healthy fat recipes in this book are not based on adhering slavishly to arbitrary rules about consuming certain things at certain times or restricting your caloric intake and starving yourself. At its core, living the healthy lifestyle described in this book involves embracing a simple philosophy: treat food as natural medicine and eat real, healthy food, in its fresh and natural form the way nature intended. Here is a preview of what you will find inside this book:

The Skinny on Fat  
The Calorie Myth  
The Crucial Role of Insulin  
Processing Popular Modern Carbohydrates  
How Carbohydrates Make Us Sick  
Why Low Calorie Diets are Ineffective and Dangerous  
Other Factors That Contribute to Obesity  
The Deadly Secrets of the Sugar Industry  
Does Saturated Fat Cause Heart Disease?  
Are All Carbs Bad?  
What Fats are Healthy? Which Fats are Unhealthy?  
Healthy High Fat Recipes for Breakfast, Lunch, and Dinner  
Amazing Avocado Recipes  
Snacks and Appetizer

RecipesDessert Recipes21 Day Meal Plan for Health and Sustainable Weight LossDo something good for your health today!Let this book show you the amazing alternative to the flawed conventional wisdom about health and obesity. Grab your copy today so that you can embrace a new and improved you, one amazing meal at a time!Start today by grabbing your copy of this book and enjoying all the benefits that come with living a healthy high fat lifestyle!

## Book Information

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## Customer Reviews

This was easily one of the best diet cookbooks I've purchased on . The first part of the book explains the reasons why we get fat. Some of the reasons are not what you would expect! I was surprised by some of the conclusions (like chapters on the secrets of the sugar industry and the truth about saturated fat), but I really appreciate how the author takes the time to back up his arguments with scientific evidence. You can tell a lot of research about the current state of nutrition and health sciences has gone into this book, yet it never gets too dense or complex to be an enjoyable read. The fundamentals of the diet are solid, well explained, fun to learn, and easy to understand.The majority of this book, probably 75% or so, is recipes. I've only tried a couple of them

so far so I can't comment on all of them but the ones I've tried have been absolutely top shelf. I like that complete nutritional information is included so I know exactly what I am putting into my body. There is also a full 21 day meal plan that I haven't tried yet, but it looks like it has lots of variety in the meals and I am looking forward to following it. I have to mention this as well: there is literally an entire section of the book devoted to avocado recipes. Think you can't do much with an avocado? Think again! Avocados are super foods that are packed full of healthy fats and if you aren't eating them regularly, you should be! There are lots of delicious ways you can eat avocado. If you are like me and you already LOVE avocados, the avocado recipe section alone is easily worth the cost of the book. I made the salmon and cucumber avocado salad recipe for lunch and my jaw just about hit the floor - it was remarkable! In short, if you are looking for a sensible diet cookbook that is easy to stick to and well explained, and contains about 70 or 80 super healthy recipes that all sound divine, this is definitely the book for you.

People would always assume that fats are not good for the body most especially when we are opting for a diet. However, this book will make you think otherwise and will give the explanation as to why it is also important for our daily consumption. What I like about this book is that it is very informative at the same time being able to defend its conclusions. The recipes that contain within are mouth watering and delicious.

Aside from the 21-day meal plan that I've been following ever since I got this book and the easy-to-follow delicious recipes this book provides, I loved that Robert also explained why and how this diet works. After reading through it and checking the facts, I've decided to follow the 21-day meal plan and although it has only been a week, I feel healthier and I lost a few pounds already.

At first I thought this book is just a hoax not until I finished reading it it is very informative and useful as well in me because I've been obese in my life and now I'm getting this kind of diet hopefully I could lose some weight!

This book is a major starting point to eating well. It seems he is on the right path for eating healthy, although it is a bit hard to follow his style of eating. Everything that other writers have said is in one compact book. I am looking forward to following this as much as possible. I highly recommended this book.

I am having a problem on losing weight for so many years cause it is so irresistible eating delicious foods. Well, This book is really great cause it solves my problem cause the recipes on this book is really effective on losing weight and it also gives me a delicious food. I am really glad that I buy this book.

I loved the book title as soon as I've seen it! Eat fat gets thin! A lovely book full of recipes, to be exact, 30 recipes that are really useful and tasty! Interesting way to look at diets and not feel like you're forced to eat different or less food. I loved the special regime that helps a lot with your weight in a quick and efficient way. Very creative and inspiring. Definitely recommended to anyone trying to eat healthy, tasty food and lose weight at the same time.

What I loved about this book is the 21 day meal plan. They say that it takes 21 days to create a habit so if I survive eating healthy thrice a day for 21 days then I guess I'll make it. I can't wait to make the simple healthy meals that are included in this book.

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for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) ZONE DIET: Zone Diet For Weight Loss & Better Health (Includes a 7-Day Meal Plan to Lose Weight Now) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, ... diet food, Zone diet for beginners Book 1) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Weight Loss Diet, Avoid Mistakes & Live Healthier (Ketogenic Diet, Ketogenic Weight Loss, Ketogenic Recipes, Ketogenic Diet Plan) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Summary Of Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health by Mark Hyman M.D. Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes)

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