



**Low Carb High Fat Cookbook: Top 50 Most
Delicious LCHF Recipes [LCHF Cookbook, Sugar
Free Recipes, Low Carb Recipes, Low Carb
Cookbook, Ketogenic cookbook] (Recipe Top 50's
Book 69)**

Julie Hatfield

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Updated Mar 8, 2015: Included nutritional information (carbs, fat, protein, calories) for all recipes

The controversial **Low Carb High Fat (LCHF)** Diet has seen its share of controversy with some very strong opinions about this trend. The driving idea behind this movement is that you start to eat real food. You cut out all processed foods, sugar and most of the carbohydrates. The aim is to remove all foods that cause your blood sugars to spike.

This is really a lifestyle more than a diet. Importantly, you remove sugar and starches (such as bread, pasta, potatoes and rice) from your diet. This is not about counting calories and you don't have to starve yourself either – you eat until you are satisfied and feel full for longer. You focus on real foods such as fish, meat, vegetables that grows above the ground, eggs and natural fats such as butter. Foods that humans have been eating way before we ate all those carbs, foods that we are meant to eat.

The great side effect of this is that you will lose weight. This is what gets most people looking at this as a diet, and not a long term life style. But weight loss is just one of the health benefits that comes with this lifestyle. It also improve blood pressure, blood sugar, and good cholesterol. There are growing numbers of people seeing the benefits of following the LCHF diet. They all report feeling better, having less bloating and having more energy.

This recipe book perfectly complies with the LCHF diet and consists of the most delicious recipes from breakfast to lunch, dinner, dessert and everything in between. Start cooking and start loving your diet as you taste these gorgeous low carb dishes.

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Laura Mason:

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