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The Fat Fast Cookbook includes 50 fabulous low carb, high fat recipes that can help you break your weight loss stall or help your body become keto-adapted, catapulting you into Nutritional Ketosis. It does this with 50 great recipes to help you implement the Fat Fast.

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In 2013 Dana Carpenter, the best-selling author of books about low-carb and ketogenic diets, published her Fat Fast Cookbook. If you want to try the fat fast, you should get her book. It contains 50 delicious and easy to prepare recipes, enough to stay away from boring monotonous meals!

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