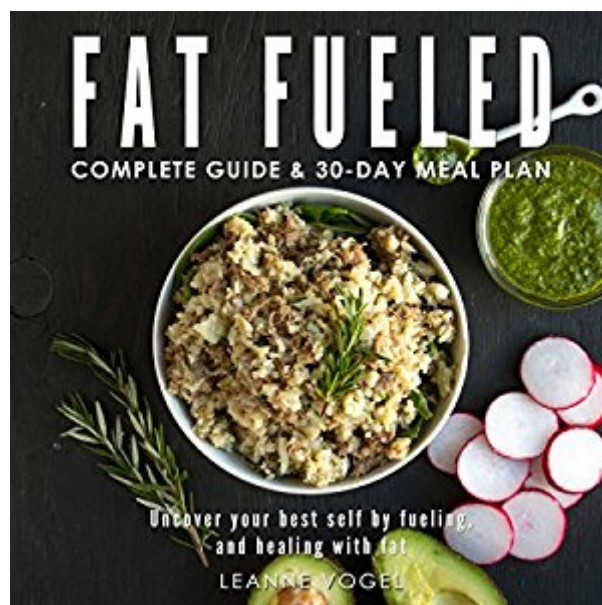




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Fat Fueled: Complete Program & Meal Plan: Uncover Your Best Self By Fueling; And Healing, With Fat And Whole Food-Based Nutritional Ketosis



Synopsis

Uncover your best self by fueling, and healing, with fat. A sensible program to achieving a state where your body has adapted to burning fat as fuel, and is encouraged to promote body healing with a matrix of support geared toward women's health. Lasting weight loss, hormone regulation, balanced moods, increased energy - you can have it all. With *Fat Fueled*, you'll be shown how to use nutrient-rich ketosis to.... Slide into fat-burning mode, without needing to go strict low-carb. Boost your body's ability to heal, naturally. Bust through plateaus to create a life you love. Liberate your ketogenic life from restriction, macronutrient manipulation, exercise abuse...and feel hot-damn sexy doin' it. 20 chapters, 137 actionable guides, mindful meal plan, and over 60 high-fat recipes that are free from wheat, dairy, gluten, eggs, nuts, legumes, sugar, and low-FODMAP, to uncover your best self by fueling, and healing, with fat. The one size fits all approach to nutritional ketosis ends now. Take Charge of Your Health Giving dietary fat primary real estate on my plate has been my ticket to freedom on so many levels. What began as a textbook approach to nutritional ketosis, has morphed into an epic journey of using dietary fat to my advantage - to heal, to balance, and to thrive. Now, I am *Fat Fueled* - a sane way of approaching a high-fat lifestyle that is far from the obsessive numbers game associated with the D word (diet - ew). My hormones are optimal for the first time ever. My eight-year battle with amenorrhea is over. My periods are natural, normal and pain-free. I have abundant energy My weight is stable. I love my body, and I make my own rules. I am nourished, I am strong, I am balanced, and I'm using dietary fat to keep me here. You can do it, too. This is what it means to be *Fat Fueled*.

Book Information

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Cooking #155 in Books > Audible Audiobooks > Health, Mind & Body > Diet & Nutrition #243

Customer Reviews

Good info

This is another great book by Leanne. She creates flexibility within the program and, as always, presents the facts that no one program works for everybody, all the time. My doctor put me on a ketogenic diet, however, I also need to use carb-ups to maintain thyroid function and hormone balance. This is often not talked about in the HFLC community. This book is filled with great information, a variety of options, and sound science. Leanne writes in a down-to-earth, relatable voice. Not only is this book informative, it is enjoyable.

Granted, this is a hard program to follow. Your body doesn't want to give up it's "sugar". After following the AutoImmune Protocol for 4 years, probably the healthiest eating program around, I still couldn't balance my blood sugar. After hearing Leanne Vogel interviewed by Dr. Brian Mowll, I added her low carb high fat protocol. I have been following this way of eating for 4 months now. After 30 years of blood sugar results over 103 and sometimes even higher, my test results were 88 today! Simply amazing!

This book is perfect! Anyone who is intimidated to converting to a keto (high fat low carb) lifestyle should by this book! It's easy to understand and NO counting! Eat well to feel better without feeling deprived!

Reading this book makes me feel like there is finally someone out there who totally gets me, gets my struggles as a woman, speaks to me like a friend would, and provides so much information in a logical way that explains what is going on with me and how I can achieve my goals.

IÃfÃ Â â ÑÃ Â,cm 25 and have struggled with amenorrhea for three years and have had a damaged relationship with food in the past. LeanneÃfÃ Â â ÑÃ Â,cs approach to truly putting your body first makes me feel like it's OK to not beat myself up if I donÃfÃ Â â ÑÃ Â,ct stick to some strict regimen because otherwise IÃfÃ Â â ÑÃ Â,ve failed. Every day I'm learning to do whatÃfÃ Â â ÑÃ Â,cs right for me based on what my body needs by figuring out what is or isnÃfÃ Â â ÑÃ Â,ct working and following guidelines for how to live my life in a fulfilling way. I'm learning to be OK if what I want or need on a given day changes, I'm gaining the confidence to listen

to my body, and practicing strategies to fix the specific imbalances I've been struggling with for so long while feeling like I was alone. I'm still on my journey to recovery and healing my body and am SO happy I've found Leanne as a resource!

Fat Fueled changed my life in so many ways. I've now started focusing on healing my body and eat MORE food while losing weight and feeling fantastic, after spending my whole life fighting to lose weight while starving myself. This book WILL change the way you see food, your health and your happiness!

This book is an awesome resource. Leanne's approach to low carb, high fat living has helped me navigate the waters of this way of eating without feeling crazy and restrictive. Leanne describes different approaches to eating keto because she knows there is no one-size-fits-all diet. The recipes are delicious. I highly recommend "The best kale pÃfÆ'Ã ÂtÃfÂ©" and the fudge muffins!

This book is full of practical information for living a healthy lifestyle of low carb, high fat (ketogenic). It addresses many issues women encounter eating this way, but my husband also found it very helpful. What a great resource. I have had great success and want to thank the author for her contribution.

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