



# **Eat Fat Get Thin: How Eating Fat Makes Life Better, The key to weight loss and healthy living**

*Elda Fisher*

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# Eat Fat Get Thin: How Eating Fat Makes Life Better, The key to weight loss and healthy living

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Eat Fat, Get Thin: How Eating Fat Makes Life Better, The key to weight loss and healthy living, this book will allow you to do just that: the emphasis being on what you eat rather than how many calories the food contains. The rules are simple keep your carbohydrates to a minimum by cutting out bread, potatoes and cereals, leave out the sugar, eat only the good fats and concentrate on protein rich foods.

Eat Fat, Get Thin is the new diet on which you can reach your desired weight easily and maintain it - for living healthy.

eat fat get thin, eat fat lose fat, low carb high fat, eat fat lose weight, eat more lose more, zero belly diet, flat belly diet, eat more weight less, eat more burn more, belly fat, belly fat diet, burn fat fast, LCHF, low carb diet

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