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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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Customer Reviews

I love this book so much. I have a history of an eating disorder and am healing from PCOS. I have tried many different "diets" and eating styles in my life, but Fat Fueled gave me the freedom to eat really delicious healing foods when I'm hungry. I highly recommend it.

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. I'm 25 and have struggled with amenorrhea for three years and have had a damaged relationship with food in the past. Leanne's approach to truly putting your body first makes me feel like it's OK to not beat myself up if I don't stick to some strict regimen because otherwise I've failed. Every day I'm learning to do what's right for me based on what my body needs by figuring out what is or isn't 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!

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!

This book has tons of great information that guide you in a low carb eating style. There are plenty of options that fit your tastes instead of having a strict meal plan to follow. It is all about listening to your body and trusting that it wants to be healthy.

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.

Best low carb diet book out there. For real. In this book Leanne distances herself from other extreme keto approaches and offers instead different low--carb and high-fat eating styles, so we can play around until we find the one that suits us best. On top of that, she covers almost any possible dietary restriction and medical condition that could benefit from this diet. Lastly, she goes through a lot of body positivity, which is a breath of fresh air in a crowd full of ketoers that are obsessed with body fat percentage. Totally worth the buy!

I purchased Leanne's e-book off her website, and also purchased her first book Keto Beginning. This is a highly enjoyable and easily understandable guide to eating this way. I love that she's tailored it to women and includes plenty of real life advice. In addition, there's a wealth of Arsenal to protect you from naysayers. I'm almost a week into this eating style and I'm loving it. I'd definitely recommend. Also, not sure if the books here include membership to her FB group, but I find that very helpful as well.

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