

Good Fat By Fran McCullough

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In Good Fat bestselling author Fran McCullough delivers the delicious the foods we love to eat—real butter chocolate coconut whole milk and cream nuts avocados cold-water fish red meat olive oil bacon and eggs—are actually good for us. **Godfather gifts** In Good Fat bestselling low-carb guru Fran McCullough debunks all the fat myths demystifies cutting-edge science and—fork in hand—reveals the simple secrets to eating well and losing weight. **Good fat loss diet plan** Here she teaches you how *identify the good fats —and enjoy their good taste*avoid trans fats and other bad fats that damage health and pile on the pounds*combine low-carb foods with beneficial fats proteins and fresh ingredients for maximum energy*lose weight by eating more of the foods you crave*prepare more than 100 simple delicious recipes to put the good fat back on your table including Salmon Chowder Tuna with Rice Deep-Fried Coconut Shrimp Parsley Salad with Avocado Chicken with Olives and Oranges Grilled Cheese with Oregano Crisp Coconut Waffles Avocado Cheesecake and Wall-to-Wall Walnut Brownies : **Good fat coconut oil** Good fats slow the effects of aging improve mood and memory boost the immune system and protect against stroke and cancer, **Good faith estimate** And the most surprising news of The right fats are great tools for weight loss making you feel full longer and jump-starting your metabolism. It's a Not all fats are bad.and much more. Good Fat

