

# Fat Fueled: Complete Program & Meal Plan: Uncover your best self by fueling; and healing, with fat and whole food-based nutritional ketosis.



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 womens health. Lasting weight loss, hormone regulation, balanced moods, increased energy, you can have it all. With Fat Fueled, youll be shown how to use nutrient-rich ketosis to - Slide into fat-burning mode, without needing to go strict low-carb. - Boost your bodys 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-dawn sexy doin it. 20 chapters, 137 actionable guides, 300 pages, 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 8-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 Im using dietary fat to keep me here. You can do it, too. This is what it means to be Fat Fueled. Your body wants to be healthy, whole and happy. Join me!

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