



# Sweet and Savory Fat Bombs: 100 Delicious Treats for Fat Fasts, Ketogenic, Paleo, and Low-Carb Diets

By Martina Slajerova

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**Sweet and Savory Fat Bombs: 100 Delicious Treats for Fat Fasts, Ketogenic, Paleo, and Low-Carb Diets** By Martina Slajerova

**Get an energy boost that is high in fat, but low in protein and carbohydrates with Sweet and Savory Fat Bombs!**

Learn to make 100 savory and sweet snacks perfect for fat fasts and boosting your fat intake. These delicious, high fat snacks are ideal for Low Calorie High Fat, Ketogenic, and Paleo diets, and are also a great alternative to sugary treats.

Use *Sweet and Savory Fat Bombs* to help shed those stubborn pounds, to fill you up in between meals, or to give you an energy boost before your workout. Fat bombs are ideal for boosting your fat intake, as at least 85% of the calories come from fats.

These simple recipes include easy to find ingredients, so you'll always have something delicious and high in fat to snack on!

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## **Editorial Review**

### **About the Author**

**Martina Slajerova** is the founder of the KetoDiet blog and the KetoDiet app. Brought to the diet after being diagnosed with Hashimoto's Disease in 2011, Martina, frustrated with the lack of practical resources, created the KetoDiet app/blog/e-book to help others live the Ketogenic lifestyle successfully. She is currently pursuing a nutrition certification.

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