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Inside The Fat Fast Cookbook 50 Delicious Low Carb / High Fat Recipes These quick and easy-to-prepare recipes are written by Dana Carpender, Managing Editor of CarbSmart and author of 500 Paleo Recipes with contributions by low carb bloggers Amy Dungan and Rebecca Latham. The Science Behind the Fat Fast

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Inside The Fat Fast Cookbook 50 Delicious Low Carb / High Fat Recipes These quick and easy-to-prepare recipes are written by Dana Carpender, Managing Editor of CarbSmart and author of 500 Paleo Recipes with contributions by low carb bloggers Amy Dungan and Rebecca Latham. The Science Behind the Fat Fast

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