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Ketogenic Fat Bombs: Delicious Bites to Boost Your Energy Paperback – November 27, 2017. by Sophia Rose (Author) › Visit Amazon's Sophia Rose Page. Find all the books, read about the author, and more. See search results for this author. Are you an author? ...Use features like bookmarks, note taking and highlighting while reading Ketogenic Fat Bombs: Delicious Bites to Boost Your Energy. Ketogenic Fat Bombs: Delicious Bites to Boost Your Energy - Kindle edition by Sophia Rose. Keto Fat Bomb Recipes: 30 Low Carb Energy Boosters This post may contain affiliate links. If you've been on the keto diet for a while, you've probably heard of fat bombs, and maybe you've even tried them. Keto Fat Bombs are an essential part of your daily Keto Diet. Once you obtain ketosis, and have trained your body to burn healthy fats as energy, these small balls of energy will give you a boost and see you feeling full throughout the day!