



Fast Metabolism Diet Cookbook: Healthy, Wholesome, and Delectable Fast Metabolism Diet Recipes to Slim Down and Burn Fat

Angela Marcum

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If you're on the Fast Metabolism Diet, or simply looking for healthy, natural, and wholesome meals, then this cookbook is especially for you.

Good food nourishes your body, helps you unwind stress, releases stored fat, and cranks up your metabolic hormones! *The wonderful recipes found in this book work with the Fast Metabolism Diet by Haylie Pomroy to do just that.*

Jam-packed with over 80 healthy, wholesome, and absolutely mouthwatering recipes, this Fast Metabolism Diet Cookbook will help you not only succeed, but flourish with the Fast Metabolism Diet.

And Yes, This Cookbook is completely...

- Wheat Free
- Corn Free
- Dairy Free
- Soy Free
- Sugar Free

The Fast Metabolism Diet is based on phases that easily correspond with days of the week. By cooking and eating whole foods, your body will begin to recharge and rejuvenate.

PHASE ONE recipes include foods that help your body de-stress, including simple *Wild Blueberry Angel Food Cake*, *Chickpea and Eggplant Curry*, and cool *Summer Spring Rolls*.

PHASE TWO recipes are designed to help your body release its stored fat, like the scrumptious, sweet and tangy roasted *Pork Tenderloin with Rhubarb Compote* or light and simple *Sweet Jicama Cobbler*.

PHASE THREE recipes bring on the burn, kicking your hormones into full speed to recharge your metabolism with healthy-fat meals like *Slow Cooker Bolognese* and *Pumpkin Quinoa Griddle Cakes*!

Since food is the fuel that will help change your body, there's no starving with the Fast Metabolism Diet. Eat five times a day, and enjoy snacks like *Chamomile Poached Pears* or tender and crispy *Oven Baked Jicama Fries*!

These easy, incredible meals are specially designed to help you lose up to 20 pounds in 28 days by shaking up your stagnant metabolism. It's time for you to reclaim your kitchen, drop the pounds, and fall in love with *real* food again. You deserve it!

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Kevin Nixon:

People live in this new day time of lifestyle always attempt to and must have the free time or they will get wide range of stress from both day to day life and work. So , once we ask do people have spare time, we will say absolutely sure. People is human not really a robot. Then we ask again, what kind of activity do you possess when the spare time coming to an individual of course your answer can unlimited right. Then do you ever try this one, reading publications. It can be your alternative inside spending your spare time, the particular book you have read is Fast Metabolism Diet Cookbook: Healthy, Wholesome, and Delectable Fast Metabolism Diet Recipes to Slim Down and Burn Fat.

Sarah McClain:

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Wesley Mansour:

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