



The Fast Metabolism Diet Cookbook (Hardback)

By Haylie Pomroy

Random House USA Inc, United States, 2013. Hardback. Condition: New. Language: English . Brand New Book. Turn your kitchen into a secret weapon for losing up to 20 pounds in 28 days through the fat-burning power of food! Use food as medicine to cook your way healthy in this must have companion to the bestselling diet sensation, The Fast Metabolism Diet. You will find over 200 simple, effective, mouthwatering, family-pleasing recipes designed to evoke change in your body with a plan that celebrates food, thrives on variety, and has you eating five to six times a day according to a three-phase plan strategically designed to keep your metabolism burning at lightning speeds. On phase 1 you will cook to unwind stress and support your adrenals with nourishing breakfasts like Strawberry Pancakes, as well as delicious entrees like the Mediterranean Turkey with Wild Rice. On Phase 2, you ll be cooking to unlock stored fat and feed the liver with protein-rich salads like the Grilled Turkey Bacon and Asparagus Salad, and luxurious dinners like Rosemary Pork Tenderloin with Mustard Greens. Then on Phase 3, it is time to use your kitchen to unleash the burn and ignite the Fast Metabolism hormones...



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