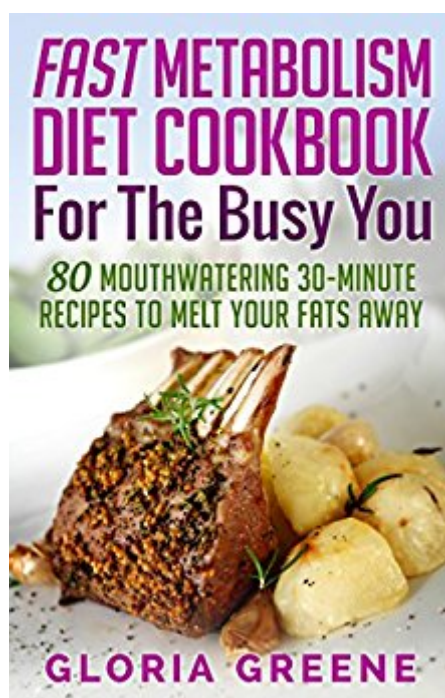


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# Fast Metabolism Diet Cookbook For The Busy You: 80 Mouthwatering 30-Minute Recipes To Melt Your Fats Away (Breakfast, Lunch, Dinner & Snacks Recipes For All Phases Included)



## Synopsis

Who Else Wants to Have Gorgeous Curves, A Flat Belly & Thinner Thighs Others Will Be Envious Of? Endorsed by Dr. Oz and celebrities like Jennifer Lopez, the Fast Metabolism Diet supercharges your metabolism and helps you lose as much as 20lbs in just 28 days... while you eat the foods you love. Inside the Fast Metabolism Diet Cookbook for Busy People, you'll find 80 mouthwatering meal recipes you can be easily prepared within 30 minutes, or less. There are a variety of recipes for breakfast, lunch, dinner and even snacks for all 3 phases of the diet -- all of which come complete with step-by-step instructions you can easily follow. They also come with nutritional information like sodium and calorie levels so you can track their intake if you like to. To top it off, you will also get: The 5-Step Action Plan to transform your body into a natural, fat-burning machine starting from right away The 8 tips you MUST know before the Fast Metabolism Diet can work for you The exact exercise routines you can put to work for you to speed up your results at different phases of the diet And much, much more! In just 30 minutes from now, you can have your next mouthwatering meal that will begin to reshape your body and create the gorgeous curves your friends will be completely envious of. To Get Started, Simply Download Your Copy of Fast Metabolism Diet Cookbook for Busy People Now!

## Book Information

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## Customer Reviews

The recipes in this book do NOT follow Haylie Pomroy's diet. Sugar and olive oil in Phase 1? Sugar anywhere in the entire diet?? Don't bother.

There are a lot of diet books out there. This Fast Metabolism Diet cookbook is different because it uses real food and teaches you how to kick start your body's natural fat burning process; metabolism! The recipes in this book are great. They offer a variety of food to fit anyone's tastes. I've noticed in the past that diets with boring or really restrictive "lists" are harder to stick to. The same food everyday gets boring! The unique part of this book is the suggestion to keep a diet journal before starting the diet. This definitely sets this book apart from the others and gives the reader a chance to take stock of their eating habits. This is crucial for changing habits because you need to know what to change! Overall this book is incredibly helpful for anyone looking to rev up their metabolism!

Do I have to give it a star? The recipe for pumpkin spice sauce (?) Phase I instructs to add a half cup brown sugar ... Wait.... I haven't tried this eating plan, but I know there is no sugar allowed. No reason to look at the other recipes!

I really enjoyed some of these, I'm vegetarian so I was hoping for more that I could have but there's things I can adjust. The recipes are straightforward and they are fast to prepare like it says. So far the ones I tried were under 30 minutes, which I've seen plenty of books lie about so this is true - they're fast. Too early to say if it's really doing all much for my metabolism but my boyfriend says he feels more energy so it must be something working already! The pineapple pork got rave reviews from the family though which is reason enough alone to buy it! I'd recommend this for anyone who is busy and likes not to spend a lot of time cooking.

BEEN THERE DONE THAT.. Tried all these self proclaimed weight loss experts on tv. Read and practiced all the tricks in the books and cds I could lay hands on. I frequent the gym a lot but struggling to keep my weight in check. Some of the books out there contain unrealistic steps to follow and their recipes are simply nasty and tasteless. Through research I discovered the secret will be speed up my metabolism in order to burn more calories. Read and practiced few books but nothing changed. I almost gave up until I decided to give this book a try. The steps recommended in the fast metabolism diet book is realistic and easy to understand and follow. The four weeks to

fabulous part in the book has some very valuable information everyone struggling with weight loss needs to read. Just follow the simple knowledge and steps in the book you will see results for yourself. Good knowledge for your buck.

Recipes to melt your fats away? Could you believe that? Yes, that's how amazing this cookbook is. It doesn't just give you mouth-watering recipes, but also help you flush away all your fats with yummy recipes. Who would have thought that you could melt away your fats while you keep on eating tasty food? I always thought that I need to eat less just to lose some weight. Well, with this wonderful cookbook, you wouldn't have to worry about your calorie intake. You could now have appetizing meal without worrying about gaining extra pounds. I highly recommend this cookbook!

This ebook is very easy to use the fast metabolism diet cookbook can change your life and how you eat if you're serious about really changing your diet and they give you full recipe's in the book itself

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