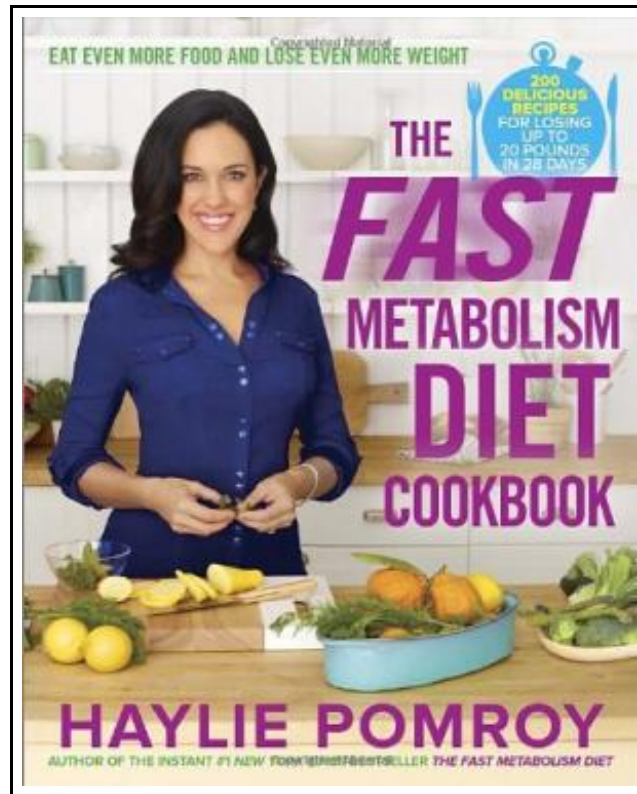


## The Fast Metabolism Diet Cookbook: Eat Even More Food and Lose Even More Weight (Hardback)



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**(Noble Hagenes)**

## THE FAST METABOLISM DIET COOKBOOK: EAT EVEN MORE FOOD AND LOSE EVEN MORE WEIGHT (HARDBACK)



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Random House USA Inc, United States, 2013. Hardback. Book Condition: New. 234 x 194 mm. 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 and French Toast with Peaches, as well as delicious entrees like the Mediterranean Turkey with Wild Rice, Halibut Stir Fry, and Brown Pasta with Meat Sauce. 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, the Chicken Fajita Salad, and luxurious dinners like Lamb with Green Beans, Filet Mignon and Cabbage, and 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 with high healthy fat meals like the Sprouted Grain Breakfast Burrito, Steak Fajita Avocado Wraps, and Fried egg with Olive Oil Spinach. You ll prepare dairy free creamy soups and stews like Leek and Cauliflower Soup and Veggie Chili, and serve crowd-pleasing dinners like Turkey and Bell Pepper Casserole, and Cornish Game Hens with Mushroom Quinoa Stuffing As you cycle through all three phases each week you ll...

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