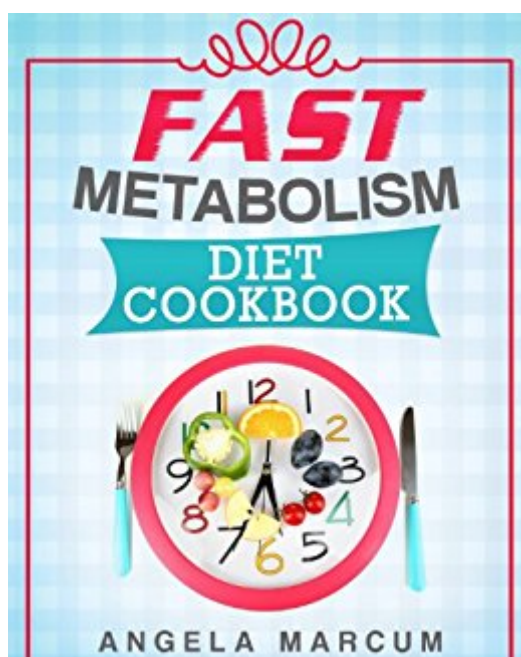


The book was found

Fast Metabolism Diet Cookbook: Healthy & Wholesome Fast Metabolism Diet Recipes To Slim Down And Burn Fat



Synopsis

If you're on the Fast Metabolism Diet by Haylie Pomroy, or simply looking for wholesome meals to boost your metabolism, then you're in luck! Good food nourishes your body, helps you unwind stress, releases stored fat, and cranks up your metabolic hormones! The delicious recipes found in this book work with Haylie Pomroy's Fast Metabolism Diet to do just that. The Fast Metabolism Diet Cookbook by Angela Marcum is packed with over 80 healthy, wholesome, and absolutely mouthwatering recipes to help you succeed and flourish with the Fast Metabolism Diet. The Fast Metabolism Diet is based on phases that easily correspond with days of the week. By cooking and eating the simple, whole foods listed on Haylie's master list, your body will begin to recharge and rejuvenate. And Yes, This Cookbook is completely...Wheat FreeCorn FreeDairy FreeSoy FreeSugar FreePHASE ONE includes recipes that help your body de-stress, including simple Wild Blueberry Angel Food Cake, Chickpea and Eggplant Curry, and cool delicious 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 brings 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 twenty pounds in twenty-eight days by shaking up your stagnant metabolism. It's time for you to reclaim your kitchen and fall in love with food again. You deserve it!

Book Information

File Size: 10864 KB

Print Length: 143 pages

Publication Date: April 15, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00JM2H3CA

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #30,926 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9 in Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #14 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Fat #15 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Gluten-Free

Customer Reviews

I enjoyed this book tremendously. Eating to rev up my metabolism never tasted so good! As an individual who wants to "eat right," I am sometimes overwhelmed by the technical detail provided in some healthy eating cookbooks. This book broke out concepts into simple explanations I could easily grasp. Though I first purchased this book so I could own the delicious recipes inside, the background information provided by the author educated me on the process of speeding up my metabolism to burn more fat. I wasn't expecting this overview. Combined with the great recipes, I feel I got a real bargain with this book. The recipes included in the book are simple to prepare, don't have an excessive number of hard-to-find ingredients and are deliciously nutritious. I particularly enjoyed the breakfast recipes as I find simple and healthful breakfast recipes are hard to come by. Try the Wild Blueberry Angel Food Cake! This little gem of a book will have you eating delicious food that is good for you in no time at all. Meant especially for those following Haylie Pomroy's Fast Metabolism Diet, this book is also ideal for anyone wanting wholesome recipes that don't incorporate processed foods. For those on the Fast Metabolism Diet, this book makes an excellent companion. I hope this author is back in the kitchen preparing a Part 2 for us as I would look forward to more recipes of this kind.

I recently read about metabolism and how one's metabolism slows as we age. I started looking for more information about metabolism diets and came across one by Haylie Pomroy. The second part of my plan was to find related recipes that would work for me and be ones that I liked. I was more than pleased with this book of recipes. There are numerous recipes that immediately jumped out and I knew I could follow the Fast Metabolism Diet with recipes such as these. I was also pleased that the author included really nice photos of recipes. I never would have thought I could still enjoy things like stuffed cabbage while on a diet "but it is just one of the many recipes in this book. The book is nicely organized for quick reference. A+++ all the way. While this cookbook is perfect for anyone on the Fast Metabolism Diet by Haylie Pomroy I think even if you aren't on this diet, you'll be impressed with the recipe selection in this book.

I recently decided to try the fast metabolism diet after a friend recommended it and the "Fast Metabolism Diet Cookbook" came to my attention when I went looking for resources to help me succeed on the diet. What I liked about the recipe book is that even though it is perfect for anyone on the Fast Metabolism Diet by Haylie Pomroy, it was created to help anyone with a goal of getting healthy, losing weight and ramping up their metabolism by offering wholesome, tasty and healthy meals. It's packed full of information and easy to create recipes that are just as delicious as any fat laden meal... they just feed your body's metabolism in an exceptional way. Overall, this turned out to be a wonderful cookbook that gave me 80 new recipes to try out while I lose weight in a healthy way.

I am nearing the end of my first 28 days on the FMD, and decided that if I was going to continue it in any form, I desperately needed to try some new recipes. This book is exactly what I was looking for! Dozens of recipes that are easy to make, sized for one person or easily expanded to multiples, and featuring new combinations that I never thought to try. I now feel that I can continue with many of the same principles of the FMD as part of my regular meal plan! Extremely pleased.

I am delighted to discover this cookbook can genuinely be used with Haylie's diet plan. So far, the recipes that I cooked are great. Not to mention that the book has real wholesome recipes free of junk. I would definitely recommend this.

I love it. So far this book has had the tastiest recipes I've tried so far. They are easy to make, delicious and healthy. The Chili-lime Grilled peach, is absolute genius, tasty, filling, and has that little kick, yum. If it weren't for the illustrations in the book, and seeing the final product in the images, I wouldn't have thought to try it. All the recipes are fast, easy, and most of them you can make with the ingredients you already have at home. Five stars, and a New fan of Angela Marcum

I've been following this diet to the letter and I'm already seeing results. I'm feeling less bloated, I have more energy, and I rarely feel hungry. Everything is delicious! Specially the Tuna Salad Sandwich, the Venison Stew, and the Ginger Lemon Shrimp. The book has beautiful pictures of the food, and an introductory chapter on why the fast metabolism works.

I'm getting older and I know my metabolism is slowing down- I can tell by my weight gain around the

waist especially. I found this cookbook while doing a search and wanted something to easily download to my iPad. I just got this book yesterday and already made the 'cool turkey wrap with spicy chipotle apples' and loved it!! Super easy and quick to make and it tasted great. I'm hoping I can continue with these recipes and see some results along the waist line as well. :)

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