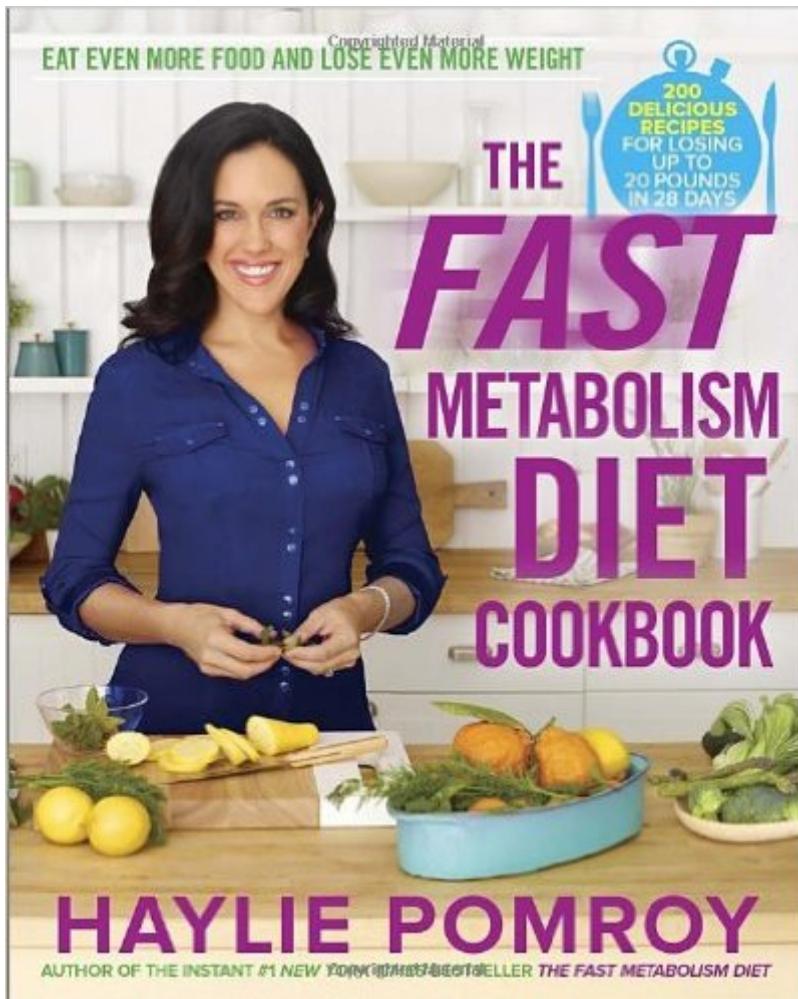


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# The Fast Metabolism Diet Cookbook: Eat Even More Food And Lose Even More Weight



## Synopsis

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 add kindling to your metabolic fire with amazing snacks like sweet potato fries, crispy kale chips, and fresh fruit salad, or mounds of veggies served with dips and dressings like the Black Bean Cilantro Dip, Mango Salsa, or creamy White Bean and Dill Hummus. And to top it all off, for each phase you'll be whipping up rich desserts and smoothies, like Baked Apple Crisp, Chocolate cherries, Coconut Almond Pudding, Melon-Mint Smoothie, and Blackberry Sorbet. Plus plenty of vegetarian, vegan, and gluten-free options, such as a hearty lentil chili, savory Artichoke-Avocado Salad, silky Butternut Squash Soup, and Garden Egg White Souffl. Full of helpful and affordable hints for cooking on each of the three phases, a wealth of freezer-friendly recipes to cook in bulk, and dozens of slow cooker options that can be prepared in under 5 minutes, this is the ideal tool for the busy mom, the on-the-go professional, or anyone who wants to make delicious, nutritious, home-cooked food part of his or her Fast Metabolism lifestyle.

## Book Information

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## **Customer Reviews**

First off, let me start by saying that I normally don't post too many reviews about the products I order. Not because I like or dislike the product (unless I get absolutely shoddy customer service, but that has not been the case with the majority of items I have purchased). I wasn't paid to review this product or try the diet, nor do I know anyone who is affiliated with the company. I'm simply just a chubby woman who was looking for a reasonable, realistic diet to shed some unwanted pounds. I bought the book along with the cookbook (and have subsequently ordered other "Fast Metabolism" cookbooks from other vendors- some good, some not so good). The book is a quick and easy read and despite knowing quite a bit about nutrition, contained some good information that was useful to me. There are a couple of inconsistencies with portions and food lists, but you do have to implement SOME common sense in its use! The additional cookbook is handy because it gives you a lot of other meal ideas so you don't feel like you are stuck eating the same types of things over and over again. It does take a bit to get in a rhythm of how and what you should eat. I found myself frantically chopping/buying/wasting food until I figured some things out on my own and now it is much easier. My biggest suggestions are to eat the same things (or just change up dinner) and both or all three days of the appropriate phase. I am simply not bothered by eating the same exact things on Day 1 and 2, and again on Day 3 and 4 but I change it up a little on Days 5, 6 and 7. I also found it is easier to eat the same dinners throughout the subsequent weeks so I have to cook less. I actually bought an upright freezer because I had so many leftovers and I find it is a complete joy not to have to cook some weeks.

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