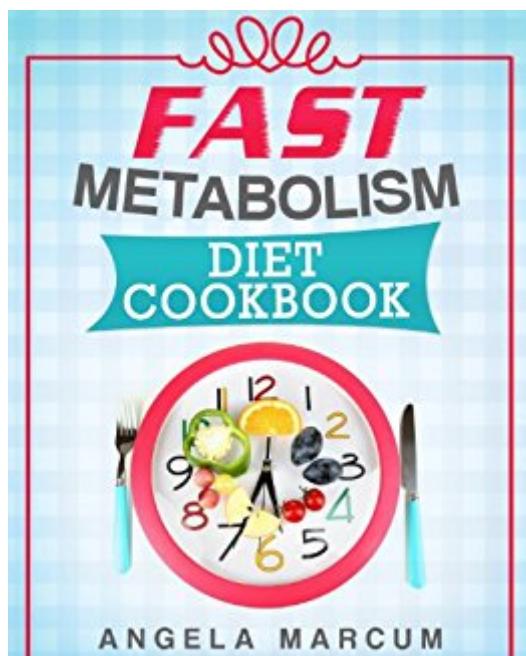


The book was found

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 Free, Corn Free, Dairy Free, Soy Free, Sugar Free. PHASE 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

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Customer Reviews

Angela has really enhanced the options for each meal in each phase of the diet. She has a nice blend of recipes on the easy to more involved spectrum. Most ingredients are accessible through regular grocery stores or health food stores or even . I didn't need any special cooking utensils, it was easy to understand directions, and the recipes inspired me to keep going with this diet.

Great additional tool for the Fast Metabolism Diet. I used both Haylie Pomroy and Angela Marcum cookbooks with great success. With a 4week diet plan it is nice to have lots of options. I especially enjoyed the photos and tips like the importance of corn free baking powder. Who knew there was corn in baking powder and why you need to eliminate it from your diet! Thanks Angela for making weight loss so filling, delicious and successful!

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.

Fast Metabolism Diet Cookbook is an excellent cookbook that helps make it easy to incorporate the principles of the Fast Metabolism Diet in an easy and delicious way. The pictures are so appetizing and the recipes are easy to follow making this cookbook my new go to for breakfast, lunch, dinner and snacks. I also love how Author Angela Marcum has laid out the book in phases and then by meals making it convenient to reference. My favorites so far have been the Chili-Lime Grilled Peach (which I can make in less than 10 minutes) and the Chickpea and Eggplant Curry. I am looking forward to trying all the recipes. I highly recommend it!

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 love adding cookbooks to my collection (particularly ones that don't use garbage and processed foods). My daughter attends culinary school and we're always looking for great new healthy and wholesome recipes to try. Also, I personally have been dealing with weight issues for many years so this book seemed like a perfect fit. The beginning about how to shake up your metabolism was brief and to the point, but very easy to follow and informative. Simplicity at its best, followed with over 80 great recipes! Very good buy and I can't wait to try them.

Fast Metabolism Diet Cookbook: Healthy, Wholesome, and Delectable Fast Metabolism Diet Recipes to Slim Down and Burn Fat is an excellent collection of recipes that will help boost your metabolism and let you burn calories faster while enjoying a higher energy level. These recipes make a terrific complement to the Fast Metabolism Diet pioneered by Haylie Pomroy, and the inclusion of common spices makes the recipes flavorful and tasty. This cookbook is my go-to for fast, easy recipes that taste good and are still good for me.

Angela's cookbook has some great FMD recipes that were easy to make. Most of the ones I tried were very tasty and added variety to the recipes in Haylie's book and cookbook. Not all of the recipes indicate if you need to add a fruit (or something else) to make it phase appropriate. That may cause confusion for folks new to FMD. I wish there was an index or a way to find recipes based on certain ingredients.

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