



The Everything Metabolism Diet Cookbook: Includes: Vegetable-Packed Scrambled Eggs * Spicy Lentil Wraps * Lemon Spinach Artichoke Dip * Stuffed Filet Mignon * Ginger Mango Sorbet

By Lindsay Boyers

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, The Everything Metabolism Diet Cookbook: Includes: Vegetable-Packed Scrambled Eggs * Spicy Lentil Wraps * Lemon Spinach Artichoke Dip * Stuffed Filet Mignon * Ginger Mango Sorbet, Lindsay Boyers, Burn fat and lose stubborn pounds with 300 easy recipes! The metabolism diet is a unique way of eating that emphasizes reduced carbohydrate intake for weight loss. The three phases of this diet change the amount of carbs, protein, and fats consumed--and these changes keep the body's metabolism guessing, getting it to work faster and burn fat! The Everything Metabolism Diet Cookbook explains the science behind metabolism and includes tips on ways to keep a metabolism going strong, no matter what body size or composition, age, or lifestyle. Hundreds of healthy and satisfying recipes include: Hearty Blueberry Waffles Roasted Beets with Thyme Pumpkin Chicken Chili Garlic and Ginger Stir-Fry Grilled Avocado Salad Individual Strawberry-Rhubarb Tarts This guide features food and meal plans that stimulate metabolism and trigger the fat-loss hormones (even while dieters rest!). With this guide, you will lose weight, have more energy, reduce cholesterol, and live a healthier life!.



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