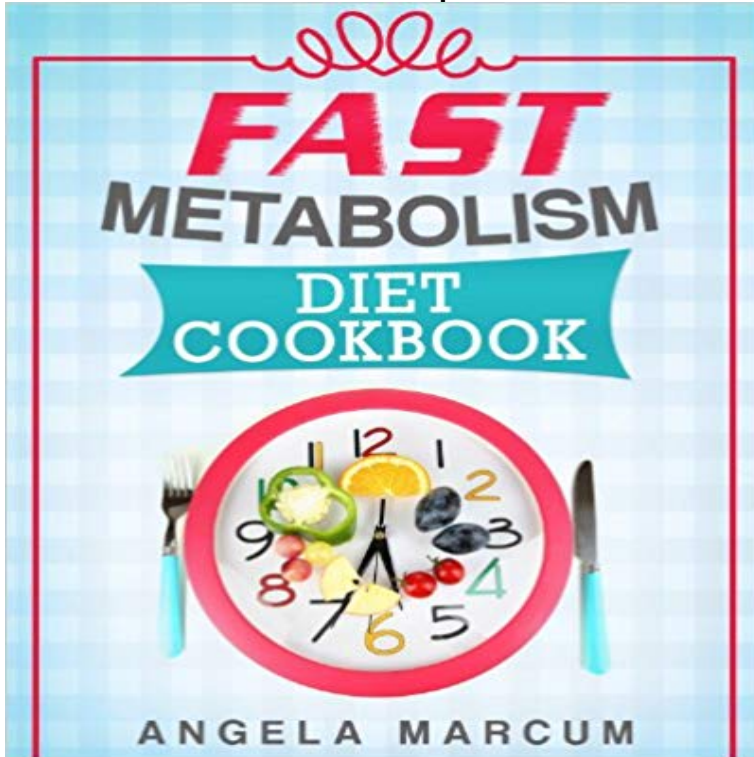


# Fast Metabolism Diet Cookbook: Healthy & Wholesome Fast Metabolism Diet Recipes to Slim Down and Burn Fat



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!

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