


# Fast Metabolism Diet Cookbook - Delicious Recipes to Jumpstart your Weight Loss: Do the Fast Metabolism Revolution and Change Your Life

*By Martha Stephenson*

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**Fast Metabolism Diet Cookbook - Delicious Recipes to Jumpstart your Weight Loss: Do the Fast Metabolism Revolution and Change Your Life** By Martha Stephenson

Is it possible to eat three full meals with snacks in between and still be on a diet? Definitely.

**Fast Metabolism Diet Cookbook: Delicious Recipes to Jumpstart your Weight Loss** will teach you how to turn food to become your friend instead of an enemy during for weight loss. Instead of eating less, this fast metabolism diet cookbook will tell you to eat as much you want, truly enjoy your food and still see those fats melting.

This is made possible by the **fast metabolism revolution**. For years, we've been led to believe that you have to steer away from carbs and fats and certain group of foods in order to lose weight. Fast metabolism diet believes that you should never alienate a certain food group, instead embrace them into your diet and simply follow the schedule of food consumption in this program.

What this means is that you can eat fruits and carbs and no fats on Mondays and Tuesdays. Wednesdays and Thursdays you'll be eating a number of vegetables and proteins and the rest of the week, you'll have servings of healthy fats and the rest of the food groups.

And by following our **fast metabolism recipes**, you'd realize that you're actually eating all the healthy and delicious foods so you never have to feel hungered or deprived. While the fast metabolism revolution is very deliberate in assigning your meals in certain days, you are in total enjoying a great variety of foods to keep your palate and metabolism guessing.

**The Fast Metabolism Diet Cookbook: Delicious Recipes to Jumpstart your Weight Loss** will prove that you too, can enjoy a slimmer body, gain more self-confidence and lead a healthier lifestyle just by eating healthy foods!

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**Joan Toon:**

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