



Fast Metabolism Diet Cookbook: Top 30 Healthy & Wholesome Fast Metabolism Diet Recipes to Boost Metabolism, Slim Down and Burn Fat

Jeanne K. Johnson

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The Fast Metabolism Diet can be the answer to everyone's dieting quest-the Holy Grail of Diets. 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!

By Reading This Book You Will Learn How To Cook 30 Healthy & Wholesome Fast Metabolism Diet Recipes to Boost Metabolism and Lose Weight Fast! Meal plans and shopping lists too!

Here are 30 Healthy & Wholesome Fast Metabolism Diet Recipes Including...

- Pan-Seared Salmon On a Vegetable Platter .
- Pan-Roasted Shallots and Zucchini Chicken.
- Egg-White and pepper Soufflé.
- Bacon with turnip greens and pepper vinegar.
- Skewed Mustard and Basil Shrimp.
- Black Beans and Quinoa Veg Patties.
- Halibut with Vegetable sauce.
- Roasted Chicken & Grapefruit Over Spinach.
- Much, much more!

For a full list of what you can see inside, scroll up and click on the look inside feature and check out the Table of Contents!

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Nelson Berg:

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Candace Hernandez:

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