



# Fast Metabolism Diet Cookbook: 30 Fast Metabolism Diet Recipes For Phase 1 (Fast Metabolism Diet Cookbooks)

*Dee Wallace*

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## Fast Metabolism Diet Cookbook. 30 Fast Metabolism Diet recipes for phase 1

**Today only, get this Fast Metabolism Diet Cookbook for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device or get it *FREE on Kindle Unlimited!***

**Lose up to 20 pounds in 28 days** by fooling your metabolism!

In this cookbook you will find **30 illustrated, simple, delicious, effective, family-friendly Fast Metabolism Diet recipes for phase 1** that will **keep your metabolism burning at 24 hours a day.**

During phase 1 of the Fast Metabolism Diet you will eat to undo stress and support your adrenals with **nutrient dense food.**

The Fast Metabolism Diet Cookbook is a great weight loss program that has **helped countless people** lose up to **20 pounds in 4 weeks** by jump-starting their metabolism. When changing the foods you eat every couple days, you will keep your metabolism on its toes, which causes it to kick into high gear.

This Fast Metabolism Diet Cookbook for phase 1 provides you with **30 recipes that you will need to lose weight** on this diet plan and help you **achieve a thinner, healthier, happier you!**

In Fast Metabolism Diet Cookbook for phase 1, you will find **30 DELECTABLE ILLUSTRATED RECIPES** validated by Dee's family and friends:

- Raspberry and chocolate oatmeal
- Irresistible baked oatmeal
- Overnight pumpkin pie oatmeal
- Apple crisp baked oatmeal
- Hearty beef and noodle soup
- Chicken and mandarin quinoa salad
- Cajun grilled salmon with pineapple salsa
- Chicken and mango rice salad
- Salmon and barley stew
- Chop suey
- Vegetarian chili

**...And so much more!**

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