



## The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life

By Diane Kress

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### The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life

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Does a strong urge to fill up on carbs sabotage your weight-loss efforts? Are you often tired and irritable, and is there a roll of fat around your middle? Now it's easier than ever to eat great *and* lose weight. *The Metabolism Miracle Cookbook* includes more than 150 quick-and-easy, carb-controlled recipes and menus tailored to each step of *The Metabolism Miracle* diet plan.

Nearly half of all Americans have “Metabolism B” and unknowingly overproduce the fat-gain hormone insulin. These recipes are specifically formulated to help people with this hidden condition lose weight, lower blood pressure and cholesterol, decrease risk of or improve control over diabetes, and increase their energy.

From appetizers, soups, and salads to vegetables, entrées, and desserts ideal for family meals, readers will have no shortage of delicious options. Vegetarian and gluten-free choices are also included.

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- Sales Rank: #37085 in Books
- Published on: 2010-12-28
- Released on: 2010-12-28
- Original language: English
- Number of items: 1
- Dimensions: 9.10" h x .75" w x 7.30" l, 1.23 pounds
- Binding: Paperback
- 328 pages

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### **Editorial Review**

Review

#### **DietsInReview.com, 1/7/11**

“This cookbook paired with the diet plan is great for those that have excess fat around their mid section and often feel tired and irritable. The recipes in this cookbook are quick, easy and carb-controlled. The recipes fit in perfectly with the different steps of the Metabolism Miracle diet plan.”

#### **Portland Book Review, 6/24/11**

“With recipes for Lemon-Garlic Chicken, Roasted Sweet Potato Fries, or Pumpkin Bread Pudding, readers will wonder when the dieting begins. *The Metabolism Miracle Cookbook* offers research-based information that sounds like a trusted friend talking to you over a Chocolate-Peanut Butter Smoothie.”

About the Author

**Diane Kress, RD, CDE**, owner and director of the Nutrition Center of Morristown, New Jersey, has specialized in weight reduction and diabetes for more than twenty-five years.

### **Users Review**

**From reader reviews:**

#### **Antonia Wagner:**

As people who live in typically the modest era should be upgrade about what going on or facts even knowledge to make these individuals keep up with the era that is always change and move ahead. Some of you maybe will probably update themselves by looking at books. It is a good choice for you but the problems coming to you actually is you don't know what one you should start with. This *The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life* is our recommendation so you keep up with the world. Why, because book serves what you want and wish in this era.

#### **Peter Burnett:**

*The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life* can be one of your beginning books that are good idea. We all recommend that straight away because this publication has good vocabulary that can increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort to set every word into satisfaction arrangement in writing *The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life* however doesn't forget the main place, giving the reader the hottest and based confirm resource data that maybe you can be one of it. This great information could drawn you into brand-new stage of crucial thinking.

**Richard Holeman:**

Are you kind of hectic person, only have 10 or 15 minute in your day time to upgrading your mind proficiency or thinking skill also analytical thinking? Then you are having problem with the book as compared to can satisfy your short space of time to read it because all of this time you only find guide that need more time to be examine. The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life can be your answer mainly because it can be read by you who have those short spare time problems.

**James Edgar:**

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