



The All-Day Fat-Burning Cookbook: Turbocharge Your Metabolism with 125 Fast and Delicious Fat-Burning Meals (Hardback)

By Yuri Elkaim

Rodale Press Inc., United States, 2016. Hardback. Condition: New. Language: English . Brand New Book. In The All-Day Fat-Burning Diet, renowned fitness expert and New York Times bestselling author Yuri Elkaim revealed the innovative way to accelerate metabolism for life: the 5-Day Food Cycling method. Readers used the food cycling formula to supercharge metabolic rate to gain ultimate health status. In this perfect companion to The All-Day Fat-Burning Diet, quick and easy recipes are laid out according to the revolutionary 5-Day Food Cycling plan. The All-Day Fat-Burning Cookbook arms the reader with more than 100 delicious gluten-, dairy-, and soy-free recipes including the 5-minute, five-ingredient Coconut Cream with Berries; the flavourful, 15-minute Beef and Rice with Spice; the vegetarian BBQ Butternut Squash Steaks; and more. The sesatisfying recipes will help readers stay lean and happy for life.



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