



**Fast Metabolism Diet: Top 49 Fast Metabolism Recipes-Reset Your Metabolism And Turn Your Body Into A Fat Burning Machine (Fast Metabolism Diet, ... Zero Belly Diet, Belly Diet, Flat Belly Diet)**

*Melinda Donetti*

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## **Top 49 Fast Metabolism Recipes-Reset Your Metabolism And Turn Your Body Into A Fat Burning Machine**

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

**In order to lose weight, you have to take back control of what you're eating. And that's where the Fast Metabolism Diet comes in** Having a slow metabolic rate can be discouraging at times. This is especially true if you are already following a strict low-calorie diet, and an exhausting exercise regimen. More so, when you personally know someone who eats more and exercises less than you do, and still has a slim figure. Instead of blaming your metabolism on your parents' genetics and prematurely giving up on losing weight, you should know that there are a number of easy-to-find and relatively affordable food items that can rev up your metabolism in a hurry. This book, the Fast Metabolism Diet (Top 49 Fast Metabolism Recipes) contains a list of food items that you can include in your daily meals that can really spur your digestive system into action. It also contains easy-to-follow recipes that you can use on a day-to-day basis.

### **Here Is A Preview Of What You'll Learn...**

- What is Fast Metabolism Diet?
- Ingredients that You Should Always Keep Close at Hand
- Stuffed Mushrooms with Minced Italian Sausage
- Easy Chicken and Mushroom Pot Pie
- Beefy, Spicy Meatball Soup (Albondigas)
- Homemade Brown Rice Pudding Ice Cream
- Chicken, Apple and Cucumber Salad
- Tuna and Cucumber Bites in Seasoned Vinegar (Kilawin)
- Red Bell Pepper and Paprika Soup with Italian Sausage
- Homemade Bran and Peach Muffins
- Chicken Congee with Toasted Sesame Seeds
- Brussels Sprouts and Squash Mash with Chestnuts
- Much, much more!

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#### **Elsie Port:**

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**Mark Bunnell:**

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