



# **Painless Fast Metabolism Diet Recipes For Lazy People: 50 Surprisingly Simple Fast Metabolism Diet Cookbook Recipes Even Your Lazy Ass Can Cook**

*Phillip Pablo*

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Are you on Fast Metabolism Diet and too lazy to cook? This recipes book contains 50 surprisingly simple Fast Metabolism Diet recipes you can prepare and cook on the same afternoon. In other words, it is so simple, even your lazy ass can cook! If you have done low-calorie diets and abandon it later, you will understand the limitation of this diet. You are always starving and this makes your body conserve fats. Unknown to you, you are also not taking in food are causing inflammation. This is slowing your bowels movement and at the same time causing insulin resistance. In anti-inflammatory diet, there are three phases to use your body's food burning capabilities. You are expected to eat a lot more than other diets. It is recommended that you eat 3 full meals (breakfast, lunch and dinner) and a minimum of 2 snacks everyday. There is no calories counting or avoiding any food groups. The idea is to have different varieties of foods to keep your body burning foods at different speed. In phase 1, it is designed for Monday and Tuesday. You will eat a lot of fruits and carbs. In phase 2, it is designed for Weds and Thursday and you will take in a lot of proteins and vegetables. Lastly, in phase 3, it is for Friday to Sunday and you will take in a lot of foods in phase 1 and 2 and oils plus fats. At the end of 4 weeks, you will notice that you have lose some weights, your energy level has sky-rocketed, you sleep better and you have less stress. This cookbook serves is written as a complement to "The Fast Metabolism Diet" by Haylie Pomroy. For further readings, i recommend you get this book as well. The recipes are designed so you can mix and match them according to your preference. Do not think that you have sacrificed your enjoyment of food by giving up meals. Chances are, there are meals you enjoyed eating and you get to stick to the Fast Metabolism Diet plans. You can substitute them with a variety of breakfast, lunches, dinners, desserts and snacks recipes. There are ample choices for those who want to stick strictly to Fast Metabolism Diet. This way, you will never get bored of eating the same meal over and over again. This reinforces your habit of sticking to the diet to a healthier you. Buy this Fast Metabolism Diet cookbook today and your Fast Metabolism Diet will be surprisingly simple to do!

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