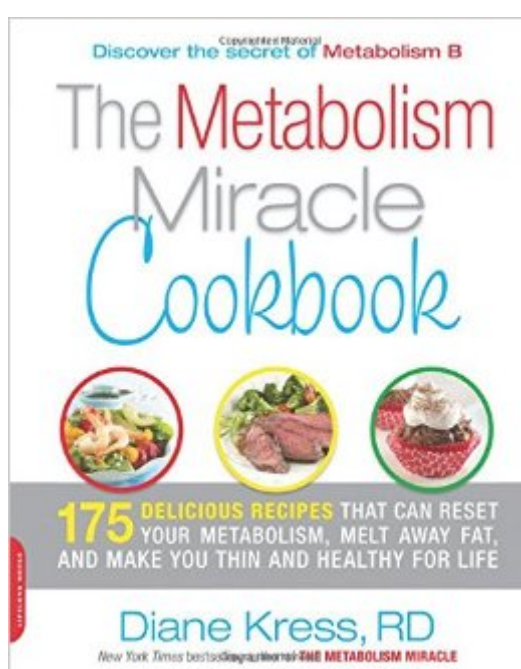


The book was found

The Metabolism Miracle Cookbook: 175 Delicious Meals That Can Reset Your Metabolism, Melt Away Fat, And Make You Thin And Healthy For Life



Synopsis

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 insulin resistance 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.

Book Information

Paperback: 328 pages

Publisher: Da Capo Lifelong Books; 1 Original edition (December 28, 2010)

Language: English

ISBN-10: 0738214256

ISBN-13: 978-0738214252

Product Dimensions: 7.2 x 0.7 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars (See all reviews) (171 customer reviews)

Best Sellers Rank: #79,260 in Books (See Top 100 in Books) #97 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #280 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #778 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

I have tried everything including lap band, gastric bypass... with bypass I lost 35lbs and then STOPPED. I then gained 35 lbs within 9 months. I was so DEPRESSED because I thought there was no hope. Then I was getting headaches daily, felt horrible, tired, cranky and finally after going to endocrinologist, he determined I had non-diabetic low blood sugar. EUREKA... at least one condition made sense... I then started watching blood sugar and whenever I tried to 'eat healthy', my blood sugar dropped dangerously low (one point 39 and stuttering and told my triplets next time mommy can't talk or make herself clear, call 911). I kept eating carbs to maintain energy. Kept gaining

weight. I came across this book and thought hmmm. this makes sense. Showed it to my GP and he poo poed it. My mom said.. 'you are your best doctor' and she was right... I prepared a worksheet of her guidelines and created a chart of what I had to do each day because my memory is horrible. And, I was overwhelmed with all the information of phase 1, phase 2, final phase etc.. I then realized... focus on phase 1, when you get close to phase 2, reread it and focus on phase 2 and don't worry about phase 3... I took my chart and marked each item off and was religious about staying off the carbs. I copied her 'arrow' page and put copy in purse and copy on cabinets to remind me of basic strategy and what to eat at what phase.. I started the plan... I had HORRIBLE headache for 5 days but sure enough, after day 5.. NO headaches, no energy issues etc... WE WENT on VACATION. I did AWESOME till the day we returned. I thought.. one day won't hurt me... In the back of my mind I was thinking...

At the end of the 8 Weeks of Phase 1 I lost 14 pounds and 8 inches. This WORKS! *2014 Update at end of Review* I wanted to keep my review short & concise but after reading how others fared on this program I thought I would share my experience too. I am Hypothyroid & in my mid-40's (there are two major issues working against me right there)! Prior to being diagnosed as Hypothyroid I could very easily lose a couple pounds if I wanted to. It took about 2 years before I was diagnosed as Hypothyroid which gave me some serious time to pack on the weight...EEK! NOTHING I did would help me lose weight. Not my clean eating lifestyle and 6 days of exercise. NOTHING! I was feeling so totally hopeless, then I found this book and began reading reviews. To the Reviewers who provided thorough Reviews...THANK YOU! It's because of your thoughtful reviews that I bought this book and that I'm on my way to being 'myself' again!! I was at my wits end! I was exhausted and crashing by 1pm. Each time I ate a simple carb I was craving sugar (and I'm not a sugar gal!). I worked out 5/6 days a week, ate right (with the exception of an occasional slice of pizza...then the sugar cravings!) and NOTHING was happening! In fact, I would lose a pound and gain 2!!! I was so (SOOOO!) tired of hearing people offering their advice like "work out more", "drink protein shakes for a meal or two each day", "eat less", you name it, everyone had advice (unsolicited at that!). Seriously? You think I didn't try ALL that? I tried everything in the last year short of the Master Cleanse! The problem is, what works for one persons body doesn't always work for another! Especially when they have other things working against them.

[Download to continue reading...](#)

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

You: 80 Mouthwatering 30-Minute Recipes to Melt Your Fats Away (Breakfast, Lunch, Dinner & Snacks Recipes For All Phases Included) Freezer Meals BOX SET 3 IN 1: 25 Simple And Money-Saving Recipes + 20 Healthy Crockpot Freezer Meals + 16 Delicious And Healthy Freezer Meals With No Meat: ... cookbook for two, dump dinners cookbook) Leptin Reset: 14 Days to Resetting Your Leptin and Turning Your Body Into a Fat-Burning Machine (Leptin Resistance, Leptin diet, Hormone Reset Diet, ... all grain, Ketogenic Diet, Atkins Diet) The Organic Makeover Diet: 21-Day Program to Reset Your Hormones so You Can Lose Body Fat & Increase Energy Without Hunger! Drop 10 Lbs Fat in Just 3 Weeks. The Happy Herbivore Cookbook: Over 175 Delicious Fat-Free and Low-Fat Vegan Recipes Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Oven-Baked Meals Box Set (4 in 1): Discover Meals and Recipes You Can Make with Your Toaster Oven, Sheet Pan and Dutch Oven (Cozy Meals for Busy People) Low Carb High Fat Cookbook: Bacon, Butter & Coconut Oil-101 Healthy & Delicious Low Carb, High Fat Recipes Perfect For the Paleo Diet, Atkins Diet, Low ... Paleo Cookbook, Gluten Free Cookbook) The New Abs Diet Cookbook: Hundreds of Delicious Meals That Automatically Strip Away Belly Fat! Fast Metabolism Diet Cookbook: Healthy & Wholesome Fast Metabolism Diet Recipes to Slim Down and Burn Fat Slow Cooker Freezer Meals: 30 Best Tasting Slow Cooker Freezer Meals In 3 Hours: (Freezer Recipes, 365 Days of Quick & Easy, Make Ahead, Freezer Meals) ... cookbook for two, dump dinners cookbook) Eat Fat, Lose Weight: The Right Fats Can Make You Thin for Life Leptin Resistance: The Leptin Reset: Discover How To Fix Your Fat Hormones And Reboot Your Fat Burning Engine Into First Gear Again (Leptin resistance, ... all grain, ketogenic diet, Atkins Diet) Quick and Easy Make Ahead Meals Cookbook: 25 Make Ahead Meals Made Healthy Low Carb Freezer Meals: 30 Healthy Meals to Choose and Prepare in One Day for the Whole Week to Save Your Time and Money (Microwave Cookbook & Quick and Easy Meals) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset) Adrenal Fatigue: Goodbye - Adrenal Fatigue! The Ultimate Solution For - Adrenal Fatigue & Adrenal Burnout: Adrenal Diet - Hormone Reset - Balance Hormones ... Reset, Addison's Disease, Low Libido) Cheap and Delicious Box Set: 31 Fast Freezer Meal Recipes For Money Saving and 33 Easy to Follow Steps For Canning, Freezing, Dehydrating your Favourite ... Delicious, cheap meals, Make Ahead Meals)

