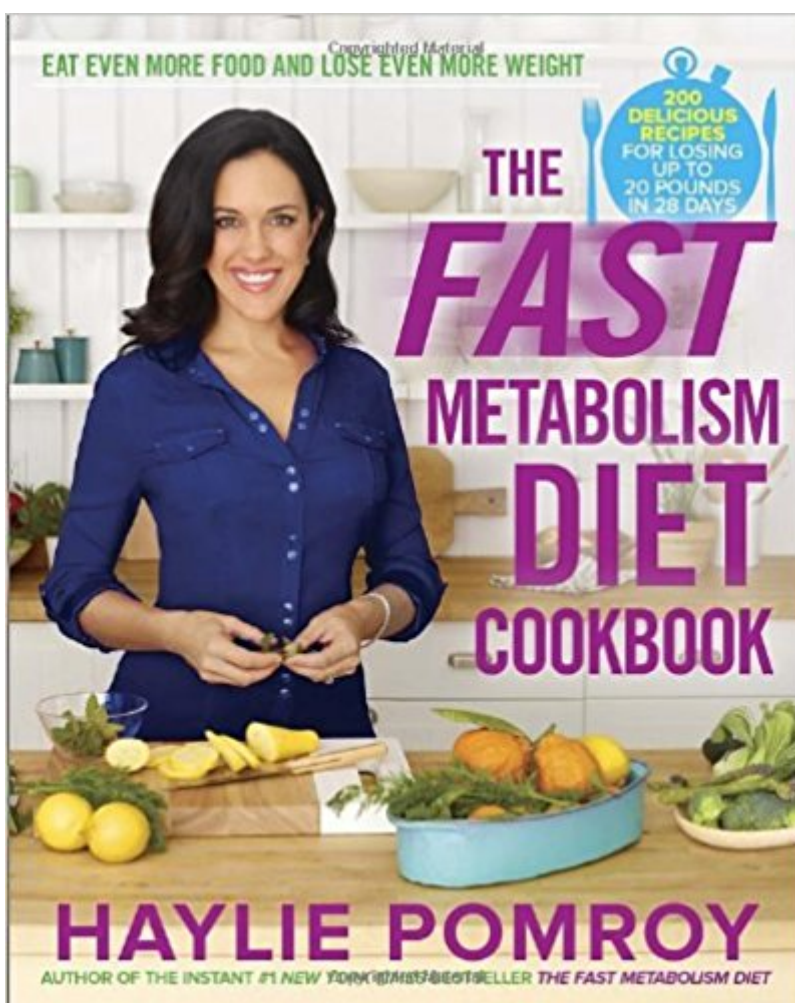


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# The Fast Metabolism Diet Cookbook: Eat Even More Food And Lose Even More Weight



## Synopsis

Turn your kitchen into a secret weapon for losing up to 20 pounds in 28 days through the fat-burning power of food! Use food as medicine to cook your way healthy in this must have companion to the bestselling diet sensation, The Fast Metabolism Diet. You will find over 200 simple, effective, mouthwatering, family-pleasing recipes designed to evoke change in your body with a plan that celebrates food, thrives on variety, and has you eating five to six times a day according to a three-phase plan strategically designed to keep your metabolism burning at lightning speeds. On phase 1 you will cook to unwind stress and support your adrenals with nourishing breakfasts like Strawberry Pancakes, as well as delicious entrees like the Mediterranean Turkey with Wild Rice. On Phase 2, you'll be cooking to unlock stored fat and feed the liver with protein-rich salads like the Grilled Turkey Bacon and Asparagus Salad, and luxurious dinners like Rosemary Pork Tenderloin with Mustard Greens. Then on Phase 3, it is time to use your kitchen to unleash the burn and ignite the Fast Metabolism hormones with high healthy fat meals like the Fried egg with Olive Oil Spinach. You'll prepare dairy free creamy soups and stews like Leek and Cauliflower Soup, and serve crowd-pleasing dinners like Turkey and Bell Pepper Casserole. As you cycle through all three phases each week you'll add kindling to your metabolic fire with amazing snacks like sweet potato fries served with dips and dressings like Mango Salsa. And to top it all off, for each phase you'll be whipping up rich desserts and smoothies, like Coconut Almond Pudding and Blackberry Sorbet. Plus plenty of vegetarian, vegan, and gluten-free options, such as a hearty lentil chili, savory Artichoke-Avocado Salad, and Garden Egg White Soufflé. Full of helpful and affordable hints for cooking on each of the three phases, a wealth of freezer-friendly recipes to cook in bulk, and dozens of slow cooker options that can be prepared in under 5 minutes, this is the ideal tool for the busy mom, the on-the-go professional, or anyone who wants to make delicious, nutritious, home-cooked food part of his or her Fast Metabolism lifestyle.

## Book Information

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## Customer Reviews

Featured Recipes from The Fast Metabolism Diet Cookbook Download the recipe for Greek Meatballs and Veggies Download the recipe for Peach Sorbet Download the recipe for Tangerine Halibut Salad

#1 New York Times Bestselling author Haylie Pomroy is well known in Hollywood and in the medical community for her ability to effect rapid weight loss by using food to jump-start the metabolism. With Integrative Health Care Clinics in Beverly Hills, Burbank, Irvine, and Fort Collins, her celebrity clients include Jennifer Lopez, LL Cool J, Robert Downey Jr., Reese Witherspoon, and NFL athletes. She has appeared on Doctor Oz, Good Morning America, Katie Couric, EXTRA TV, Access Hollywood, and been featured in First for Women, People Magazine, Harper's Bazaar, Marie Claire, New Beauty, and more.

First off, let me start by saying that I normally don't post too many reviews about the products I order. Not because I like or dislike the product (unless I get absolutely shoddy customer service, but that has not been the case with the majority of items I have purchased). I wasn't paid to review this product or try the diet, nor do I know anyone who is affiliated with the company. I'm simply just a chubby woman who was looking for a reasonable, realistic diet to shed some unwanted pounds. I bought the book along with the cookbook (and have subsequently ordered other "Fast Metabolism" cookbooks from other vendors- some good, some not so good). The book is a quick and easy read and despite knowing quite a bit about nutrition, contained some good information that was useful to me. There are a couple of inconsistencies with portions and food lists, but you do have to implement SOME common sense in its use! The additional cookbook is handy because it gives you a lot of other meal ideas so you don't feel like you are stuck eating the same types of things over and over again. It does take a bit to get in a rhythm of how and what you should eat. I found myself frantically chopping/buying/wasting food until I figured some things out on my own and now it is much easier. My biggest suggestions are to eat the same things (or just change up dinner) and both or all

three days of the appropriate phase. I am simply not bothered by eating the same exact things on Day 1 and 2, and again on Day 3 and 4 but I change it up a little on Days 5, 6 and 7. I also found it is easier to eat the same dinners throughout the subsequent weeks so I have to cook less. I actually bought an upright freezer because I had so many leftovers and I find it is a complete joy not to have to cook some weeks. I also had 2 crock pots going at one time, while I was on a cooking frenzy and that also helped. Someone posted on these forums (and believe me I read virtually all of the reviews prior to ordering) that the caloric intake is pretty low. I didn't put everything on my tracker but I am pretty sure it is low. Eat another salad or a bunch of steamed veggies if you get hungry. I took my array of multivitamins and supplements so I know I am not lacking in any nutritional value. If you were a skinny minny and could eat whatever you wanted you probably wouldn't be interested in this book anyway. I didn't struggle too much with this diet, mostly because I spent nearly a year on the quasi Paleo diet; gave up bread, refined sugars and paid a lot of attention to what I was buying/eating. For me the Paleo diet has some great concepts but not all of them I want to live with on a sustained basis. For the most part I wasn't fantasizing about what I couldn't eat and for the most part didn't feel like I was going hungry. Phase 1 and 3 are great, Phase 2 sucks a little and I did get sugar and bread cravings but I also found my weight loss was the greatest during this phase. Plus it is only 2 days so you can gut it out! Let me re-iterate that I am a total foodie. I love food, I love to eat, I love my adult beverages. I love cheese, aged meats, butter, a good crispy baguette and the occasional fried or junk food. I am also 42 years old and look at a french fry and it goes straight to my hips! I look forward to indulging on a pizza and some wine at the end of my fourth week on this diet! I also know that I am going to start back up on again or at least adopt a variant of it, because it has actually worked for me. My goal is to lose 30 lbs just so you get an idea of where I stand with expectations. Now for the results. I am nearing the end of week 3 of this diet but actually couldn't wait to post about it because I am actually impressed. It is actually week 5 but on the Saturday of the second week I took a staycation, went out to see a live MMA fight and knew way before I started the diet that I was going to go off of it for those 2 days. At the end of that second week I had lost 8 pounds. Now when I say I went "off" the diet, let me explain: that Saturday I had a 3 course meal of Thai food, 2 glasses of wine, 3x 24oz. stadium kegs beers and a plate of shared french fries from the venue of the fight. I continued on through the evening by indulging in a few more beers and then switched to some vodka/lemon drinks washed down with fried potato skins, nachos and topped off with a wobbly street vendor hot dog! Not exactly moderation you might say! I ate regular toast and bacon the next day with my IHop breakfast and probably crammed a couple of other food items that are not diet efficient that following Sunday. Obviously my stomach wasn't very happy with me and I

gained back 5 pounds. So the way I look at it, I was only down 3 pounds in 2 weeks. I started over and I have been very,very good (thankfully the next MMA fight is at the end of my fourth week, so pizza and wine, here I come!) I have lost 9 more pounds, for a total of 12 lost in 5 weeks (with the cheat).In my opinion and many other health practitioners, an average of 2.5 lbs./week weight loss is healthy. To expect to lose 20 lbs. in a month is pretty extreme and besides the diet says you can "lose up to 20 lbs." in a month. You have to be realistic! I am very happy so far. My clothes are fitting better and most days I have decent energy. We also have to take into consideration that I didn't do a couple of things that are required. I NEVER did any of the workouts, which I really should and I'm sure it would help more, but I don't need to explain the reasons why I didn't to anyone. I am also terrible about my water intake. While I forced myself to drink more than I usually do, I certainly didn't meet my required daily intake, which would certainly help with some slight hunger issues and flushing stuff out. The other thing I struggled with was eating within 1/2 hour of waking up. I simply can't do it. I get up at 04:30 every morning and I'm just not hungry until around 08:00. So a hint here is to eat your snack for breakfast and then eat your breakfast for your snack - not so much food that early. What I ended up doing was ordering all 3 phase shake mixes from the Haylie Pomroy web site. They certainly aren't cheap but they also are not evil tasting and sorted out my eating 1/2 hour from waking up requirement. I also ordered some of the turkey jerkey in bulk from her web site, since it is very expensive here in Hawaii and I spent a lot of time making a few batches in my own dehydrator. This has worked out well for me. I love the breakfast I get to eat on Phase 3 (egg, tomato and avocado on sprouted bread) so I probably could do without the Phase 3 shake, haven't been drinking it much. Next time I will just buy Phase 1 and 2. Like any healthy way of eating there is some effort required on your behalf as well as some diligence. Like I also said, it takes a bit to work out your eating habits and how you are going to arrange to eat and when (I get called into multiple meetings and don't always get to eat on schedule either). Don't expect miracles either because nothing is going to give you that. If you cheat on your eating, the only person you are cheating is yourself. Speaking of cheating, I sure am looking forward to that pizza and wine next week (and I am sure my stomach will pay as well) but I also plan to start back upon the diet for another go until I get down to my desired weight and then I will try and be reasonable about what I eat. It took my 9 months to lose the 40 lbs. last time with just calorie counting and I was a slave to my food. Comparatively, I am making great progress with this diet and I am extremely satisfied. it is going to be different for everyone - just remember, if you lose about 2 pounds a week you are doing really good actually. Be realistic! I hope this helps with anyone considering the diet - I am happy with it and the results. I even bought the book and cookbook for my Mom who needs to lose a few pounds. I

am looking forward to her starting it with the hope of the same results that I have gotten!

My sister and her husband and my sister in law all started Haylie's Fast Metabolism diet around the same time and were all very successful at losing their weight. The cookbook was the key. When they told me about it I could not wait to try it too! They talked a lot about the cookbook and how yummy and easy the recipes were, so I went online on my phone and bought both books right then. I have been using this cookbook for 3 weeks now and it's so simple to follow. Although I have to say some ingredients are not normally in an everyday kitchen, however some are becoming a staple in mine. As we get a little older, our metabolisms get sluggish and it becomes very hard to rev it back up again. Haylie is so knowledgeable and takes the guess work out of making healthy recipes come to life! Definitely recommend this to anyone wanting to eat clean, rev up that fuel burn and feel great again.

Too strict for me. Sorry. I am sure it works if you have the ability to do what she says. I am not that strong. Sorry for me.

The recipes are pretty good, but there are other, cheaper cookbooks that follow the same principles. Sometimes her ingredients and quantities lead me to assume she's a better nutritionist than chef.

The recipes are ok. I like the diet but there are more and better recipes by searching Pinterest. You only either need this book or the Fast Metabolism diet book but you don't need both.

The author is an extremely knowledgeable expert on this fast metabolism diet and is very enthusiastic about how it will improve your health and metabolism. The diet has 3 distinct eating phases each week so you have to be well organized to have all the appropriate foods on hand. The author provides lots of recipes, weekly plans, eating lists and sample menus to help you prepare for the diet....all of this was so helpful and instrumental in helping me follow the diet. Some of the recipes were good, others not so great but I did make and freeze a few meals ahead of time which helped. The 3rd and 4th weeks of the diet I used the food groups as a guide to plan meals.

I had high hopes for this book. A friend ordered it and told me how easy it is to put meals together with the app for this plan (she showed me). I was very disappointed to find out that the app is only designed for iPhone and iPads not Android! REALLY!! The eating plan sounds good but it is very

complicated to put your meals together without this app because for each phases the meals and portions are different. Because of this I will return this book. My friend also told me if she would not have the app she would have returned it. Too bad!

Not very pleased. This is a lot of work and time to make this plan work for you and the recipes I tried lacked in flavor .Lot of work on your end to tweak so there is more flavor without the calories . If you like spending a lot of time in you kitchen then maybe this is for you.

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