



The All-Day Fat-Burning Cookbook: Turbocharge Your Metabolism with More Than 125 Fast and Delicious Fat-Burning Meals

Yuri Elkaim

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Lose that stubborn weight while enjoying delicious food with this perfect companion to *The All-Day Fat-Burning Diet*.

In *The All-Day Fat-Burning Diet*, renowned fitness expert and *New York Times* bestselling author Yuri Elkaim revealed the innovative way to reset and accelerate metabolism to burn fat 24/7. You were introduced to the 5-day food-cycling method, which helps supercharge metabolic rate while significantly improving health.

Now, *The All-Day Fat-Burning Cookbook* makes following the plan a breeze, with quick-and-easy recipes that are presented according to the 5-day food-cycling formula. You will enjoy more than 125 delicious gluten-, dairy-, and soy-free recipes, including 5-minute, 5-ingredient Whipped Coconut Cream and Berries; flavorful, 15-minute Beef and Rice with Spice; and vegetarian BBQ Butternut Squash Steaks. These satisfying recipes will help you stay lean and happy for life.

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Maryanna Kuhns:

The book The All-Day Fat-Burning Cookbook: Turbocharge Your Metabolism with More Than 125 Fast and Delicious Fat-Burning Meals has a lot of knowledge on it. So when you check out this book you can get a lot of profit. The book was compiled by the very famous author. The author makes some research previous to write this book. This specific book very easy to read you can find the point easily after reading this book.

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