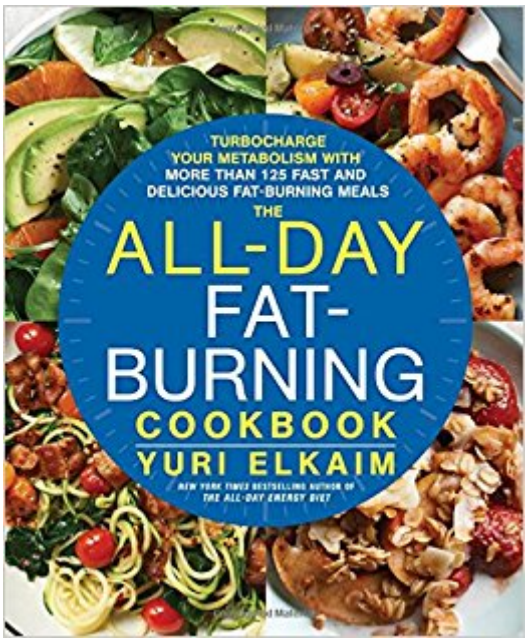
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The All-Day Fat-Burning Cookbook: Turbocharge Your Metabolism With More Than 125 Fast And Delicious Fat-Burning Meals



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Synopsis

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.

Book Information

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Customer Reviews

Yuri Elkaim is a registered holistic nutritionist, renowned fitness expert, and the author of the New York Times bestseller, The All-Day Energy Diet and The All-Day Fat-Burning Diet. A former professional soccer player who was also the strength-and-conditioning and nutrition coach for seven seasons at the University of Toronto, Elkaim has helped hundreds of thousands of clients enjoy more energy, lose weight, get in shape, and have a greater understanding of their health. Yuri Elkaim lives in Toronto, Canada.

Good book for this diet. Really helps you plan your meals.

Item arrived as scheduled and meets all expectations.

Great cookbook! Plan to try different recipe every week.

Working on reading this but it looks like a great cookbook/diet

I love this book!

Great book with lots of recipes. Easy to follow.

As a Holistic Health Coach, I not only look for opportunities to share with my client's cookbooks that help them cook real food in their own kitchens in a simple, easy way and Yuri Elkaim's book The All-Day Fat-Burning Cookbook is one of those cookbooks. Not only is it well thought out and in a sequence that anyone looking to reduce their weight can follow it is beautifully put together. He dispells many of the food myths which are stopping people from weight loss and long-term health success. The recipes look extremely simple and yet delicious. Each recipe indicates how it fits into Yuri's system so the reader doesn't have to waste time trying to figure it out. Thanks for such a great tool for fat-burning Yuri!Ã Â The All-Day Fat-Burning Cookbook: Turbocharge Your Metabolism with More Than 125 Fast and Delicious Fat-Burning Meals

Yuri Elkaim's newest book is much more than a cookbook, it's a game plan to get healthier. Yuri breaks it all down in an easy to understand manner and the recipes are simple and quick to assemble.I love the way the recipes are tailored to his plan. There's no guessing about which meals are right for which days.The accompanying photos are also extremely high quality and will make your mouth water!

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