



**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) (Volume
1)**

Gloria Greene

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Who Else Wants to Have Gorgeous Curves, A Flat Belly & Thinner Thighs Others Will Be Envious Of?

Endorsed by Dr. Oz and celebrities like Jennifer Lopez, the Fast Metabolism Diet supercharges your metabolism and helps you lose as much as 20lbs in just 28 days... while you eat the foods you love.

Inside the *Fast Metabolism Diet Cookbook for Busy People*, you'll find **80 mouthwatering meal recipes you can be easily prepared within 30 minutes, or less.**

There are a variety of recipes for breakfast, lunch, dinner and even snacks for all 3 phases of the diet -- all of which come complete with step-by-step instructions you can easily follow. They also come with nutritional information like sodium and calorie levels so you can track their intake if you like to.

To top it off, you will also get:

- **The 5-Step Action Plan to transform your body into a natural, fat-burning machine starting from right away**
- The 8 tips you **MUST** know before the Fast Metabolism Diet can work for you
- **The exact exercise routines you can put to work for you to speed up your results at different phases of the diet**
- *And much, much more!*

In just 30 minutes from now, you can have your next mouthwatering meal that will begin to reshape your body and create the gorgeous curves your friends will be completely envious of.

To Get Started, Simply Download Your Copy of *Fast Metabolism Diet Cookbook for Busy People* Now!

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