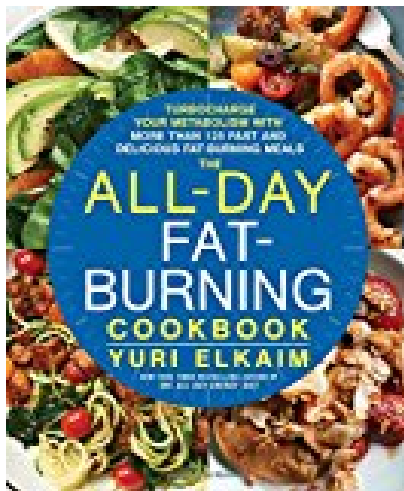


The All-Day Fat-Burning Cookbook

Turbocharge Your Metabolism with More Than 125 Fast and Delicious Fat-Burning Meals



BOOK DETAILS

- Author : Yuri Elkaim
- Pages : 288 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1623366070

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BOOK SYNOPSIS

New York Times bestselling author Yuri Elkaim provides the perfect companion to The All-Day Fat-Burning Diet, arming you with quick and easy recipes following the 5-Day Food Cycling Formula. The All-Day Fat-Burning Cookbook includes more than 125 delicious gluten-, dairy-, and soy-free recipes including 5-minute, 5-ingredient refined sugar-free Coconut Cream with Berries; delicious 15-minute Beef and Rice with Spice; vegetarian BBQ Butternut Squash Steaks; and 3-minute, refined sugar-free Spicy Ginger Ale. These satisfying recipes are laid out according to the revolutionary 5-Day Food Cycling plan outlined in The All-Day Fat-Burning Diet and act as the perfect guide to help you stay lean and happy for life.

THE ALL-DAY FAT-BURNING COOKBOOK TURBOCHARGE YOUR METABOLISM WITH MORE THAN 125 FAST AND DELICIOUS FAT-BURNING MEALS

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