



# **The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life**

*Diane Kress*

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Does a strong urge to fill up on carbs sabotage your weight-loss efforts? Are you often tired and irritable, and is there a roll of fat around your middle? Now it's easier than ever to eat great *and* lose weight. *The Metabolism Miracle Cookbook* includes more than 150 quick-and-easy, carb-controlled recipes and menus tailored to each step of *The Metabolism Miracle* diet plan.

Nearly half of all Americans have "Metabolism B" and unknowingly overproduce the fat-gain hormone insulin. These recipes are specifically formulated to help people with this hidden condition lose weight, lower blood pressure and cholesterol, decrease risk of or improve control over diabetes, and increase their energy.

From appetizers, soups, and salads to vegetables, entrées, and desserts ideal for family meals, readers will have no shortage of delicious options. Vegetarian and gluten-free choices are also included.

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