



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

By 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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### **Editorial Review**

Review

#### **DietsInReview.com, 1/7/11**

“This cookbook paired with the diet plan is great for those that have excess fat around their mid section and often feel tired and irritable. The recipes in this cookbook are quick, easy and carb-controlled. The recipes fit in perfectly with the different steps of the Metabolism Miracle diet plan.”

#### **Portland Book Review, 6/24/11**

“With recipes for Lemon-Garlic Chicken, Roasted Sweet Potato Fries, or Pumpkin Bread Pudding, readers will wonder when the dieting begins. *The Metabolism Miracle Cookbook* offers research-based information that sounds like a trusted friend talking to you over a Chocolate-Peanut Butter Smoothie.”

About the Author

**Diane Kress, RD, CDE**, owner and director of the Nutrition Center of Morristown, New Jersey, has specialized in weight reduction and diabetes for more than twenty-five years.

### **Users Review**

#### **From reader reviews:**

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