

Fast Metabolism Cookbook

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## Summary:

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The Fast Metabolism Diet by Haylie Pomroy: What to eat ... The Fast Metabolism Diet could be a good diet from breaking out of your habits if you've been on low calorie or low fat diets in the past. Another completely different approach could be intermittent fasting, like The Fast Diet, where you eat what you want 5 days a week and restrict calories the other two. Fast Metabolism Diet Cookbook : 100 Recipes for Phase 2 'Fast Metabolism Diet Cookbook : 100 Recipes for Phase 2' von Amber Wilson ist ein digitales EPUB ebook zum direkten download auf PC, Mac, Notebook, Tablet, iPad, iPhone, Smartphone, eReader - nicht aber auf Kindle. Sie benötigen eine DRM-fähige Reader-Ausstattung. Haylie Pomroy's Fast Metabolism Recipes | The Dr. Oz Show The Fast Metabolism Diet. Serves 1 Ingredients. 1 egg white 1 tsp vanilla extract 1/4 tsp ground cinnamon 1 slice sprouted-grain bread 1/2 cup frozen strawberries 2 tsp lemon juice 1/8 tsp stevia or xylitol Directions. Whisk together the egg white, vanilla and cinnamon in a small mixing bowl. Soak the bread well in the mix, coating both sides. Heat a nonstick skillet and place the bread onto.

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