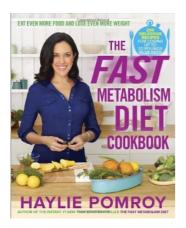
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## THE FAST METABOLISM DIET COOKBOOK: EAT EVEN MORE FOOD AND LOSE EVEN MORE WEIGHT (HARDBACK)



Random House USA Inc, United States, 2013. Hardback. Book Condition: New. 234 x 194 mm. Language: English. Brand New Book. Turn your kitchen into a secret weapon for losing up to 20 pounds in 28 days through the fat-burning power of food! Use food as medicine to cook your way healthy in this must have companion to the bestselling diet sensation, The Fast Metabolism Diet. You will find over 200 simple, effective, mouthwatering, family-pleasing recipes designed to evoke change...

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- Authored by Haylie Pomroy
- Released at 2013



Filesize: 6.23 MB

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