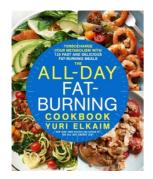
## Read Book

## THE ALL-DAY FAT-BURNING COOKBOOK: TURBOCHARGE YOUR METABOLISM WITH 125 FAST AND DELICIOUS FAT-BURNING MEALS (HARDBACK)



Rodale Press Inc., United States, 2016. Hardback Condition: New. Language: English. Brand New Book. In The All-Day Fat-Burning Diet, renowned fitness expert and New York Times bestselling author Yuri Elkaim revealed the innovative way to accelerate metabolism for life: the 5-Day Food Cycling method. Readers used the food cycling formula to supercharge metabolic rate to gain ultimate health status. In this perfect companion to The All-Day Fat-Burning Diet, quick and easy recipes are laid out according to the revolutionary...

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- Authored by Yuri Elkaim
- Released at 2016



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