



## The Master Your Metabolism Cookbook: The Undaunted Courage and Ultimate Sacrifice of Navy Seal Team Six Operator Adam Brown

By Jillian Michaels

Harmony. Hardcover. Book Condition: New. Hardcover. 276 pages. Dimensions: 9.3in. x 7.4in. x 1.0in. COOKING COMPANION TO MASTER YOUR METABOLISM Master Your Metabolism, the phenomenal diet bestseller by Jillian Michaels, has been helping millions of people become hotter and healthier without their having to obsess over food or exercise. The key is ditching fad diets and chemical-filled Franken-foods in order to optimize your metabolic function and maximize your overall health. Through the Master Your Metabolism plan, Jillian has taught readers how to balance their hormones naturally so their bodies become energetic, thriving, fat-burning machines. Now Jillian makes it even easier for you by bringing the Master program right into your kitchen. With more than 125 recipes specifically designed for the Master Diet and including health tips tailored to enhance your nutrition and weight loss, The Master Your Metabolism Cookbook will help make living a long, healthy life easier and tastier. Jillian understands that your life is busy and your time is precious. She believes that being healthy shouldn't financially strap you. That's why she designed these recipes with a professional recipe developer to provide you with healthy bites for when you're in a hurry. The Master Your Metabolism Cookbook delivers simple, great-tasting...



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### Reviews

*An incredibly great ebook with lucid and perfect explanations. It is actually really fascinating through studying period of time. It is extremely difficult to leave it before concluding, once you begin to read the book.*

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