



# **The All-Day Fat-Burning Cookbook: Turbocharge Your Metabolism with More Than 125 Fast and Delicious Fat-Burning Meals**

*Yuri Elkaim*

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# The All-Day Fat-Burning Cookbook: Turbocharge Your Metabolism with More Than 125 Fast and Delicious Fat-Burning Meals

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Lose that stubborn weight while enjoying delicious food with this perfect companion to *The All-Day Fat-Burning Diet*.

In *The All-Day Fat-Burning Diet*, renowned fitness expert and *New York Times* bestselling author Yuri Elkaim revealed the innovative way to reset and accelerate metabolism to burn fat 24/7. You were introduced to the 5-day food-cycling method, which helps supercharge metabolic rate while significantly improving health.

Now, *The All-Day Fat-Burning Cookbook* makes following the plan a breeze, with quick-and-easy recipes that are presented according to the 5-day food-cycling formula. You will enjoy more than 125 delicious gluten-, dairy-, and soy-free recipes, including 5-minute, 5-ingredient Whipped Coconut Cream and Berries; flavorful, 15-minute Beef and Rice with Spice; and vegetarian BBQ Butternut Squash Steaks. These satisfying recipes will help you stay lean and happy for life.

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