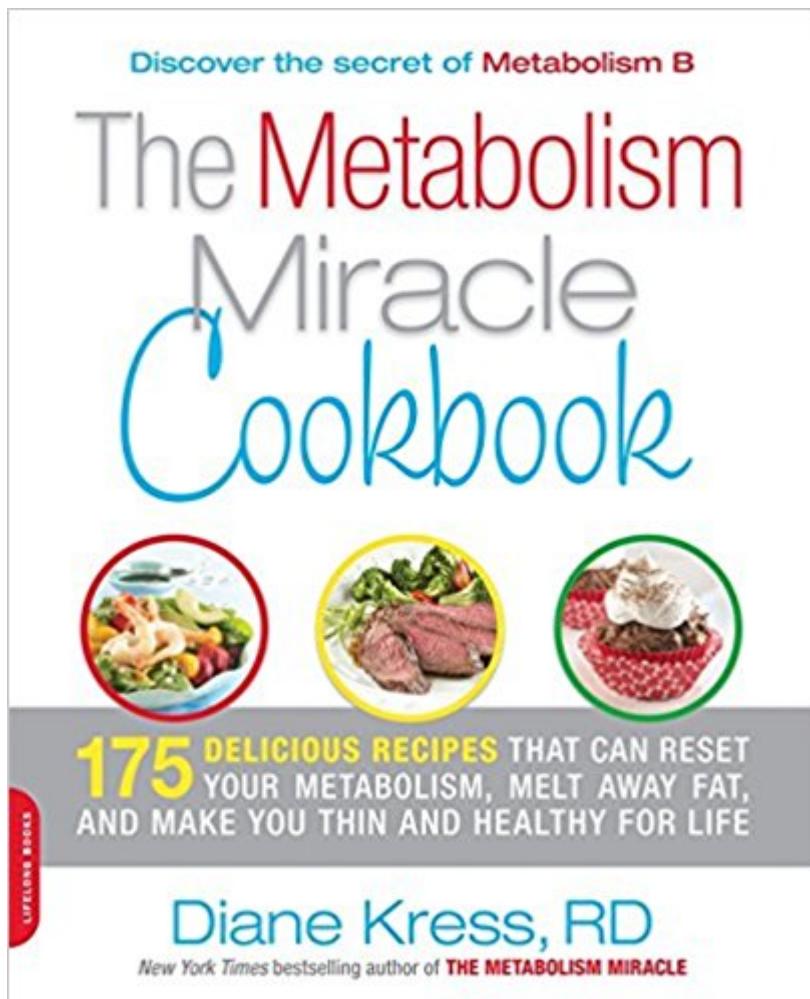


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# The Metabolism Miracle Cookbook: 175 Delicious Meals That Can Reset Your Metabolism, Melt Away Fat, And Make You Thin And Healthy For Life





## Synopsis

Does a strong urge to fill up on carbs sabotage your weight-loss efforts? Are you often tired and irritable, and is there a roll of fat around your middle? Now it's easier than ever to eat great and lose weight. The Metabolism Miracle Cookbook includes more than 150 quick-and-easy, carb-controlled recipes and menus tailored to each step of The Metabolism Miracle diet plan. Nearly half of all Americans have <sup>Metabolism</sup> and unknowingly overproduce the fat-gain hormone insulin. These recipes are specifically formulated to help people with this hidden condition lose weight, lower blood pressure and cholesterol, decrease risk of or improve control over diabetes, and increase their energy. From appetizers, soups, and salads to vegetables, entrées, and desserts ideal for family meals, readers will have no shortage of delicious options. Vegetarian and gluten-free choices are also included.

## Book Information

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## Customer Reviews

DietsInReview.com, 1/7/11 *œ*This cookbook paired with the diet plan is great for those that have excess fat around their mid section and often feel tired and irritable. The recipes in this cookbook are quick, easy and carb-controlled. The recipes fit in perfectly with the different steps of the Metabolism Miracle diet plan. *œ*Portland Book Review, 6/24/11 *œ*With recipes for Lemon-Garlic Chicken, Roasted Sweet Potato Fries, or Pumpkin Bread Pudding, readers will wonder when the dieting begins. The Metabolism Miracle Cookbook offers research-based information that sounds like a trusted friend talking to you over a Chocolate-Peanut Butter Smoothie. *œ*

Diane Kress, RD, CDE, owner and director of the Nutrition Center of Morristown, New Jersey, has specialized in weight reduction and diabetes for more than twenty-five years.

I was skeptical since a friend who is a nurse informed me that lowering my Lipid Profile just was not possible without medication. I watched my numbers increase as I aged. At 55 my weight crept up despite exercising at least one hour a day for the past 26 years. Out of desperation, I felt that I had nothing to lose, just time. I purchased the Kindle version of both of Diane's books, studied it thoroughly and started planning the changes. I don't recommend doing this until you become very familiar with the concepts taught in these books as the frustration of not knowing or having what I could eat quickly undermines the process. The first four weeks of the eight-week first step were tough! However, Diane's statement that all her patients finish the first eight weeks kept me going. I wasn't going to be the first. I amazingly made it through Halloween AND Thanksgiving since I didn't want to start again. On Christmas day I celebrated with having 1/2 of a banana as I started step 2. What a treat! Currently it's been almost 11 months since I started living and eating differently. I've lost almost 30 pounds. My total cholesterol dropped from 240 to 164; triglycerides from 204 to 75; HDL only slightly increased (already exercised); LDL dropped from 149 to 98 and overall ratio from 4.8 to 3.2. I've dropped from a size 14 to an 8 and am still going. I spent almost one month this past summer traveling and attending conferences making eating correctly very tough; however, after a quick 10-day reset on step 1, I'm now back to step 2 and doing great. Again, lately, I've been losing inches, not so many pounds. My energy level is amazing. I feel like I have a new lease on life. I've read criticisms about Diane's methodology. Plain and simply, it worked great for me. I met many of the criteria Diane outlined which I believe is important. Eating differently now is easy. Thank you Diane for changing my life, the quality of my life, and I'm sure the length of it. God bless you!

This is the best "diet" I have ever been on. I can eat most all of the foods I like. I never was much of a sweet eater until the last few years. This diet got me back on the right track. I have no sweet cravings at all. The first few days, I admit were a little hard, but I made up my mind this has got to be it. I am 68 years old and was about to give up on losing weight. This diet got me back in line with what I knew about losing weight. A bunch of friends were already on this diet with great success. I saw what they were doing and I wanted to try it. I have been on the Metabolism Miracle diet for 5 weeks and I feel great. I recommend it to everyone who is about to give up losing weight. I bought the cook book too and it is a big help with coming up with meals and snacks. The price is very

reasonable at ,not like a lot of other diets. GREAT BOOK !!!!!!!BLONDIE

I belong to a forum in which women who suffer from PCOS discuss their experiences and who show support for one another. I mention this because it was on this forum that I was recommended this book because almost all women with PCOS suffer from Insulin Resistance and it wreaks havoc on our bodies. I have been on WW and tried other diets to help alleviate some of the symptoms but was never entirely successful. I will acknowledge that I haven't been on the plan long enough to say that this is a permanent solution, but many of the women I've spoken to recommended Diane Kress's books because they have been able to adjust their lifestyles long term with this plan. I love the way that the book really explains what's going on and why in simple terms which makes it easier for people to absorb, I'm a health professional and even I can get overwhelmed with medical lingo sometimes. The recipes that I have made so far have been easy to make, very tasty and I definitely didn't feel like I was on a hardcore diet. Yes you do have to count carbs, but it's really not that bad, the first week or two is rough if you're a carb junkie like I am/was, but it's well worth it and you get to a point that you physically feel the difference. I purchased this cookbook with the book *The Metabolism Miracle*, which really explains in depth what's going on and lays the ground work. It's simple approachable and the recipes and meal plans are great. My boyfriend is 100% meat and potatoes kind of man and he had no complaints about anything that I cooked from this book. Although he's not consciously or deliberately on the plan, he has mentioned that he's felt the difference also and he's not even on it fully like I am. I mention this so you know that it's possible for the other people you are cooking for to benefit from it as well even if they don't follow it to the T. He did mention that he's considering trying to follow it to see the full effects of what the plan can do. This is a great purchase and I'm so glad that I took the advice of the other women, because this is really going to change my life, I just know that I can be a healthier me.

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