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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 in your body** with a plan that celebrates food, thrives on variety, and has you eating five to six times a day according to a three-phase plan strategically designed to keep your metabolism burning at lightning speeds.

On phase 1 you will cook to unwind stress and support your adrenals with nourishing breakfasts like Strawberry Pancakes, as well as delicious entrees like the Mediterranean Turkey with Wild Rice.

On Phase 2, you'll be cooking to unlock stored fat and feed the liver with protein-rich salads like the Grilled Turkey Bacon and Asparagus Salad, and luxurious dinners like Rosemary Pork Tenderloin with Mustard Greens.

Then on Phase 3, it is time to use your kitchen to unleash the burn and ignite the Fast Metabolism hormones with high healthy fat meals like the Fried egg with Olive Oil Spinach. You'll prepare dairy free creamy soups and stews like Leek and Cauliflower Soup, and serve crowd-pleasing dinners like Turkey and Bell Pepper Casserole.

As you cycle through all three phases each week you'll add kindling to your metabolic fire with amazing **snacks** like sweet potato fries served with **dips and dressings** like Mango Salsa.

And to top it all off, for each phase you'll be whipping up rich **desserts and smoothies**, like Coconut Almond Pudding and Blackberry Sorbet.

Plus plenty of **vegetarian, vegan, and gluten-free options**, such as a hearty lentil chili, savory Artichoke-Avocado Salad, and Garden Egg White Soufflé.

Full of helpful and affordable hints for cooking on each of the three phases, a wealth of freezer-friendly recipes to cook in bulk, and dozens of slow cooker options that can be prepared in under 5 minutes, this is the ideal tool for the busy mom, the on-the-go professional, or anyone who wants to make delicious, nutritious, home-cooked food part of his or her Fast Metabolism lifestyle.

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