



The Master Your Metabolism Cookbook

By Jillian Michaels

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The Master Your Metabolism Cookbook By Jillian Michaels

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 meals with minimal ingredients that can be made in thirty minutes or less!

Mastering healthy eating and living has never been easier.

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Editorial Review

From Publishers Weekly

Best known from TV's *The Biggest Loser*, weight-loss guru Michaels presents a well-meaning collection of 125 recipes designed to meet specific health and fitness goals. Though she has no formal training in nutrition, Michaels asserts that most health problems are caused by metabolic hormonal imbalances; charging forward without any cited sources, Michaels includes a list of "amazing health benefits" with each recipe (Roast Herbed Turkey Breast with Orange-Cranberry Sauce, for example, is meant to boost metabolism and immunity, improve mood and digestion, fight cancer, and aid the heart). Dogma and posturing aside, these tasty, healthy recipes are likely to please. Michaels does her best to avoid esoteric ingredients, and dishes like Coconut-Curry Steamed Mussels and Grilled Skirt Steak with Chimichurri Sauce would be right at home in a traditional cookbook. Others, like Watermelon Soup with Blackberries and Jicama, or Ginger Shrimp Rolls with Green Papaya Slaw, won't make dieters feel like they're settling. Less concerned with calories or fat, Michaels emphasizes the benefits of foods like beans (fiber), cranberries (anti-bacterial, gum disease-fighting properties), and cinnamon (helps normalize blood sugar levels); while some claims seem glib ("If you suffer from asthma, eat lots of apples!"), Michaels's suggestions are, at worst, harmless and delicious.

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Review

"These tasty, healthy recipes are likely to please."--*Publishers Weekly*

About the Author

JILLIAN MICHAELS, best known as a health expert and life coach for the NBC hit series *The Biggest Loser*, is the *New York Times* bestselling author of *Master Your Metabolism*, *Making the Cut*, and *Winning by Losing*. Visit www.jillianmichaels.com for more great health and wellness tips.

Users Review

From reader reviews:

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