



# **Fast Metabolism Diet Cookbook: Top 30 Healthy & Wholesome Fast Metabolism Diet Recipes to Boost Metabolism, Slim Down and Burn Fat**

*Jeanne K. Johnson*

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- Pan-Seared Salmon On a Vegetable Platter .
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- Egg-White and pepper Soufflé.
- Bacon with turnip greens and pepper vinegar.
- Skewed Mustard and Basil Shrimp.
- Black Beans and Quinoa Veg Patties.
- Halibut with Vegetable sauce.
- Roasted Chicken & Grapefruit Over Spinach.
- Much, much more!

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