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| Titolo | Everyday Fast Metabolism Diet In a Nutshell |
| Pubbl/distr/stampa | S.I. : You are what you eat publications |
| ISBN | 1-62951-279-6 |
| Descrizione fisica | 1 online resource (319 p.) |
| Soggetti | Metabolism Diet therapy |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Sommario/riassunto | <p>The Everyday Fast Metabolism Diet focuses on simple strategies to boost your metabolism. It's actually based on a lot of the same functional medicine, getting to the root causes of things. The diet plan advises people not to eat processed foods, junk, gluten, dairy, corn, soy, caffeine, and alcohol. The diet recommends eating small meals, and focuses on the quality of the food, not counting calories. It works on Diet confusion, cycling diet with a change in strategy every few days</p> <p>Phase 1: high-glycemic, moderate-protein, low-fat: days 1 and 2 Phase 2: high-protein, high-vegetable, low-carbohydrate, low-fat: days 3 and 4 Phase 3: high healthy-fat, moderate-carbohydrate, moderate-protein, low-glycemic fruit: days 5, 6, and 7</p> <p>You will find in this book phase 1, 2 and 3 basic guide with Phase 1 (51 Recipes), Phase 2(91 Recipes), Phase 3 (59 Recipes)</p> |