

# **Fat Burning Meal Club: Review Examining Yuri Elkaim's Cookbook Released**

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Two nutritionists who understand how food interacts with the body and what one needs to eat to burn off fat and stay healthy created Fat Burning Meal Club. All of it adds up to healthy eating turning into a habit in life, and soon people won't remember what it's like to eat unhealthy, have low energy and not be able to lose weight. This has caught the attention of HealthyandFitZone.com's Stan Stevenson, prompting an investigative review.

Our Fat Burning Meal Club review shows you get access to a fat-burning cookbook that has the perfect number of recipes inside to help you cook healthy for the next month. All the foods are easy to prepare and allergy-friendly. Inside you will find recipes for breakfast, lunch, and dinner," reports Stevenson. "The cookbook is organized in a way that helps you take it and turn it into a monthly meal plan. You can also easily create a cool grocery list that you can email to yourself or print off to make shopping fun and quick. If you want to take it a step further, then you can join the membership club that offers all of those things plus more."

Fat Burning Meal Club includes a brand new cookbook with 30 fat burning recipes each month, renewed meal plans each month, access to videos, tips, and tricks to cook healthier dishes with more ease, access to the monthly newsletter with more tips and tricks and access to the meal maker software to create one's very own meal plan based on their diet. This helps people mix and match meals in a way that works for them. Bonuses included with both the 1-month cookbook and the monthly memberships are Wheat-Free Wonder Breads and 21 Slimming Smoothies.

Tested and approved by kids and adults, you can create your own monthly meals plans easily and create shopping lists quickly and email them to yourself or print them off using this program. Great for all diets, including vegan, gluten free, and anti-inflammatory, every meal takes less than 15 minutes to prepare," says Stevenson. "Eat food that is known to be healthy and fat burning without having to do the research, read labels, and consistently cook new foods and never get bored. Turn around your hormones and your inability to lose weight fast."

?The creators of Fat Burning Meal Club have made everything so easy, tempting, and convenient that anyone will benefit from what they offering. The cookbook works for everyone regardless of sex, age, and past experiences with healthy eating. Learn how great healthy food can really taste with instant access to the cookbook and other information. If you eat or want to create healthy meals, want to burn fat and want to stay healthy, then the program is for you. It caters to all diets, helps you save time planning, creating and prepping food and offers you a ton of tips and tricks to make healthy eating easier. Healthy eating will be easy, and if you choose to get a membership (that costs less than a gym membership), then every month you will look forward to a new set of recipes to take on.?

Those wishing to purchase Fat Burning Meal Club, or for more information, click [here](#).

To access a comprehensive Fat Burning Meal Club review, visit <http://healthyandfitzone.com/fat-burning-meal-club-review>

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