

Metabolic Cooking Releases New Cookbook to Lose Unwanted Weight

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CINCINNATI -- Customers looking for the latest fat burning foods are now able to purchase Metabolic Cooking by Karine Losier and Dave Ruel, who have been featured on Men's Health, BodyBuilding.com, and Muscle & Fitness. Tyler Lyon, VA of Marketing for the book, released details today of how Metabolic Cooking is a valuable resource to weight conscious people and active adults.

"Metabolic Cooking features more than 250 fat burning recipes," explained Lyon. "There are no shortage of options with Metabolic Cooking. Readers are given a wide range of great tasting foods that can also enhance their metabolism in the process."

Metabolic Cooking is a cookbook that contains fat burning recipes to assist in burning fat. "Unlike other diet cookbooks, Metabolic Cooking only recommends ingredients that will help readers burn fat. Customers who buy Metabolic Cooking and want to lose weight will have a valuable resource in this cookbook," said Lyon.

Metabolic Cooking is designed as an easy-to-follow and quick-to-implement meal plan and recipe guide. The authors have also included research in how to save money when purchasing food items for the recipes.

"It is an excellent cookbook for anyone wanting to lose weight," explained Lyon when asked about Metabolic Cooking. "It can help to burn fat, however what's more important, is that the recipes taste great! After trying our recipes, customers don't think about the old unhealthy food they once ate because it just doesn't taste as good!?"

Metabolic Cooking is Karine Losier and Dave Ruel's first cookbook release.

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For more information about Metabolic Cooking, contact the company here: [MetabolicCookingTylerLyon\(513\) 601-2078](mailto:MetabolicCookingTylerLyon@513601-2078@aol.com) Tyler.Lyon@aol.com

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