



# Fast Metabolism Diet: Proven Step-by-Step Guide to Sustained Weight Loss

*CATHERINE DAVIS*

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## Fast Metabolism Diet: Proven Step-by-Step Guide to Sustained Weight Loss CATHERINE DAVIS

Do you want to achieve a healthy lifestyle and lose unwanted weight at the same time?

The Fast Metabolism Diet has been proven to let people lose weight. It is based on the study by the highly acclaimed food coach and author, Haylie Pomroy.

Our vision behind this book is to help beginners with step-by-step guides to achieve a healthy lifestyle, based on a great number of well-researched material and credible health enthusiasts and dieticians.

Inside the book, you also discover:

- Different foods to boost your metabolism
- Helpful exercise tips and all healthy eating habits that can help you lose weight
- Easy to follow sample Menu at different phases of Metabolism Diet to achieve a healthy lifestyle
- And much more

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