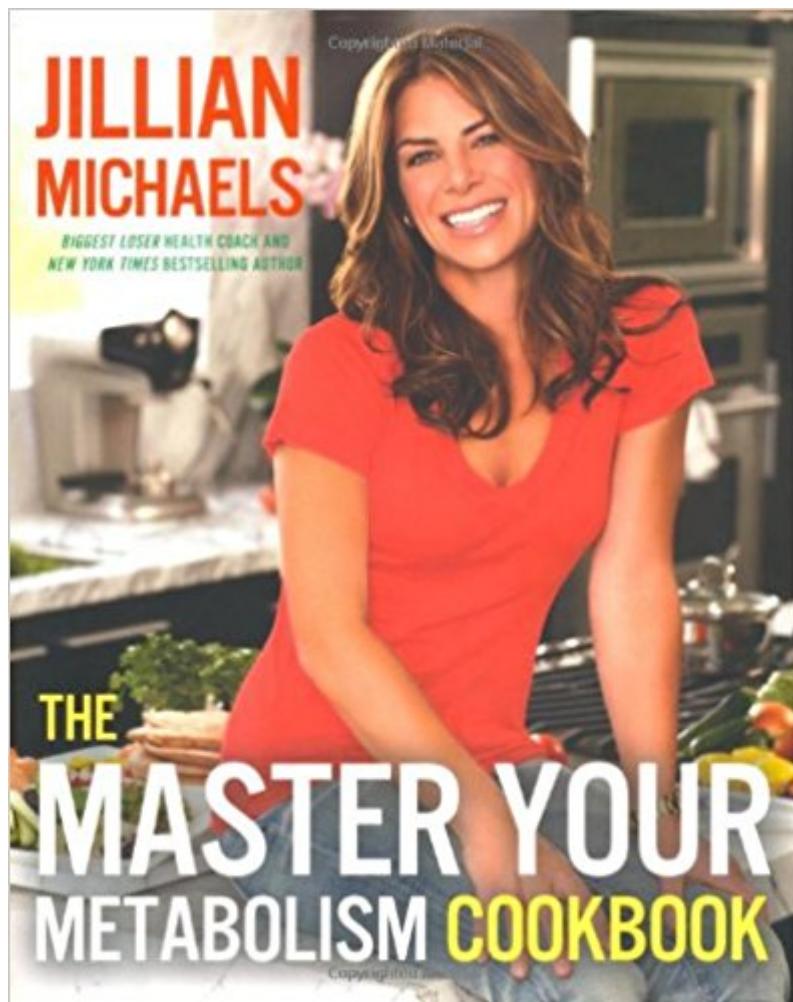


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# The Master Your Metabolism Cookbook



## **Synopsis**

COOKING COMPANION TO MASTER YOUR METABOLISM Master Your Metabolism, the phenomenal diet bestseller by Jillian Michaels, has been helping millions of people become hotter and healthier without their having to obsess over food or exercise. The key is ditching fad diets and chemical-filled Franken-foods in order to optimize your metabolic function and maximize your overall health. Through the Master Your Metabolism plan, Jillian has taught readers how to balance their hormones naturally so their bodies become energetic, thriving, fat-burning machines. Now Jillian makes it even easier for you by bringing the Master program right into your kitchen. With more than 125 recipes specifically designed for the Master Diet and including health tips tailored to enhance your nutrition and weight loss, The Master Your Metabolism Cookbook will help make living a long, healthy life easier—and tastier. Jillian understands that your life is busy and your time is precious. She believes that being healthy shouldn't financially strap you. That's why she designed these recipes with a professional recipe developer to provide you with healthy bites for when you're in a hurry. The Master Your Metabolism Cookbook delivers simple, great-tasting meals with minimal ingredients that can be made in thirty minutes or less! Mastering healthy eating and living has never been easier.

## **Book Information**

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## **Customer Reviews**

Best known from TV's The Biggest Loser, weight-loss guru Michaels presents a well-meaning collection of 125 recipes designed to meet specific health and fitness goals. Though she has no

formal training in nutrition, Michaels asserts that most health problems are caused by metabolic hormonal imbalances; charging forward without any cited sources, Michaels includes a list of "amazing health benefits" with each recipe (Roast Herbed Turkey Breast with Orange-Cranberry Sauce, for example, is meant to boost metabolism and immunity, improve mood and digestion, fight cancer, and aid the heart). Dogma and posturing aside, these tasty, healthy recipes are likely to please. Michaels does her best to avoid esoteric ingredients, and dishes like Coconut-Curry Steamed Mussels and Grilled Skirt Steak with Chimichurri Sauce would be right at home in a traditional cookbook. Others, like Watermelon Soup with Blackberries and Jicama, or Ginger Shrimp Rolls with Green Papaya Slaw, won't make dieters feel like they're settling. Less concerned with calories or fat, Michaels emphasizes the benefits of foods like beans (fiber), cranberries (anti-bacterial, gum disease-fighting properties), and cinnamon (helps normalize blood sugar levels); while some claims seem glib ("If you suffer from asthma, eat lots of apples!"), Michaels's suggestions are, at worst, harmless and delicious. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"These tasty, healthy recipes are likely to please."--Publishers Weekly

I am extremely impressed! Jillian is not known for cooking, but it is evident that she consulted & collaborated with the right people to introduce a way of eating that is healthy AND completely do-able for a longterm lifestyle change. I have many cookbooks...those that teach (e.g. Joy of Cooking etc), those with great photos, those from specific chefs and/or restaurants, those from particular regions or ethnic areas, those that limit something (like low salt or diabetic), those that promote a product (add a can of this to make that), those that only use fresh foods & organic products, those that are designed for quick meals or multiple meals, those that expand on a particular eating trend...get the picture? Most of my cookbooks have something in common: I purchased them for a few recipes that grabbed my attention. Each cookbook comes off the shelf infrequently and typically go back up on the shelf when I find that I don't have the ingredients or the time needed. Even the "new way of eating" or "diet" cookbooks are not sustainable, as the attempt to make daily food "special" has made it impractical or undesirable for weekly menus. Very few of these other (best-selling) cookbooks has entered my life more than a few times per year. Master Your Metabolism Cookbook is different. After receiving, I opened it just to browse through the recipes, and ended up reading it cover to cover like a novel. HAVE YOU EVER READ A COOKBOOK COVER TO COVER IN ONE SITTING? There is so much great information! The

design is really good--things are easy to find. The health benefits of each recipe are listed, along with calorie/nutrient info. You can refresh your memory with the related nutrition facts & explanations as you prepare your meal. This has a nice blend of recipes & basics--it assumes nothing (e.g. assuming everyone knows how to prepare quinoa). The food is simple but certainly NOT bland. There is a lot of variety for various tastes. You don't have to purchase ingredients that you will not use later. This book is full of healthy staple food with excellent flavor--meals that you will enjoy making and eating week after week. These foods are great basics to feed to families, and teach teenagers how to eat on a regular basis. There is no sense of deprivation. Many recipes have the potential to become a family favorite. Yes, you could get much (not all) of this information from other sources, but WHY would you WANT TO?? It is a waste of time & money to find/purchase a large selection of resources when Jillian has already done the work for you. Jillian has also synthesized the information & discarded the out-of-date old-school beliefs. I HAVE the other books, that I don't need anymore. Do yourself and your family a favor. Get Jillian Michaels' Master Your Metabolism Cookbook, and keep it close at hand. Don't buy the other books from me on Ebay ;>)

This cookbook is ok. The recipes are good. You do have to venture out of your regular list for ingredients but they aren't anything you can't find at a regular store. I will say I personally like the 30 Day Shred cookbook better, but I also think that one has more complicated recipes. This one is a great, basic cookbook to get you on track with your eating habits. I love all things Jillian Michael and I'd say this is more of a beginners guide to eating healthy. The meals also work well for meal prepping.

Loved this book, so much information and Jillian's personality really comes across. It is a lot of information to the point where I will have to reference it frequently to try to adjust my lifestyle.

This book is amazing, because now that I read it I know exactly how my metabolic hormones work in my body, and what do I have to eat to make them work properly in my favor, to stay lean and healthy for the rest of my life. The only thing that I see, is that the recipes in this book, are a little bit fancy, I mean the ingredients that Jillian uses to make them are not common things. I prefer her exercising and meal program, where the meals are made with more easy to find ingredients.

I purchased this cookbook to supplement the recipes that came with the Jillian Michaels Body Revolution system. This cookbook is very informative, has an opening section on biochemistry,

nutrition and metabolism. All of the recipes from the Jillian Michaels Body Revolution system are included in this cookbook as are several other breakfasts, lunches, Dinners, snacks, side dishes and even desserts. All of the recipes are very tasty so far! I would not say they are the quickest, easiest meals to prepare, but I guess it's worth it in the end to eat healthy, clean meals that taste great!

In realistic. In the real world no one can afford this diet, I tried and recipes are good, just need to have allot of money to follow.

I bought this after I read her "Master Your Metabolism Book" There are many good recipes, and in the beginning she has a section that gives you an overview from her book which is helpful. I have made about 2/3 of the recipes and they all turned out great. My favorite is the Beef stir-fry with broccoli and mushrooms, YUM! Only complaint I have with this cookbook is it's not kitchen friendly, I have a hard time leaving it open so I can follow the recipe so I have to write down the recipe on paper so i can view it. If it were spiral bound it would of had 5 stars. Highly recommend for anyone who wants to eat healthy and have delicious food!

I ordered this book a few weeks ago and I am so glad I did! I didn't read her original "Master Your Metabolism" book, so I was thankful that she recapped a lot of the main points from it in this cookbook. I learned a lot about hormones and the roles they play in our bodies. I've made several of the recipes so far, and they have all been good. My husband's not a huge vegetable fan, and he even asked for seconds of the Baked Ratatouille! Her fudge brownies are a great substitute for regular ones, and they're only 86 calories each. As other people have mentioned, I really like the sidebars throughout the cookbook that give tips on buying and storing food, how to go organic without breaking your budget, and the best ways to cook things to maximize their nutritional value. I can definitely tell that my body feels better eating this way. Thanks Jillian!

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