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La dieta de metabolismo acelerado by Pomroy, Haylie (ebook)

Cooking for a Fast Metabolism: Eat More Food and Lose More Weight by Haylie Pomroy. The New York Times best-selling author of The Fast Metabolism Diet delivers what her fans and followers crave the most: delicious, hearty recipes to boost your metabolism. With a classic structure organized into sections for Breakfast, Lunch, Dinner, and Snacks ...

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Haylie Pomroy, celebrated nutritionist, and #1 New York Times bestselling author of The Fast Metabolism Diet, shares a food prescription for the 7 most common ways your metabolism misfires and...

Books by Haylie Pomroy on Google Play

Turn your kitchen into a secret weapon for losing up to 20 pounds in 28 days through the fat-burning power of food! Use food as medicine to cook your way healthy in this must have companion to the bestselling diet sensation, The Fast Metabolism Diet.

Provides recipes that intend to promote fast and successful weight loss, including sweet potato pancakes, stuffed cornish game hens, steak fajita lettuce wraps, and slow-cooked chicken curry.

A celebrity nutritionist outlines a food-based, recipe-augmented rapid-weight-loss plan for readers whose initial weight loss has halted, offering 3-day, 5-day and 10-day approaches to repairing stalled metabolic function. By the #1 best-selling author of The Fast Metabolism Diet. 150,000 first printing.

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First published in 1910, this classic book is considered Ehret's health masterpiece. He explains how to successfully conduct and complete a fast in order to gain maximum strength and energy for joyful living. Also included are essays based on Ehret's teachings by Fred Hirsch and long-time devotee Teresa Mitchell.

Beverly Hills nutritionist Haylie Pomroy has a long list of loyal celebrity clients - including Jennifer Lopez, Raquel Welch and Reese Witherspoon. With this book she reveals her red carpet secrets - and promises you can lose up to 20lbs in 28 days. On this plan you're going to eat a lot - and still lose weight. You're not going to count a single calorie or fat gram. Instead, you're going to rotate what you're eating throughout each week in proven plan designed to set your metabolism on fire. Phase I (Monday-Tuesday): Lots of carbs and fruits Phase II (Wednesday-Thursday): Lots of proteins and veggies Phase III (Friday-Sunday): All of the above, plus healthy fats and oils By keeping your metabolism guessing, you'll get it working faster. You'll see the weight fall off, your cholesterol drop, your blood sugar stabilize, your energy increase, your sleep improve, and your stress dramatically reduce. All thanks to the miraculous power of real, delicious, satisfying food! Complete with 4 weeks of meal plans and over 50 recipes - including vegetarian, organic, and gluten-free options - this is the silver bullet for anyone who wants to naturally and safely eat their way to a slimmer, healthier body.

New York Times Bestseller Lose 14 pounds in 14 days—harness the power of food to reset your metabolism for good with this breakthrough program complete with recipes and a

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detailed, easy-to-use diet plan from the #1 New York Times bestselling author of The Fast Metabolism Diet. The diet industry has been plagued with crazy fad diets that do nothing but slow your metabolism and prime your body for yo-yo weight gain. It ' s time for a change. If you want to lose weight fast, do it in a healthful way, and have the tools and resources to keep it off for life, this is the book for you. Bestselling author, leading health and wellness entrepreneur, celebrity nutritionist, and motivational speaker Haylie Pomroy has the answers. Drawing on her fundamental "food as medicine" techniques, she ' s created the Metabolism Revolution diet, which strategically manipulates macronutrients to speed the body ' s metabolic rate, a guaranteed way to kick start a stalled metabolism. Following the Metabolism Revolution plan, you will burn fat, build muscle, improve your skin, boost energy levels, and look and feel great—all while losing weight quickly and keeping it off for life. Backed by the latest science, Haylie ' s new program, her easiest to follow and most powerful one yet, allows you to determine your body ' s "metabolic intervention score" and create a customized plan to achieve healthy, rapid weight loss. Complete with meal maps, shopping lists, and more than sixty fabulous recipes, Metabolism Revolution is the proven way to quickly and deliciously drop the weight and leave you slimmer, healthier, and more energetic than ever.

Four years ago Gianna made a whirlwind marriage to the man she loved—Raúl Velez-Saldaña was the father of her baby. But, tragically, her pregnancy didn't last and neither did their marriage. Discovering Raúl's infidelity, Gianna left. But the Spaniard who stole her heart has returned! As far as Raúl is concerned, his marriage to Gianna was simply

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postponed—now he wants his wife back! In public they are the perfect society couple; in private the secrets of their past still haunt them both and their desire is just as strong as ever....

"A metabolism-boosting cookbook from Haylie Pomroy, the #1 New York Times best-selling author of *The Fast Metabolism Diet*"--

"Haylie Pomroy, celebrated nutritionist, and New York Times bestselling author of *The Fast Metabolism Diet* shares a prescription for total health based on decades of work using food as metabolic medicine. Our bodies are always talking; we just need to learn how to listen to them. Sometimes they whisper to us--our energy is off, our body shape is morphing in ways we don't like. Sometimes they try to give us straight talk, pushing our cholesterol a little higher or we have IBS or indigestion. At other times they're screaming, we're pre-diabetic or full blown, our moods are a mess, and our immune systems confused and attacking us. Every one of these health signals hides a specific kind of metabolic dysfunction, and for each, food is the answer. In her new book, Haylie teaches us that anyone can achieve the body and health they want from the foods that they choose and use"--

Jack Loveless attempts to avert his grandson's questions about his role in World War I by taking him to visit the battlefield graveyards in France. While there he meets a German soldier from the past and vividly remembers the Christmas truce, a miraculous moment when the guns fell silent and horrors of war were temporarily forgotten in a football match.

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Suggested level: secondary.

After discovering that Grandpa Gabe has sealed the passageways between worlds, Max, Rebecca, Theo, and Noah must confront the Master of Shadows himself to find another way home.

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