



# The Body Reset Diet Cookbook: 150 Recipes To Power Your Metabolism;blast Fat;and Shed Pounds I

By Harley Pasternak

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## The Body Reset Diet Cookbook: 150 Recipes To Power Your Metabolism;blast Fat;and Shed Pounds I By Harley Pasternak

### 150 NEW Body Reset Diet Recipes to Shed Pounds in Just 15 Days!

Whether you're looking to lose significant weight or just those last five pounds, The Body Reset Diet Cookbook will help you reset your body and lose weight immediately with 150 slimming recipes!

Celebrity diet and fitness expert and New York Times bestselling author Harley Pasternak revolutionized dieting with The Body Reset Diet and now offers more brand-new recipes from his proven program to help you hit the reset the button and slim down permanently. Inside you'll find:

- 50 amazing smoothies that will keep you satisfied while boosting your metabolism
- 100 simple, single-dish meals that include scrambles, sandwiches, soups, salads, and stir-fries
- snacks and satisfying snack combinations

The Body Reset Diet Cookbook will keep your metabolism humming, so you'll continue to blast through calories, shed pounds, and achieve your weight loss goal.

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## **Editorial Review**

### **About the Author**

**Harley Pasternak** , M.Sc., is a renowned fitness and nutrition expert and the bestselling author of *The Body Reset Diet*, *the 5-Factor World Diet*, *the 5-Factor Diet*, and *5-Factor Fitness*. He appears regularly on ABC's *Good Morning America* and has appeared on *The View*, *The Oprah Winfrey Show*, *The Today Show*, *Access Hollywood*, *Extra!*, *Entertainment Tonight*, *The Rachel Ray Show*, and *America's Next Top Model*. He blogs for People.com, AOL.com, and the *Huffington Post* and has been featured in numerous publications. He lives in Los Angeles.

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