



# **The UltraMetabolism Cookbook: 200 Delicious Recipes that Will Turn on Your Fat-Burning DNA**

*M.D. Mark Hyman*

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# The UltraMetabolism Cookbook: 200 Delicious Recipes that Will Turn on Your Fat-Burning DNA

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From the Three-Time *New York Times* Bestselling Author of *Ultraprevention*, *Ultrametabolism*, and *The Ultrasimple Diet*. In *UltraMetabolism*, Dr. Mark Hyman brought the new science of weight loss to the general public. By learning to work with the body instead of against it, you can ignite your natural fat-burning furnace and reprogram your body to burn fat and keep it off for good.

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Simply put, eat the right foods and send instructions of weight loss and health; eat the wrong foods and send messages of weight gain and disease.

*The UltraMetabolism Cookbook* puts Ultra-Metabolism into overdrive with 200 convenient, easy-to-prepare, and, of course, delicious recipes for the right foods that will bring on a lifetime of good health and healthy weight.

The first part of the book reacquaints the reader with the UltraMetabolism plan and then offers a wide variety of delicious, easily prepared dishes for both Phase I—the three-week detoxification of your system—and Phase II, which rebalances your metabolism in four weeks and offers the way to a healthy metabolism for life!

Look your best, feel your best, perform at your best, and eat such fantastic meals as Roasted Shrimp, Turkey and Red Bean Chili, and Ratatouille. And that's just Phase I!

As you progress through the UltraMetabolism plan and enter Phase II, you'll add satisfying, flavor-packed appetizers—Curried Deviled Eggs with Cashews, anyone?—as well as many more new salads, meats, fish, shellfish, soups, poultry, grains, vegetables, breakfast foods, and snacks. And there are lots of plant-based options and bean dishes for vegetarians.

In addition to the clear, cutting-edge science and great recipes in *The UltraMetabolism Cookbook*, you'll find countless ideas of how to integrate the UltraMetabolism way of eating into your lifestyle, from quick weeknight suppers to entertaining and holiday meals.

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