

## **Metabolic Cooking: Review Examines Dave Ruel and Karine Losier's Fat Loss Cookbook**

SUMMARY: *DietsAndFitnessGuides.com releases a review of Metabolic Cooking a popular fat loss cookbook that promises to help readers to "banish their boring diets" and burn body fat fast.*

Metabolic Cooking a recently released fat loss cookbook has become best seller among dieters eager to lose weight by eating healthful, easily prepared meals, prompting an investigative review from DietsAndFitnessGuides.com's Vince Delmonico.

"Metabolic Cooking has become immensely popular in a very short time because it's promising folks what they want, solutions to their most common diet frustrations," reports Delmonico. "We are always trying to inform our website visitors about about the newest and most effective diet plans and scientific discoveries relating to nutrition, so when we heard about Metabolic Cooking we decided to take a look at the program and published a review to report our findings."

Delmonico's review explains that program creators Dave Ruel (also known as The MuscleCook), and Karine Losier developed the system to include only recipes using what they call "Metabolic Thermo Charge" ingredients. These little known metabolic foods apparently have a thermogenic effect, meaning that they require the body to burn a number of calories simply breaking down the nutrients.

"The science behind Metabolic diet plans and these thermogenically powerful foods is really quite fascinating, and even those who are already at their ideal weights may want to incorporate some of these recipes in order to maintain their fit physiques," says Delmonico. "That said, the vast majority of these ingredients are just everyday foods that one can pick up at any supermarket. This isn't one of those diet plans where you need to know all about exotic gourmet foods or anything like that, which is great if you have kids and are cooking for your whole family. We printed a couple of the recipes straight from the book on our website to give people an idea of just how simple, easy and in our opinion tasty Dave and Karine's recipes are."

Metabolic Cooking is available digitally online allowing customers instant access to all training materials. In addition to The Complete Metabolic Cooking 9-Cookbook Set customers also receive the Fat Loss Optimizer Guide, Metabolic Salad Builder and Metabolicious Dressings, Thermo-Charged Seasoning Guide, The Supplements Optimizer Guide, Metabolic Cooking Quick Sheets and bonus Cooking Video Series.

**[Those wishing to purchase metabolic cooking, or for more information, click here.](#)**

Vince Delmonico reviews diets, fitness guides and other self help programs on his website DietsAndFitnessGuides.com. Delmonico's Metabolic Cooking review is available at the following web address: <http://www.dietsandfitnessguides.com/metabolic-cooking-review-can-getting-shredded-be-this-simple/>

###