

Fat Burning Chef: Review Examining Abel James' Program Released

Fat Burning Chef reviews have been flooding the Internet and HealthyandFitZone.com reveals the truth about this diet that claims to only contain 100% real, fresh, and simple ingredients.

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Fat Burning Chef, a diet that claims to have really hit the nail on the head, and managed to come up with a way that people really can eat as nature intended them to, without becoming slaves to the kitchen has caught attention of HealthyandFitZone.com's Stan Stevenson, prompting an investigative review.

"Our Fat Burning Chef review shows that it is an immediate download eBook that provides you with 150, simple to follow recipes with step-by-step instructions. Every recipe in the book is made from simple, fresh ingredients that can easily be found at a farmers' market, co-op, or your local grocery store," reports Stevenson. "Each is true to the fact of the so-called 'Paleo' diet and, as an extra plus point, gluten free meals that actually taste delicious. Eating in this manner really will help you shed excess fat, and allow your body to gradually begin to function in the way that nature intended."

Fat Burning Chef includes recipes from 28 of the top chefs, including icons as Dave Asprey, Juli Bauer, George Bryant, and Rachael Adams, simple to find ingredients, no more bland food, recipes for everyday use, an allergy friendly section, and veggies. All the recipes contained in the Fat Burning Chef are intended to fit in with one's everyday life, which means there is no need to spend hours in the kitchen. Even those with dairy, egg, nut or sugar allergies and intolerances can try recipes that produce delicious dishes.

"Fat Burning Chef contains a multitude of recipes, all of which follow the Paleo diet, are gluten free, easy to follow, and have lots of pictures that will make your mouth water and have you itching to try them out. This also means you'll never get bored or be at a loss of what to eat," says Stevenson. "There are plenty of recipes that are suitable for vegetarians and vegans as well as for those who have food allergies and/or intolerances because however their food tastes, they also deserve to have a varied and interesting diet."

"Not only is it a fact that Fat Burning Chef can do as the title promises, but it is true that this is a 'diet' that's actually achievable for those of us with regular lives, jobs, and families. Eating in the manner that this diet advocates will help you lose the excess fat stored in your body. We particularly like the variety that's included, as well as the easy in which all the dishes can be created. In our humble opinion, trying out Fat Burning Chef for yourself a bit of a no-brainer."

Those wishing to purchase Fat Burning Chef, or for more information, click here:

<http://healthyandfitzone.com/go/FatBurningChef/>

To access a comprehensive Fat Burning Chef review, visit <http://healthyandfitzone.com/fat-burning-chef-review>