

Skinnylicious Cooking: Review Examining Flavia Del Monte's Cookbook Released

Skinnylicious Cooking reviews have been flooding the Internet and HealthyandFitZone.com reveals the truth about this cookbook with over 150 recipes that help burn fat and allow people to eat more as they lose the weight and become healthier.

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Skinnylicious Cooking promises to help people stop an unhealthy cycle and start living their lives eating delicious food while losing weight, becoming healthier and feeling good about themselves. This has caught the attention of HealthyandFitZone.com's Stan Stevenson, prompting an investigative review.

"Our Skinnylicious Cooking review shows that you get the insider knowledge to help you create meals that replace your favorite 'bad-for-you' meals, so that you can stay on track to your health goals," reports Stevenson. "Learning how to cook delicious meals that promote health is the only way you are going to end the cycle of weight gain, self-hate, weight loss and weight gain again. When you learn to eat in a healthy way, without counting calories or restricting foods from your diet, you can stop stressing about food and start living your life."

Skinnylicious Cooking explains concepts such as why not all calories are created equal, which carbs one should be eating for health, the exact 'health' food that is really making people fat, the best food to eat to make one feel satisfied and full, why one doesn't have to count calories to be healthy and fit, how people can burn twice as much fat with delicious foods, how to avoid overcooking your food and much more. The cookbook includes bonuses such as 50 Minute Meals, 3-Day Delicious Diet, Recipe Sheets and a printer-friendly grocery list.

"In this cookbook, you will learn to listen to your body and trust yourself to feed it properly. End the unhealthy relationship with food and start living in a stress-free healthy way and eat when you are hungry," says Stevenson. "Fats and fruit are a part of this healthy lifestyle and are allowed on this diet that is not low carb. You will never get hungry because you are eating multiple meals throughout the day. No more calorie counting and learn how to stop overeating. Learn recipes that fight fat, taste delicious and are extremely affordable at the same time."

"Any woman who has taste buds will benefit from Skinnylicious Cooking. It goes beyond diet programs and cookbooks. The cookbook contains all you need to know in order to

eat in a healthy way, make fat-burning meals, feel better than ever before, stop your unhealthy relationship with food and stop counting calories. It is the answer to every woman's struggle with food, weight, and health. Your whole way of thinking about food and cooking will change. You will never have to go on another diet and you will enjoy every bite of your food without ever feeling hungry and tormented again."

Those wishing to purchase Skinnylicious Cooking, click here:

<http://healthyandfitzone.com/go/7DayMetabolismFix/>

To access a comprehensive Skinnylicious Cooking review, visit

<http://healthyandfitzone.com/skinnylicious-cooking-review>