

Recipe Hacker: Review Examining Diana Keuilian's Recipe Book Released

Recipe Hacker reviews have been popping up all over the Internet and HealthyandFitZone.com reveals the truth about this new way of eating that not only promotes fat loss, but better health as well.

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Recipe Hacker includes healthy and tasty recipes that don't pack on the pounds and even help take them off with their fat-busting ingredients. This has caught attention of HealthyandFitZone.com's Stan Stevenson, prompting an investigative review.

"Our Recipe Hacker review shows that it removes the sugar, grain, soy, dairy and gluten from your favorite foods, which means no more bloated or lethargic feeling after eating. But, the recipe book goes beyond that. It replaces those unhealthy ingredients, which are causing you to pack on the pounds and experience ill health with healthy and fat-burning ingredients," reports Stevenson. "Diana's recipes are laid out in an easy to read manner. You get the prep time, cook time, serving size and full instructions. There is a picture with each recipe to help you figure out if yours turned out as pretty as hers. This new wave of eating healthy to lose weight is exciting."

Recipe Hacker includes substitutes for favorite ingredients such as almond flour for white flour, raw honey for sugar and coconut milk for dairy. Just a few of the recipes are banana pancakes, cinnamon rolls (with icing), chocolate muffins, everything bagels, onion rings, pretzel bites, roasted onion dip, enchiladas, pizza dough, cauliflower rice, Chile pesto noodles, Jalapeno skillet cornbread, chocolate fudge cake, caramel apple pie and so much more.

"Now, you can go on a diet without having to count calories with the help of this recipe book. All you have to do is follow the recipe, eat healthy portions and watch the fat come off. Eat great foods and lose weight without counting calories," says Stevenson. "Recipes for breakfast, appetizers, main dishes, sides and desserts are detailed, come with pictures and have been taste approved by not only adults, but kids as well. All ingredients are easy to get from your local grocery store and promote good health for you and everyone you cook for."

"This Recipe Hacker review should have convinced you that you can eat your favorite foods or variations of them, without worrying about packing on the pounds. In fact, you can eat them and watch the pounds fall off! Stop dieting, counting calories, eliminating certain tastes all together and eating foods with no taste that makes you run back to your favorite unhealthy foods. The recipes in this book include plenty of fat-burning ingredients. More energy, less bloating and an overall sense of well-being is what you can also expect from trying them. It truly is an amazing experience and just a matter of time before healthy eating becomes the new way of life!"

Those wishing to purchase Recipe Hacker, or for more information, click here:

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

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