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The perfect companion to Dr. Hyman's New York Times bestseller, Ultrametabolism, The UltraMetabolism Cookbook has 200 convenient, easy-to-prepare, and, delicious recipes geared to each phase of the Ultrametabolism plan and designed to kick your metabolism into overdrive, change the way you eat, and establish a lifestyle shift to help you feel better and keep the weight off.

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Edition Description. -- The UltraMetabolism Cookbook 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!

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A great complement to his UltraMetabolism book, Mark Hyman's recipe book contains 200 ultra-delicious ways to put the UltraMetabolism approach into practice. The first part of the book highlights the essentials of the UltraMetabolism approach (i.e., the "why to"), and the rest of the book contains recipes that integrate this approach (i.e., the "how to") with an incredibly do-able plan.