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Metabolic Cooking: 7 Cooking Tips for Burning More Fat

This report is only available until Thursday

Dave and Karine just released a report sharing 7 tips for boosting the fat burning potential of your meals. Even if you have a good idea of what to do when cooking, this is a good report that could teach you something new or at least give you a good reminder on the basics of cooking to burn more fat.

The report is 34 pages long and guess what - it's free. Ya, you gotta optin but I'm sure they'll be giving you a chance to win Metabolic Cooking and trust me, it's sweet. The recipes in Metabolic Cooking are awesome, and the information they share on how to cook your foods to burn more fat is great.

Grab a copy of the report here (it's only available until Thursday):

[Metabolic Cooking - 7 Cooking Tips](#)

And if you haven't read my review and seen my bonuses for Metabolic Cooking, you can check those out here:

<http://shawnhorwoodfitness.com/blog/metabolic-cooking-review/>

Shawn Horwood

P.S. If there's any bonus you want, let me know and I'll see what I can do!

You can also find this article published on [Metabolic Cooking: 7 Cooking Tips for Burning More Fat](#), and on the tag pages [david ruel](#), [lean kitchen queen](#), [metabolic cooking](#), [metabolic cooking report](#).