

File Created by [Blogging Rebirth](#) WP Plugin

Metabolic Cooking Review

You may have heard of the new [Metabolic Cooking](#) cookbooks from the "Lean Kitchen Queen" and the "Muscle Cook".

I got a review copy of the cookbooks and here are my thoughts:

1. I like how it's all laid out. They have a plan for what types of meals to make at different points in the day and then the recipes are labeled so you know which ones fit that meal plan (if you're following it). The recipes also show the number of calories and there's a link on every recipe to go back to the index. Cool.
2. The recipes I've tried so far are DELICIOUS and they're easy to make. I enjoy eating, so I generally don't use other people's recipes because I'm kind of picky (ok really picky) and I just don't use most of the cookbooks I have. However, I've already eaten one of the recipes twice because I thought it was great (the pizza omelette - I love eggs and this is new, so I'm enjoying it).
3. The recipes don't take too long to make. Many of the breakfast ones can be made in under 10 minutes (I haven't gone through the other cookbooks as much yet so I'm not sure about those ones).
4. There are a bunch of cookbooks. There's one for breakfast, chicken and poultry, fish and seafood, pork, red meat, sides, smoothies, snacks & even vegetarian! That's pretty awesome.
5. Lastly, the program manual is solid. I would honestly love the product if I just got the recipes, but the advice they share will help you to eat in a way that will help you to lose fat while enjoying your delicious meals.

There is only one thing that I didn't like about Metabolic Cooking, and that is this:

Nevermind! I found out it's covered and I just needed to go through some of the stuff I hadn't checked out yet.

Honestly, I can't think of anything I don't like about it yet. I know you're supposed to be able to find something wrong with every product as no product is perfect, but I can't think of anything that's wrong with this one, so I'll just say it's not perfect but I don't know why yet.

Now of course it's time for me to try to convince you to purchase through my affiliate link, right?

I'm not a nutritionist or a chef or anything, so I don't have bonus recipes to share with you or anything like that. However, I do have a few bonuses that might help.

1. Perfect Productivity - This report was written by yours truly to help you create more time in your day so you have no excuse for not preparing good meals. Plus it'll give you more time to get other things done that you need to get done, so it's beneficial in other areas of your life.
2. Motivation Mastery - One of the biggest reasons people fail to complete anything (especially fitness programs) is a lack of motivation. I will show you how to get yourself so motivated that nothing can stand in your way. The only thing you have to do is get the motivation to go through the report and actually do what it says.
3. 30 Days Email Coaching - That's right, I'll personally coach you by email for 30 days after your purchase. You can ask me anything fitness related (or just email me to chat) and I'll answer your questions to the best of my ability - and if I don't know the answer, I won't fake it. I've got connections I can call on and I will get an answer to your question.

*Bonus 3 is limited to 25 people at a time as I can only coach so many people. I will have a note up here if the coaching is not currently available.

Here's how to get your bonuses:

1. Get Metabolic Cooking through this link: [Get Shawn's Bonuses!](#)
2. On the checkout page, make sure at the very bottom it says "affiliate=sjhorwood" (if it's got a period with

something else after the sjhorwood that's fine, it's just a tracking ID to help me keep track of sales)

3. Purchase MC and forward your receipt to shawnhorwoodfitness @ gmail.com and I'll give you access to the bonuses. :)

If you've got any bonus suggestions or any questions or anything else you need, just leave a comment below or send me an email!

Shawn Horwood

You can also find this article published on [Metabolic Cooking Review](#), and on the tag pages [david ruel](#), [lean kitchen queen](#), [metabolic cooking](#), [metabolic cooking cookbooks](#).