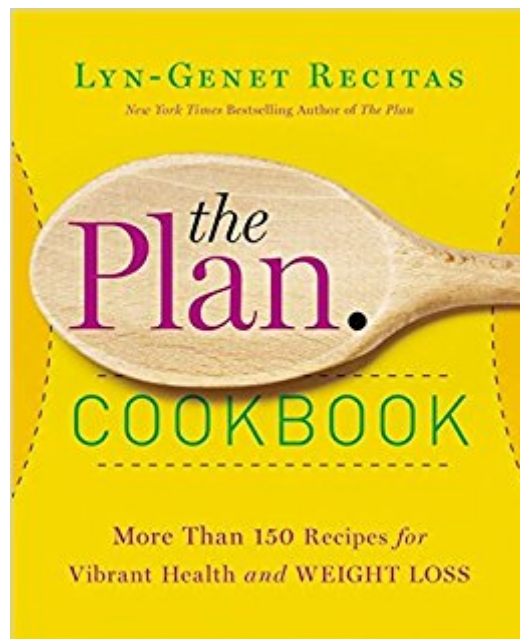




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The Plan Cookbook: More Than 150 Recipes For Vibrant Health And Weight Loss



Synopsis

In her New York Times and USA Today bestseller *The Plan*, Lyn-Genet Recitas revealed what surprisingly "healthy" foods cause weight gain and a host of other health problems such as migraines, joint pain, and depression. Now all those who follow *The Plan*, and have learned which foods to eliminate from their diets, can support their new, healthier lifestyle with these delicious recipes. Recitas includes selections for breakfast, lunch, dinner, snacks, sides, and desserts, such as Panko Crusted Orange Chipotle Chicken, Brazilian Coconut Rice, Provencal Fish with Fennel, Lemon, and Herbs, Red Velvet Cupcakes, and many more. Who says a healthy diet can't be a tasty one?

Book Information

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Customer Reviews

PRAISE FOR THE PLAN: The Plan is not a diet. It is a way of changing how you eat--for life. And that is why it works. And as promised, I didn't have to give up baking: I still eat sweets! •Lesley Jane Seymour, Editor in Chief, *More Magazine*
In *The Plan*, Lyn-Genet explained that weight gain or loss is not obsolete calorie counting, but instead about your chemical response to the quality of food you consume. The Plan Cookbook furthers this sane approach to eating. Far from being just another diet cookbook, it is a healthy cookbook for foodies! •Jonathan Bailor, founder of SANESolution.com and New York Times bestselling author of *The Calorie Myth*

Lyn-Genet Recitas is the New York Times bestselling author of *The Plan*, a groundbreaking anti-inflammatory nutritional protocol. Her work has been featured on *The Dr. Oz Show*, in the *Huffington Post*, and on Fox News. She has been a holistic nutritionist for more than thirty years

studying nutritional therapy, holistic medicine, herbology, homeopathy, yoga, and shiatsu.

Lyn-Genet and her team at the Lyn-Genet Plan have helped hundreds of thousands of men and women find easy, effective ways to lose weight, improve health, and reverse the aging process. You can visit her at www.lyngenet.com.

Great cookbook! So many great recipes!! Highly recommend both The Plan & The Plan Cookbook. I feel great & the food is amazing. It's worth it to buy both books.

Be prepared to lose and lose quickly! Key is preparation! Plan weekly, make ahead and freeze extra. This book makes you rethink food!

The Plan is the only eating information that has made sense to me in my entire life. And it has worked wonderfully for me. Having delicious food, losing weight and getting healthier is great! Not easy or simple, but once you get the hang of it it works consistently. LOVE The Plan!!!

Looking forward to trying the many delicious sounding recipes

Way to go, Lyn-Genet! Great recipes. Still exploring them.

The Plan is the only program that has worked for me long-term and the philosophy behind it just makes sense. Highly recommend!

Excellent Book and arrived quickly.

Product as expected, no issues.

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