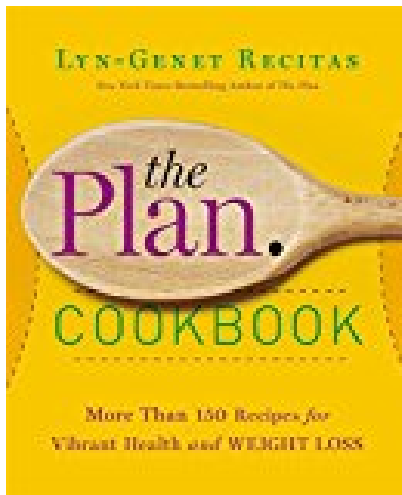


The Plan Cookbook More Than 150 Recipes for Vibrant Health and Weight Loss



BOOK DETAILS

- Author : Lyn-Genet Recitas
- Pages : 224 Pages
- Publisher : Grand Central Life & Style
- Language : English
- ISBN : 1455556513

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BOOK SYNOPSIS

Now available for the first time in trade paperback! 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?

THE PLAN COOKBOOK MORE THAN 150 RECIPES FOR VIBRANT HEALTH AND WEIGHT LOSS

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