

# [PDF] The Plan: Eliminate The Surprising "Healthy" Foods That Are Making You Fat--and Lose Weight Fast (2014)

Lyn-Genet Recitas - pdf download free book

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**Books Details:**

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Author: Lyn-Genet Recitas  
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**Description:**

In this revolutionary, *New York Times* bestselling book, cutting-edge nutrition expert Lyn-Genet Recitas reveals the surprising truth behind what actually makes people pack on the

## **pounds.**

Carbs and portion sizes, it turns out, are not the problem. Foods that are revered by traditional weight loss programs, such as turkey, eggs, cauliflower, beans, and tomatoes, may be healthy in a vacuum, but when combined with each person's unique chemistry, they can cause a toxic reaction that triggers weight gain, premature aging, inflammation, and a host of health problems including constipation, migraines, joint pain, and depression.

Now this groundbreaking 20-day program helps readers finally unlock the mystery behind what does and does not work for their individual body. With detailed meal plans, recipes, and effective, personalized advice, you will discover how to:

- Lose a half a pound a day while enjoying generous servings of foods you love
- Identify your hidden trigger foods that are causing weight gain and inflammation, among other symptoms
- Build a personalized healthy foods list that promotes rapid weight loss
- Avoid feeling bloated, tired, or unhealthy again!

Feel better, look better, and be empowered by the knowledge of what truly works best for *your* body!

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