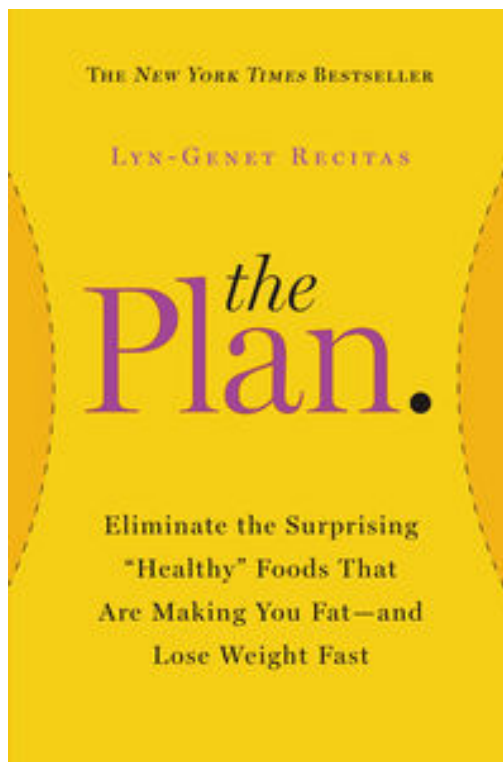


# Download PDF Online Book The Plan - Lyn-Genet Recitas Free EBook PDF/ePub/Mobi



**Download PDF Online Book The Plan Lyn-Genet Recitas Free eBook PDF/ePub/Mobi, New York Times bestselling author and cutting-edge nutrition expert Lyn-Genet Recitas reveals the surprising truth behind the "healthy" foods that cause weight gain and provides personalized meal plans for rapid weight loss.**

Carbs and portion sizes are not the problem when it comes to weight loss, contrary to popular belief. 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.

Lyn-Genet's groundbreaking 20-day program helps readers finally unlock the mystery behind what does and does not work for their individual bodies. 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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