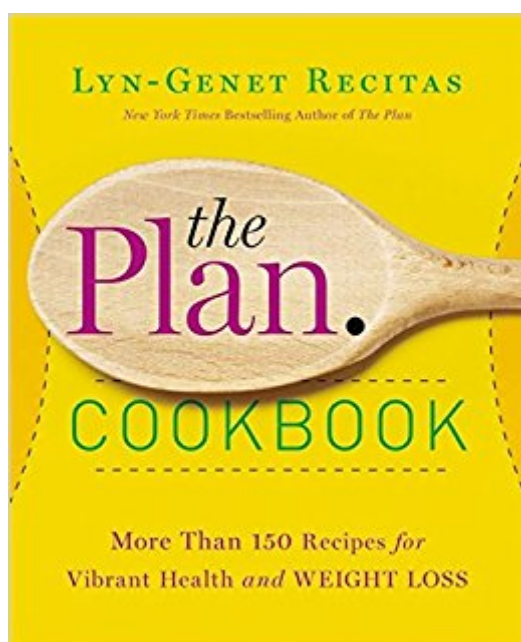


The book was found

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

Hardcover: 224 pages

Publisher: Grand Central Life & Style; 1 edition (December 30, 2014)

Language: English

ISBN-10: 145555653X

ISBN-13: 978-1455556533

Product Dimensions: 8 x 1 x 9.8 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 120 customer reviews

Best Sellers Rank: #901 in Books (See Top 100 in Books) #11 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#)

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.

[Download to continue reading...](#)

The Plan Cookbook: More Than 150 Recipes for Vibrant Health and Weight Loss
Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition
(Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips)
DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat)
Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes, Juicer Recipes Book, Juicer Books, Juicer

Recipes, Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Paleo Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Paleo recipes, Paleo Cookbook for Weight Loss, Paleo Diet, Paleo Cookbook) (weight loss book) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) The Eat Fat, Get Thin Cookbook: More Than 175 Delicious Recipes for Sustained Weight Loss and Vibrant Health Weight Watchers Daily Recipes Cookbook: The Ultimate Weight Loss Cookbook (Breakfast Recipes, Lunch and Dinner Delicious Recipes for weight loss) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Ultimate Weight Loss Smart Points Beginner's Guide: Everything You Need to Know for Rapid & Sustainable Weight Loss (Includes 50 Weight Loss Tips, 30 Day Meal Plan, and Recipes) Slow Carb Recipes: Simple Weight Loss Recipes To Lose 20 Pounds in 30 Days and Increase Energy Without Exercise!: Weight Loss Recipes (Slow Carb Weight Loss Book 1) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) The KetoDiet Cookbook: More Than 150 Delicious Low-Carb, High-Fat Recipes for Maximum Weight Loss and Improved Health -- Grain-Free, Sugar-Free, ... Paleo, Primal, or Ketogenic Lifestyle The KetoDiet Cookbook: More Than 150 Delicious Low-Carb, High-Fat Recipes for Maximum Weight Loss and Improved Health -- Grain-Free, Sugar-Free, Starch-Free ... Paleo, Primal, or Ketogenic Lifestyle Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(

Contact Us

DMCA

Privacy

FAQ & Help