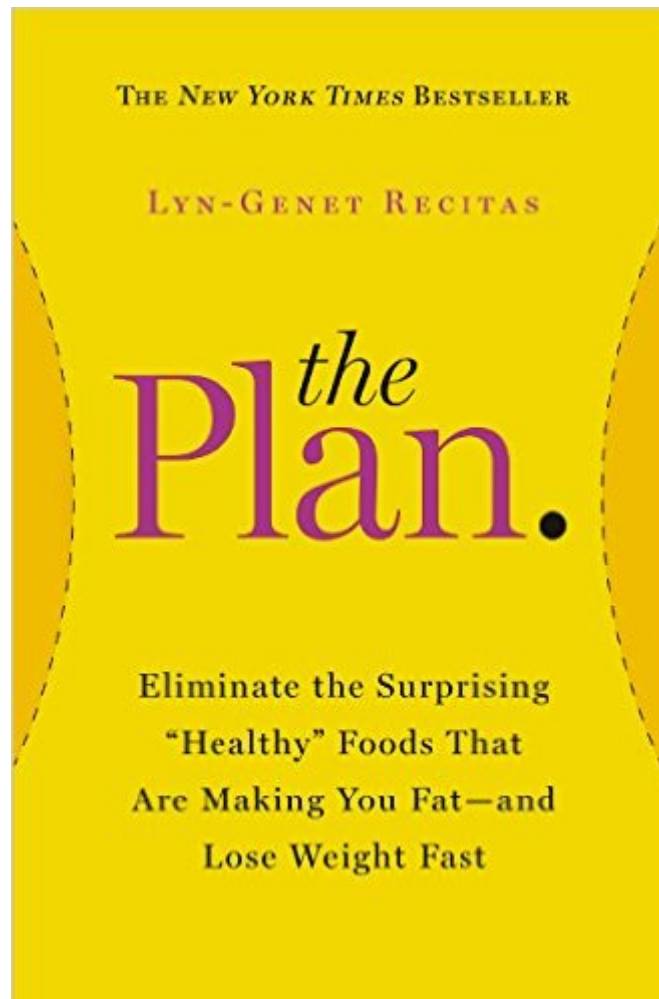


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# The Plan: Eliminate The Surprising "Healthy" Foods That Are Making You Fat--and Lose Weight Fast (2014)



## Synopsis

In this revolutionary 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!

## Book Information

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## Customer Reviews

I just purchased this book last night and have read it through already. I really wish I would have gotten a hard copy although there are links in place for the kindle version, it is a pain getting back to where you started once you leave your last page. UPDATE \*\*\*I do not have a Kindle Fire my Kindle is one of the original models. People with Kindle Fire are not having this problem. I am also not

having this problem while using Kindle Software on my PC.\*\*\*The plan itself seems logical and I am going to do it. I have hypothyroidism, I'm 40 and I can't lose weight. I've suspected food allergies or excuse me having high reactivity to foods. I've gone through "boot camp" type programs in the past and ended up with some beautiful muscles but little to no fat loss. One gripe I have is that the breakfast required to start "flax granola" could be purchased via a website for \$40. For the \$40 you get three bags of flax granola and a bag of special flat bread. Where I'm from that's a lot of money for breakfast lol. The Author did redeem herself by putting a recipe to make it at home in the book, thankfully. The other gripe I have is all the "It worked for me jargon" cluttering the chapters. I don't need that to try the plan, but maybe others do. I mean I bought the book already stop trying to sell it to me. It also made it hard to link back where I left off. I strongly suggest reading the book through skipping the stories, then go back and read the "it worked for me jargon" so you don't get confused. I'll edit this post as I go through the plan and let you all know how it goes. I've already upped my water intake to prepare for the first phase. I hope to start this next Monday or Wednesday.\*\*\*Updated 1/15/2013 I made it through day 1.

This is life changing information. I am 47 and have tried every diet lifestyle there is to maintain my weight as I age. I have studied nutrition since college, so I felt very knowledgeable until I learned about the plan. When I started the plan, I was already at a low weight from "embracing hunger" and exercising like a crazy person. On the plan, I was able to eat again. That in itself was heaven, but to lose weight while eating more was very foreign to me. I started dropping weight fast from an already low weight. By day 6, I had mental clarity, energy galore, and felt euphoric. My insomnia went away, my blood pressure went down, my cravings gone, and best of all I wasn't food obsessed. I was for the first time satiated. I was 125 pounds when I started, on two HBP meds (unusual for someone not overweight but I have family history), and didn't realize how starved my body was for nutrition. I ate well as I know nutrition, but as I aged, I ate less and less to stay the same weight. My body was starving. This morning I'm 110, so I have lost 15 pounds. I'm off all high blood pressure meds. I have more energy than my sons that are in their 20's. I've never in my life felt better. Sometimes now I have to exercise to burn off the excess energy at the end of the day. I eat fun yummy food. I gave up avocados in my 30's due to the fat calories, but now I eat 1-2 a day. I love love love avocados, and I get to eat them again. I eat dark chocolate daily. Lots of it. Sometimes after every meal. I eat carbs again. I eat burgers again. I feel ZERO deprivation. I lost weight through the holidays with no sweet cravings for Christmas junk. I felt like I was eating too much food through the holidays and the old familiar guilt feeling crept in, but the scale was going down.

I am hearing far too many women in my life saying "I don't eat much" in response to my compliments on how great they look or when I ask how they lost the weight. They look so saddened when they say this. The thing is I was one of them in my 30s and in my 40s I was still one of them except I wasn't losing weight any longer. Then, the Plan entered my life and I began to eat so much food, all different types and could not seem to finish a meal on the Plan because I was full so fast. Previously, in an effort to stop the 15-20 pounds of weight I had gained due to hypothyroidism (I thought) . I was eating healthy foods and 1200-1400 calories per day, I dedicated myself to 5-6 days/week of 1-1.5 hours of working out, finally becoming vegan with an occasional fish (wild & locally caught). I watched my friends on the same diet dropping weight, but my acne, PMS and hypothyroidism continued, but with the large amount of exercise I was finally maintaining an 8-pound weight loss. I had to keep it up just to maintain!! (sigh...I was exhausted). I was skeptical because I had tried it all: weight watchers, medifast, vegan, vegetarian, pescatarian, all organic, with exercise, without exercise and all of them started great and ended with weight gain. So, I watched my friends for a year and still, they were having success and healing their health issues as well. I did try to convince Lyn Genet that I was different so her plan may not work with me. Taking one more chance, I committed to the Plan with the same loyal, honest, commitment I had to the others. I lost weight....FAST! 5 lbs. the first week and it just kept coming. That is what kept me going, that I lost immediately...not 1-2 pounds/month like I had the rest of my 30s and 40s, but daily.

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