

The Plan Cookbook

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Summary:

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The Plan Cookbook: More Than 150 Recipes for Vibrant ... Based on the concept that our bodies need to eat a variety of things and each body is different, the author has written a cookbook with a plan. The book begins by outlining why our bodies reject certain foods and how to go about detoxing the body to get rid of the toxins that have built Everyone's bodies are different. The Plan Cookbook | The Plan The Plan Cookbook by Lyn-Genet Recitas 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. The Plan Cookbook " LGKitchen by Lyn-Genet Recitas 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.

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