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LYN-GENET RECITAS

the Plan.

Eliminate the Surprising
“Healthy” Foods That
Are Making You Fat—and
Lose Weight Fast

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



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New York Instances bestselling author and cutting-edge nutrition professional Lyn-Genet Recitas reveals the astonishing truth behind the "healthy" foods that cause fat gain and personalized meal plans for fast weight loss. Foods that are revered by traditional diet programs, such as turkey, eggs, cauliflower, coffee beans, and tomatoes, may be healthy in vacuum pressure, but when coupled with each person's exclusive chemistry, they can result in a toxic reaction that creates weight gain, premature ageing, inflammation, and a host of health problems including constipation, migraines, joint pain, and depressive disorder. Carbs and portion sizes aren't the problem with regards to weight loss, contrary to popular belief. Lyn-Genet's groundbreaking 20-time program helps visitors finally unlock the mystery behind what does and can not work because of their individual bodies. Experience better, look better, and become empowered by the data of what truly is most effective for your body! With detailed meal plans, quality recipes, and effective, customized advice, you'll discover how to:

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



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Great for people who have tried everything and nothing at all works This review is written for all the 40+ women out there who have struggled and struggled to lose excess weight on any diet. I am among those females.. try the protocol. Therefore, I upped my workouts and..... I purchased the book approximately 2 yrs ago and it is the just diet change I've ever stuck with. this protocol saved me from postpartum depressive disorder and saved my child from an eternity of Ritalin and Gabapentin. I could get the pounds off with the 1st two, but what worked with the first didn't use the second and nothing caused the third.. Never felt better! I did so another "medically supervised" diet program where you were eating 1,200 calorie consumption a day time and were supposed to remove 2-3 pounds weekly. Clearly, if that's the case, then this is new math that I hardly understand. I would obtain down in the dumps because I felt like I'd never eliminate the extra fat, but was at a complete loss for knowing how to proceed to get it off. I was prepared to give up, but I couldn't quit..A friend of mine, who is also in my generation, recommended this book. Five Stars Great book for assessing trigger foods.! I read on and noticed that she provided options for tailoring THE PROGRAM to vegans and vegetarians, therefore i made the decision "what the hell" and bought the publication. I spent the first week reading the reserve and searching through the recipes. There's a good amount of prep work that should be done to really get your food prepared for the first week. That said, the recipes are all super simple to make.. Good Read! This will get gone your sugar cravings if you have them! But I could see if you are reactive to a whole lot it may be hard.wait for it.... I'd say it's added maybe \$100-150 a month to my grocery bill. They're not gourmet, but they're palatable. Don't waste your money It's just another diet reserve that didn't work for me Ugh I just do not agree with this The plan I didn't think that this was worth the amount of money it didn't offer me on the losing weight and it tells you to do stuff that everyone already does AMAZING!. I feel better and my attitude towards food has completely changed... A lot of reviews note the editing and the dishes becoming incomplete which holds true but just make use of your common cooking feeling and browse the recipe completely through before starting. I had got earlier success on weightwatchers, so I tried that once again, but considering that I'm a vegan and the factors system now doesn't count any of the fruits and vegetables you take in, well, that's a problem since that is where all my calories are coming from. I am 48, work out 10 hours a week, eat 1200 calorie consumption a time, and am 20-30 pounds overweight and no matter what I did so, could not budge the level. Carrying additional weight around for many years is unhealthy...9 pounds! Personally i think empowered with food knowledge. The reviews seemed like they were all written by people like me.Good luck all! I have no idea and I'm not really asking - who cares? And although I'm only one week into this and still have a good number of days left to proceed, I don't even actually care what goes on from right here on out because I'm down 9 pounds! The Plan makes perfect sense if you ask me and is the first time I've ever come across a diet plan that's tailored to the body. My 6'6", 185-pound spouse, who eats whatever he wants, whenever he wants says, "it's calorie consumption in/calorie consumption out". When I struggled to take off 1/2 a pound weekly, I asked them why and they couldn't solution me. If it's a straightforward calories in/calories out equation, then anyone who was simply dedicated could lose pounds. And for me works out I am not reactive to numerous things so the program was easy. Her premise is certainly such an interesting concept and explains so very much about those people that we all know who appear to eat whatever they need and stay as skinny as a rail. Most of us chalk it up to a faster fat burning capacity, but how could someone's metabolism be really that much faster than another person's? Just how I interpret The Plan is that it is a personalized diet program that tailors foods to the body chemistry therefore that most of us can consume "whatever we wish" and stay thin and fit. We all have the same metabolism, but those people who stay slender eating everything possess a much more efficient fat burning capacity because there aren't any foods that hang up within their system. For the rest of us, it's a scientific puzzle to determine what works for all of us and what doesn't. I also believe she's really on to something with the complete aging procedure and our systems getting sensitized to certain foods that once offered us no trouble when we were younger. But regardless better to know than not really. I'm a 45 year old mom of 16 year older twins and I weighted 129 pounds and I am 5'4". Considering that it is the only thing which has worked well for me, if you are in the same boat and find you can't budge the scale no matter what you perform, it's at least worthy of a try. Personally i think great, my arthritis offers lessened, and I'm eating avocados for the first time in several decades! Give it a try.I've been on The Plan for a week now and have lost. I almost feel just like my review isn't necessary because

there are thus many but thought We'd write one anyway in case it can help someone. I also altered the plan some. I've turned three other folks on to it and they're now doing it as well. I realize that is within normal range but I feel best when I fat under 125. When you are as of this range 5 pounds feels like a lot. My clothes were always tight and I generally simply felt bloated sluggish and not at my optimum fat. I'm on day 52 now. I had been counting calorie consumption and buying salmon at restaurants for nearly a 10 years trying to lose 5 pounds and I'd after a few months only to have it come back the next I ate even at all "bad". Worst of all I had UNCONTROLLABLE sugars cravings. The cravings had been uncontrollable and they controlled me. Once you get a list of foods going that you move other the types on the menu, you find the best freedom! Once in a while, if I eat a few that don't trust me, those symptoms return and I simply go back to consuming the foods that I know do agree with me and my symptoms go away again. They reach be a little very much. I get there are a large amount of success tales but there are way too many in the reserve. So I go through it through and skipped those but pay attention because some of the inset boxes aren't testimonials and also have information that you need. So after the initial read I go through it again with a highlighter and highlighted info I needed to remember. Then during the period of the next few weeks I'd review my highlights. Before I began I formulated an idea and gathered products but I also began with the water consumption to train myself to drink the water in the quantity and timing she recommends (half your weight in ounces each day and with 45 a few minutes before and after foods and to have it all drank before supper and to not beverage any after dinner). I didn't have a lot of excess weight to loose. The book cautions from this but I still acquired success. But everyone is different. For me the modifications still worked well. For others probably not. For example I'm never going to eat sautéed kale and during the cleanse I still got my one glass of coffee each morning hours. For some of us, our bodies attack the meals we devote it and that needs to be remedied..We am a huge believer in this reserve and plan. THEREFORE I lost 8.5 pounds in about 14 days and also have stayed there. I could feel the collective attention roll from some of you but this review is certainly for people like me. I experienced an out of city trip and ate out a whole lot including in and out burger (that i later regretted because it actually wasn't that tasty). When I came house I had gained 2 pounds but jumped right back into the plan and by the end of this week was back at my weight. All of this is great but here's the most important thing for me personally - this plan crushed my constant glucose cravings. They are gone and it's changed my entire life and I'm so thankful. My husband buys woman scout cookies by the dozens from any Young lady Scout that asks him. Which is nice but we have literally dozen of boxes of delicious slim mints inside our pantry and freezer. Before the plan I possibly could easily eat a whole sleeve of them per sitting. They might beckon me and I couldn't resist their contact. I recommend this publication and diet plan if you would like to experience great! This may sound dramatic but Personally i think like it's a miracle..! For example there are a few that list elements but in the instructions never have you add them. I simply add them where they make sense or omit them if I think they are not necessary. There are also some reviews that say it's expensive. This is relative. When you have no spices and also have to buy all of them maybe. I already had a lot of them. It's just about all fresh food therefore you'll have to shop more often.. There is absolutely no food that is off limits, it is just learning which foods trust you personally and those don't. How is definitely that even possible?! Review I love that the writer is usually a gourmet chef who wants to eat and knows how to make healthy foods taste great! I attempted a higher protein/low carb diet plan, which had limited success, but vegan resources of protein have a tendency to be carby and although I'd only be eating about 1,200 calories a day, I'd battle to even take off 1/4 of a pound a week! Buying this book and following Plan is undoubtably among the best things I've ever done to get myself.NOTHING! It really is truly a lifestyle change. My acid reflux disorder, bloating, and gas proceeded to go away. I have some words of assistance on the browse - I read everything the way through and mainly skipped all the testimonials. For me that's not a poor trade off for the result but some might think it's too much. But I have been in a position to not eat a single one and more importantly not even think about them. It's about being healthful and feeling good but slimming down is a real plus!. I acquired three children in 5 years - the last when I was 42. Get the book! I used to work out 5 hours a week and made a decision to double it thinking that the extra workouts would "defeat" the weight off of me. Use the up to date menus on her website and utilize the self menu template on her website to create your very own menus one you reach day time 18. It's disciplined the first 30 days BUT SO WORTHWHILE! I found out about this reserve from a coworker and got it and go

through it. Outstanding weight loss as well lowered inflammation significantly within 10 days. I read the book's Plan for the initial week and then pulled down the vegetarian and vegan menus off her site and kind of put together a hybrid plan for the week. Good Read! I'd hardly ever heard of it before, but went out to Amazon to read the premise and the evaluations.



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