

New York Times bestselling author of *The Plan* and *The Metabolism Plan*

LYN-GENET RECITAS

The Metabolism Plan

Vegan & Vegetarian

COOKBOOK

Over 150 low inflammatory recipes
that boost your metabolism



Lyn-Genet Recitas

The Metabolism Plan Vegan & Vegetarian Cookbook



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Best of all, these recipes are fast and simple to prepare so you can get out of the kitchen and spend more time with those you like. The quality recipes are nutritionally balanced and support metabolic and hormonal health. The recipes consider the guesswork out of a healthy diet plan. Her newest reserve The Metabolism Program Cookbook, is usually geared for vegans, vegetarians and anyone desperate to have significantly more of a mindful, plant based diet within their healthy life style. In her New York Times and USA Today bestselling books, Lyn-Genet Recitas has exposed what surprisingly healthy foods cause inflammation, weight gain, depression and premature aging.



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Wonderful information Great book



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