

The Plan Cookbook

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Summary:

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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: 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 " LGKitchen by Lyn-Genet Recitas The Plan Cookbook 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.

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