



The Plan: Eliminate the Surprising 'Healthy' Foods That are Making You Fat - and Lose Weight Fast

By Lyn-Genet Recitas

Orion Publishing Co. Paperback. Book Condition: new. BRAND NEW, The Plan: Eliminate the Surprising 'Healthy' Foods That are Making You Fat - and Lose Weight Fast, Lyn-Genet Recitas, A ground-breaking diet plan that helps eliminate the surprising 'healthy' foods that are making you fat - and lose weight fast. In this revolutionary, NEW YORK TIMES bestselling book, cutting-edge nutrition expert Lyn-Genet Recitas reveals the surprising truth behind what actually makes people pack on the pounds - and it isn't carbs or portion sizes. Foods that are revered by traditional weight loss programmes may seem healthy, but when combined with each person's unique chemistry, they can cause a toxic reaction that triggers weight gain, premature ageing, inflammation and a host of health problems. This groundbreaking programme helps readers finally unlock the mystery behind what does and does not work for their individual body. With detailed meal plans, recipes and effective, personalised advice, you will discover how to: Identify your hidden trigger foods that are causing weight gain and inflammation, among other symptoms; Build a personalised healthy foods list that promotes rapid weight loss while enjoying generous servings of foods you love; Avoid feeling bloated, tired or unhealthy again! Feel better, look...



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