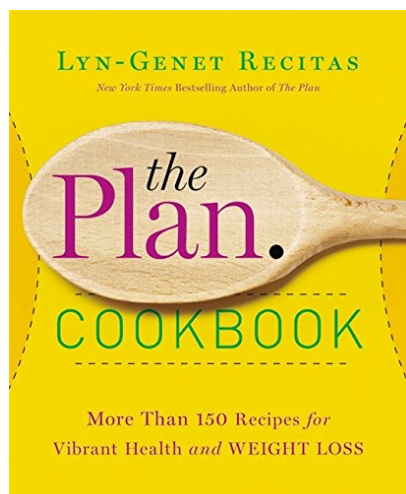


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by Lyn-Genet Recitas : **The Plan Cookbook: More Than 150 Recipes for Vibrant Health and Weight Loss**

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PDF-18909 | 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. 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.

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