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The Plan Workbook Gluten Free: Spring/Summer



Synopsis

Lyn-Genet Recitas is the New York Times bestselling author of The Plan, a groundbreaking anti-inflammatory nutritional protocol. Her work has been featured on Dr Oz, Huffington Post and Fox News. She has been a holistic nutritionist for over 30 years studying nutritional therapy, holistic medicine, herbology, homeopathy, yoga and shiatsu. Lyn-Genet and her team at The Lyn-Genet Plan have helped hundreds of thousands of men and women find easy, effective ways to lose weight, improve health and reverse the aging process.

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Customer Reviews

Very, very helpful. It simplifies The Plan so that anyone can do it, without confusion. The Plan is great, and a wonderful way to root out food sensitivities, but it is complicated. This workbook makes it easy.

this was really useful, it gives you the info without all the other stuff that is interesting but makes getting to the meat of the diet more difficult. The Plan is a great way to find out which foods are best for your metabolism. Also, by taking all the gluten out of the Plan, it makes it easier.

I am a "Planner!" This workbook makes tracking progress so easy. Great idea from "The Plan" along with the original book and The Plan Cookbook.

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