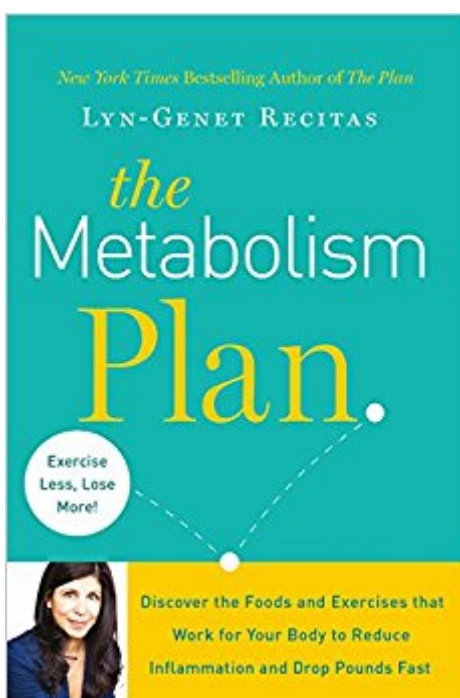


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# The Metabolism Plan: Discover The Foods And Exercises That Work For Your Body To Reduce Inflammation And Drop Pounds Fast



## Synopsis

The New York Times bestselling author of *The Plan* is back to help readers customize their diet and exercise less to lose more weight! *The Plan* -- the instant New York Times and USA Today bestseller that helped readers pinpoint which "healthy" foods were making them gain weight -- has helped hundreds of thousands of readers slim down. Now nutritionist Lyn-Genet Recitas shares her groundbreaking new 30-day program that helps readers create a customized diet and exercise plan to boost their metabolism and burn more fat. Readers will discover: why exercising less -- as little as 12 minutes, 3 times a week! -- can help them lose more weight; why "healthy" foods like oatmeal and salmon may be packing on the pounds, but French fries may not; and how to optimize their thyroid function. Featuring all-new recipes and backed by science, *THE METABOLISM PLAN* is primed to revolutionize the diet shelf and help readers shed weight for good.

## Book Information

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## Customer Reviews

"The Plan is not a diet. It is a way of changing how you eat -- for life. And that is why it works. And as promised, I didn't have to give up baking: I still eat sweets!" --Lesley Jane Seymour, editor in chief, *More* magazine, on *The Plan* --This text refers to the Paperback edition.

Lyn-Genet Recitas is the New York Times and international bestselling author of *The Plan* and *The Plan Cookbook*, which offers an effective way to lose weight improve health and reverse the aging process. A sports and holistic nutritionist, Recitas has helped hundreds of thousands of men and women reach their best health by finding their chemical responses to food, not counting calories.

Recitas has been featured on The Dr. Oz Show, Fox & Friends, and Fox News, and in Women's Running, Fitness, and More magazine, among others.

I have to say, I so badly want to give this book a better review. It has amazing thoughts and insights in it, and has really helped me understand health in a whole new way. I feel less pressure to exercise and eat a certain way. However, I really struggle with the way the plan is set up and to follow. I read and followed her first book with great results, but so many questions left unanswered. This book has addressed more, but the plan is extremely hard to follow!! I'm a physical therapist and want to suggest this book to my patients because I love the principles, but follow through is extremely difficult (and I have no kids.) I can't imagine how moms do this. I even tried buying the audiobook with the PDFs and it's still unhelpful. The shopping lists don't align with what the recipes need. I find myself going to the grocery store EVERY day because I don't have what I need. She also doesn't provide a good plan for how to cook, except for chopping up vegetables ahead of time (which you will still probably run out of). I just love the plan but wish it was better organized and easier to use. The stress of following perfectly takes a lot of joy out of the process. I hope in future books she

1. Provides an ACCURATE shopping list (to prepare for each day of the plan).
2. States what to cook when.
3. Compiles the information better (so you don't have to constantly flip between book and recipes)
4. Explains how to do your cleanse if you test positive to something on the cleanse.

Things went well during detox- I lost 6 pounds, but then nothing for the next remainder of the month. This plan is so labor intensive that I was cooking constantly and had no extra time to exercise. I have a family and had to cook for them too. I also live in a small town, so the ingredients were hard to get. I had to drive an hour to buy escarole! I also made a consultation appointment with the writer. I had suffered through 18 days by the time the appointment came up, had paid in full ahead of time, sent lots of paperwork, had blood labwork done, and completed a diary. I had lots of questions. I had lost 6 pounds during the cleanse and then nothing for the remaining 12 days. I obviously needed help interpreting and managing. About an hour before my appointment, I got an email with all caps writing and red highlights on my diary that informed me that my appointment was cancelled because I was a failure at following the book properly. So after all the work and not even a single cheat- I was rejected and left with no plan. I know I cannot go on for much longer with this labor intensive of a plan. I am completely lost. I feel somewhat hopeless and wish I had never tried it.

We love the Plan. It has really helped us to find what foods our bodies react to that have been causing weight gain and specifically Heart burn for me. highly recommend. Also recommend. Seeking out a coach to walk you through how to do the testing phases. I found that super helpful!

Very educational read, I'm learning a lot. It's a very demanding plan to follow but I'm discovering a lot about myself.

This book has guiding principles that you have not heard of before; such as, just because a food is deemed healthy doesn't mean it works for your body. Lyn-Genet teaches you how to figure out which foods your body likes and doesn't like. You have probably already noticed your body reacting to certain foods and didn't consider this principle but this is what Lyn-Genet's research is based on. Great information and guidelines to follow, good recipes, very practical.

I've had a lifetime of trying diet after diet that didn't work. My priority has always been to reduce the inflammation in my body so I could once again be healthy. Lyn-Genet's first book, The Plan, really opened my eyes to what was going on in my body. It's amazing what eating the right foods for your body can do for you. I had some things that I didn't quite figure out the first go-around but these things were addressed in more detail in The Metabolism Plan so I was able to figure out what I was doing wrong. The major addition to The Metabolism Plan is testing for exercise that works for you. I was running 50 to 70 miles per week and gaining weight, I thought how is that possible. Not long after, I was diagnosed with hypothyroidism. After reading The Metabolism Plan, I now understand how my workouts were causing me to gain weight and to have problems with my thyroid. I have purchased this book for some of my family members because their health depends on it. I highly recommend this book for anyone that wants to be healthy once and for all and the weight loss is a wonderful benefit!

I struggled about what star to give this book since I am only four days into it. However, the kindle edition is very hard to follow.....as other people have indicated, shopping lists don't line up. I spend most of my time hitting 'search' because it's hard to go back to where I was when I click on a recipe. would be much easier if there were an excel spreadsheet with what you eat on each day.....and a hyperlink to the recipes.

I like this book! I bought it with two objectives: 1) help me to identify foods that would not provoke an

allergic reaction, and 2) figure out how to get balanced nutrition for weight loss and fitness. I recently developed food allergies and the reactions to some long-time favorite foods were from gastro-intestinal to hives to breathing difficulties. I was using a trial-and-error approach to figuring out what I could eat and -- very unpleasant. A friend told me about this book and I bought it -- and the first tool I used was a chart grouping foods we all believe are healthy into categories based on the likelihood of a reaction. I created a food shopping list and then used the book to figure out new recipes and meals that I could eat without dread. It's been a real find. I highly recommend it.

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