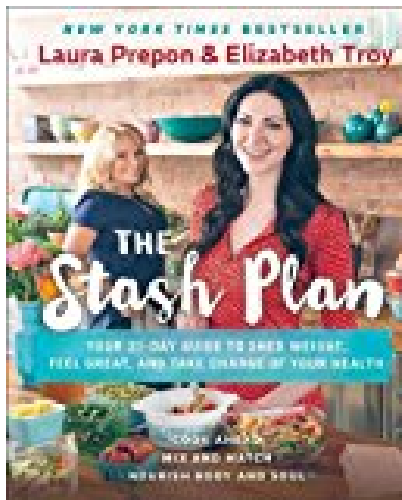


The Stash Plan Your 21-Day Guide to Shed Weight Feel Great and Take Charge of Your Health



BOOK DETAILS

- Author : Laura Prepon
- Pages : 288 Pages
- Publisher : Touchstone
- Language : English
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BOOK SYNOPSIS

The instant New York Times bestseller! From Laura Prepon, star of *Orange Is the New Black*, and integrative nutritionist Elizabeth Troy comes an exciting 21-day plan combining the latest in food science with ancient dietary wisdom, to shed stubborn weight for good and achieve overall wellness. Despite her glowing on-screen presence as the star of *That 70's Show* and *Orange Is the New Black*, Laura Prepon has always struggled with weight issues, digestive issues, bloating, and low energy. After years of starving herself with crazy diets and punishing herself with tortuous workouts, Prepon met integrative nutritionist Elizabeth Troy, who combines Eastern holistic medicine and food science in her practice. Troy "unstuck" Prepon's malfunctioning organs and metabolism through targeted eating and stretching that finally allowed her to lose those stubborn pounds and thrive. Wanting to share this life-changing success, Prepon joined with Troy to create *The Stash Plan*, a 21-day plan and lifestyle guide that combines modern nutritional science with Chinese Meridian Theory (CMT) to detoxify the body and burn fat. In *The Stash Plan*, you'll learn what to cook and how to create a combinable "stash" of meals—proteins, carbs, and vegetables—and nutritional bone broths to eat throughout the week. With twice-weekly cooking sessions as the basis of the plan, Prepon and Troy will show you how to make healthy, budget-friendly meals that are easy and ideal for a busy, on-the-go lifestyle. *The Stash Plan* gives you the key to heal yourself from the inside out and start living the life you've always wanted.

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