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Sommario/riassunto	"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"--