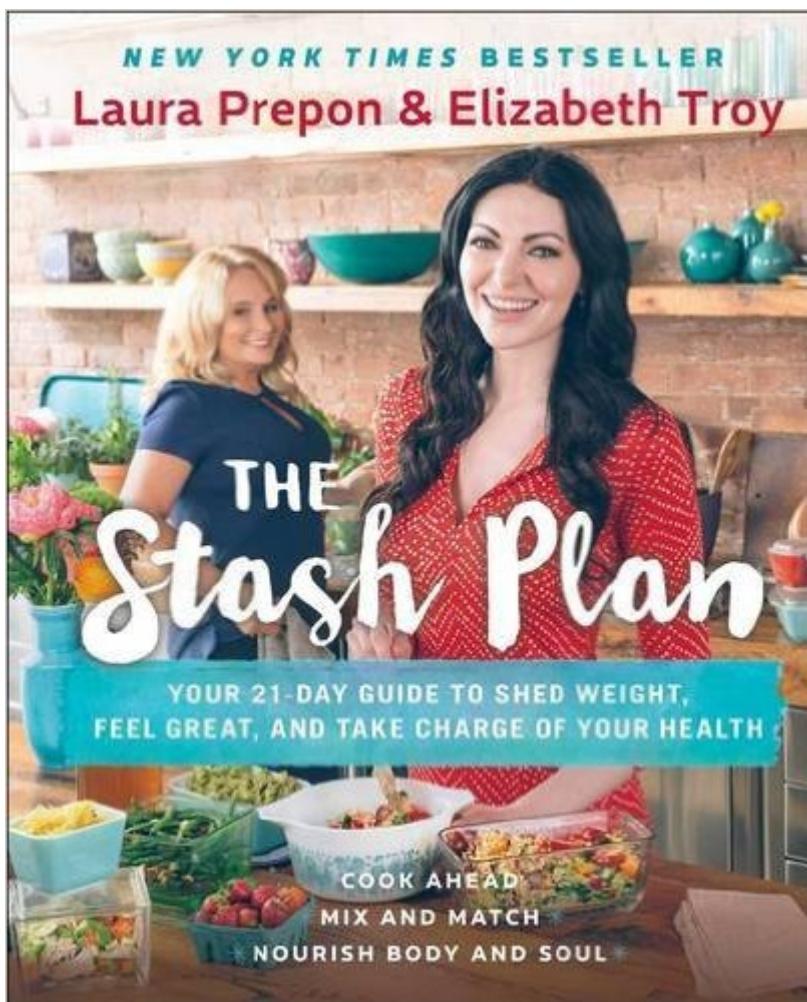


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# The Stash Plan: Your 21-Day Guide To Shed Weight, Feel Great, And Take Charge Of Your Health



## 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 • 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.

## Book Information

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## Customer Reviews

I bought the Kindle version when I saw her on Kelly & Michael. I wish I had done some Googling

beforehand so I could have found the "sneak peek" PDF that they have on their website which includes the shopping list and the first Stash so I knew what I was getting into. The food is good, not ground breaking but good. The meal prep was easier than what I normally prep on a Sunday, However- It is expensive, in my opinion. I'm the only one doing it in our house and for the shopping list for the Stash 1 I spent \$160 and I live in the Midwest, I can't imagine how much it would be in NYC or a more metro town. I also couldn't find everything on the list and the stuff I did find, I had to go to 4 different stores. I mean, if you want someone to eat all organic and Whole Foods doesn't carry everything, maybe make some alternative suggestions for people. The broth- It's delicious, I'm not going to lie but nowhere in the book do they tell you how much to drink all day. All Laura says is that she fills up a thermos in the morning. What size thermos? 16oz? 32? There are also no substitutions in this book. Here in the Midwest right now produce isn't at it's peek, I couldn't find beets at any of the 4 stores, but she/they don't tell you what you can sub stuff for and I find that very frustrating. The plan also requires a LOT of time to warm up your meals during the day. You aren't supposed to use the microwave so I find myself heating up my meals 3 times a day on the stove which requires a lot of pots and pans being used. If you work outside the home, like the majority of America, I don't know how they will make this work. I also agree with some of the other reviews about needing more detail about the stretching. There are ZERO modifications for this.

Love the book! It explains how and why eating clean (organic, non-gmo) is so important to your body. It explains how your liver, gallbladder and lymph system work together to rid your body of toxins and what happens when they get "clogged up" with all the fake food, pesticides, etc. It explains how proper stretching can help the liver, gallbladder and lymph system to work properly together. You don't have to spend hours in the gym, actually from what this says that can hurt you. The one thing I did not like about the book is the recipe part. They recommend all organic, which I agree is best for you. With this plan you cook 2 days per week, each time for the next 3 days. ( your stash to eat from for 3 days) I love to cook and the recipes are great, but no where did they state that the grocery list provided is for one person. The grocery list is extensive and buying all organic will be expensive. (Especially for a family) I will post a pic later of one of the lists. The majority of us out here don't have the funds that these two ladies do that wrote the book. There were also a couple ingredients that I had never heard of in some of the lists. Then when I scanned the recipes, did not find the ingredient in any of them, so why put it on the shopping list? I just received the book Sunday, finished reading it Wednesday. It has a lot of really good info and is well worth adding to your collection. I will definitely start the stretching exercises today, and I will try the

recipes next time I go to the grocery, I try to eat clean anyway so may just modify since I have others to cook for also. Will update in a few weeks with results. Update on exercises: I think they are useful but unless you are VERY flexible some are really hard to do.

Before I received the book, a sneak peak to stash 1 was released in order to start trying out the recipes. I didn't need the how/why these recipes aid in body function, I just read over the ingredients, saw wholesome variety and started cooking. I'm used to cooking ahead, but it's usually one dish that feeds us for 3 days- it gets boring. Each stash consists of 6 dishes, 2 proteins, 2 veggies, 2 carbs- and then there's a list of snacks or "hand grabbers." First impressions: I was impressed with the taste of the recipes, no dish overpowered another and the dishes complimented each other. Even foods that I normally wouldn't choose, were enjoyable due to how they were spiced. Then the book came. The opener gives some background info about steps that failed Laura in achieving health goals and then how she found success working with Elizabeth, as well as following this plan. As a healthcare provider, I particularly enjoyed how much attention was paid to the breakdown of the human body, how certain foods hinder it's function and how you can rectify it: 1) food intake 2) attention to bone broth 3) specific stretches that pay attention to certain organs of the body. The recipes are easy to follow, most require few ingredients, and have a great taste (I've made stash 1 and 2 thus far). The stretches: Nowadays (I'm young, I don't mean to sound old) things are demoed via video, so reading the directions about movements took a moment but they're broken down simply. I work out most days of the week, but I'm not naturally flexible and felt like these all felt new/challenged my body. I'm feeling some soreness in parts of my body today, which reassures me that I am stretching in ways that are new to my body.

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