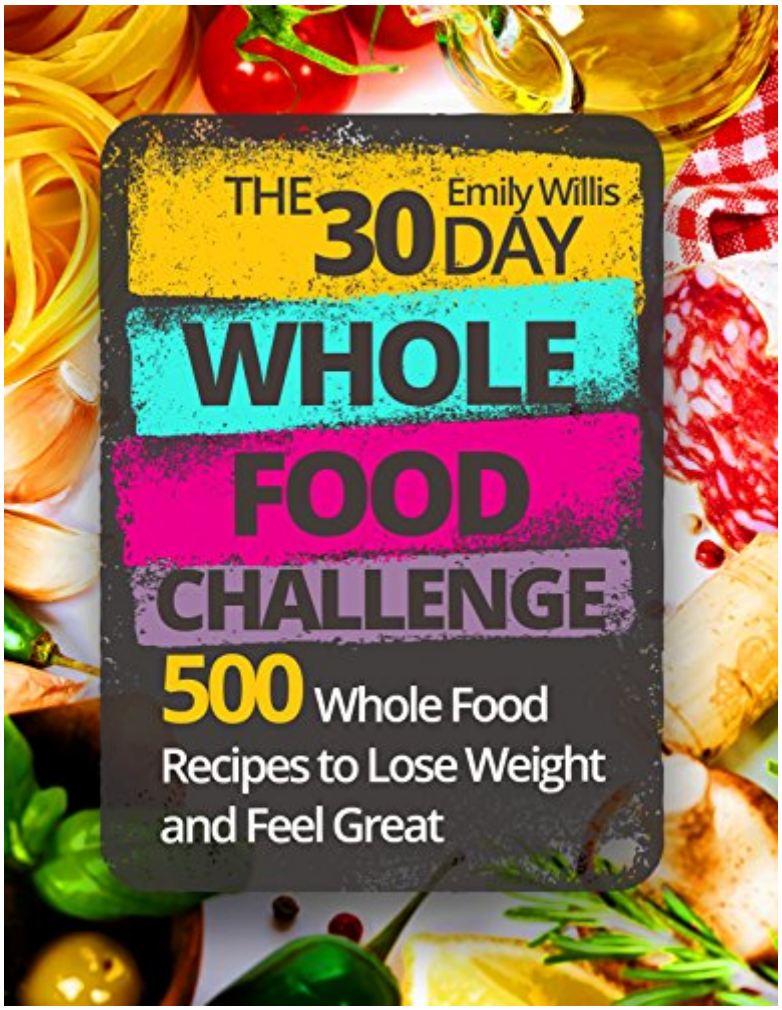
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The 30 Day Whole Food Challenge: 500 Whole Food Recipes To Lose Weight And Feel Great



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Synopsis

Are you looking for a healthy way to lose the extra weight? Are you searching for a great diet that will also improve your overall health and appearance? Well, you do not need to search anymore!We have found the best diet for you to follow The Whole 30 Diet!The Whole 30 diet will help you lose weight fast and it will bring you other health benefits as well.For example, this diet will increase your energy levels; it will improve your immune system; it will help you fix digestive issues and it will balance your hormone levels.This diet will change the way you see life and your body!If youÃ¢â ¬â„¢ve already made the decision to follow a Whole 30 diet, then all you need to do is to get your hands on a copy of this special cookbook.This magnificent cooking journal will teach you how to make the best Whole 30 dishes ever! Under the cover you will discover the recipes forÃ¢â ¬Â¢BreakfastÃ¢â ¬Â¢SnacksÃ¢â ¬Â¢SidesÃ¢â ¬Â¢PoultryÃ¢â ¬Â¢MeatÃ¢â ¬Â¢SeafoodÃ¢â ¬Â¢VeggetablesStart your Whole30 diet today and enjoy your transformation!Get this special Whole 30 recipes collection today and start cooking soon!

Book Information

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Customer Reviews

I bought this book for my best friend since she wants to reduce. She told me that this book is helpful for her. The instructions are very detailed and well written. Easy to follow indeed!

After being diagnosed with type 2 diabetes, I knew it was time for a change. A friend recommended the Whole 30. The book didnt pull any punches and was very honest about the Whole 30 process. 30 days later I last ten pounds and was able to eliminate one of my medications. If you are up for a challenge and want to completely change the way you think about food, then the Whole 30 is the book to buy. Happy journey!

Whole food diet is a way of living. Anyone who wants to have a healthy diet, and to have a normal body weight, you should eating this way. This book gives you good information about what is Whole Food diet and how it is applied. Before that, here you will find a meal plan for the first month. You'll see, after 30 days you will feel much better and livelier. My sincere recommendation for this book!

Delicious list of whole food recipes to learn and the instructions to prepare each recipes are so easy to follow and understand. I've been trying to lose weight with different methods but no luck so far that's why I have decided to give this whole food challenge a try and so far I'm positive that it is working because I already lose some weight after a week of eating the recipes this book provides.

Excellent! This book has simply what you need for your whole 30-day challenge. The author did a good job with the food recipes for this period. This book is very easy to read, easy to follow and straight forward. After 30 days I couldn't believe how much more energy I had. I feel less tired, less sick and just overall more healthy. This book has really changed my life. Recommended!

This is a great book to start on a healthy diet. With these recipes, dieting becomes easier and convenient. This book provides a thorough explanation on how a whole food diet could reduce weight while leaving you healthy in just 30 days. What a very interesting book to read and is filled with mouth watering recipes that are easy to prepare. I recommend this to all who are looking for a particular diet that gives them the right shape and keeps them fit and healthy! This recipe book definitely makes dieting easier and convenient!

To be able to maintain your weight or have a lesser weight than what you have right now, you can try this whole food challenge for 30 days. I think this is just effective for everyone without even trying

to lessen what you eat. Mostly you just need to at fruits and vegetables and less on meat and after 30 days you will see the difference. I like the colors of some titles and how it’s written. Understandable.

This book has simply what you need for your whole 30-day challenge. I appreciate how the author write this book. This book allows me to have a healthy diet, and to have a normal body weight, you should eating this way.

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with Photos and Nutrition Info for Every Meal; Approved Whole Foods Recipes for Rapid Weight Loss 30-Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker Ã¢â ¬â œ Fast ,Delicious and Easy Approved Whole Foods Recipes for Weight Loss! Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) 30 Days of Whole Food: 120 Irresistible and Healthy Recipes - A 30 Day Whole Food Challenge That Will Help You Lose Weight, Boost Your Metabolism, and Prevent Disease 30 Day Whole Food Slow Cooker Challenge: Quick and Easy Whole Food Slow Cooker Recipes For The Everyday Home Ã¢â ¬â œ Delicious, Triple-Tested, Family-Approved Whole Food Recipes (Slow Cooker Cookbook) Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods)

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