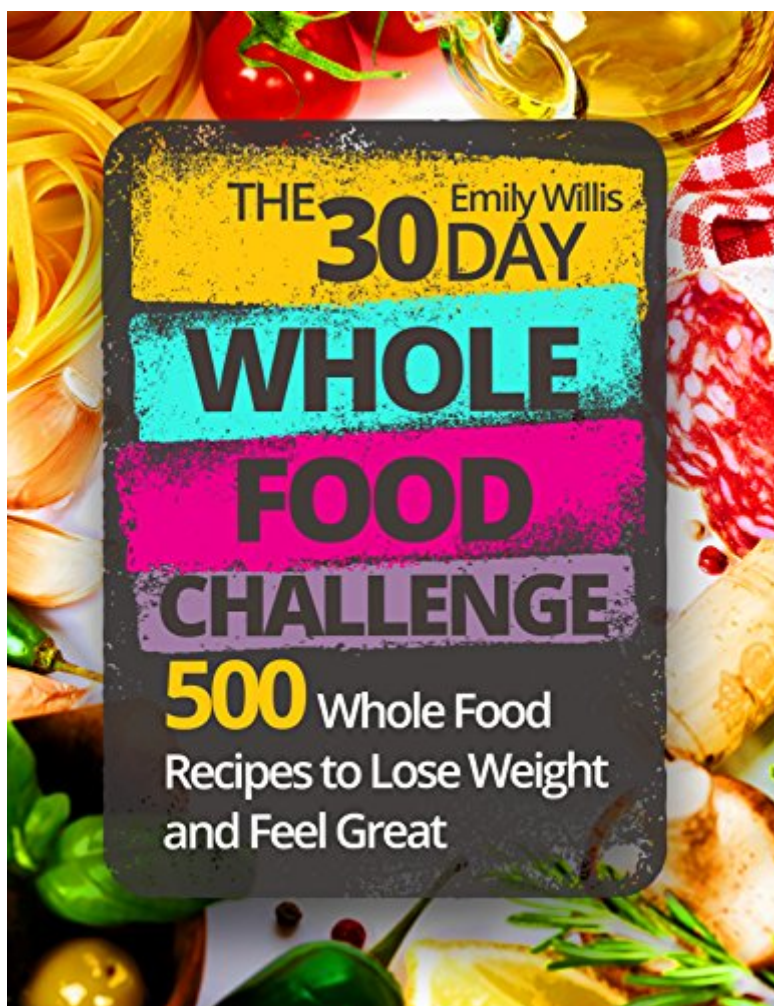


The book was found

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



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 you'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 for Breakfast Snacks Sides Poultry Meat Seafood Vegetables. Start 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 didn't pull any punches and was very honest about the Whole 30 process. 30 days later I lost 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 eat 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 recipe 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 lost 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 eat 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 wrote this book. This book allows me to have a healthy diet, and to have a normal body weight, you should eat this way.

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Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) The 30 Day Whole Food Challenge: 500 Whole Food Recipes to Lose Weight and Feel Great 30 Day Whole Food Challenge: Essentials Whole Food Recipes to Help You Lose Weight Naturally, Stay Healthy & Feel Great Whole Food: The 30 Day Whole Food Challenge Whole Foods Diet Whole Foods Cookbook Whole Foods Recipes (Whole Foods - Clean Eating) 30 Day Whole Food Challenge: The Complete 30 Day Whole Food Challenge to Lose Weight and Live a Healthier Lifestyle 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Foods Challenge: Beginner's Guide with 150+ Compliant and Yummy Recipes Guaranteed to Lose Weight (Slow Cooker Recipes, Whole Food Recipes, Sugar Detox, Food Addiction) Whole Food: The 30 day Whole Food Ultimate Cookbook 100 recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) 30 Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker Quick And Easy Chef Approved Whole Food Recipes For Weight Loss (Slow Cooker Cookbook) 30 Day Whole Food Slow Cooker Challenge: Over 200 Proven Whole Food Slow Cooker Recipes with Pictures for Every Recipe, Nutrition facts and an Easy to Follow 30-day Diet Plan to Lose Weight easily. 30 Day Whole Food Cookbook Challenge: Over 200 Proven Whole Food Slow Cooker Recipes with Pictures for Every Recipe, Nutrition facts and an Easy to Follow 30-day Diet Plan to Lose Weight easily. 30 Day Whole Food Slow Cooker Challenge: Whole Food Slow Cooker Recipes; Pictures, Serving, and Nutrition Facts for Every Recipe! Fast and Easy Approved Whole Foods Recipes for Weight Loss 30 Day Whole Food Slow Cooker Challenge: 100 Whole Food Slow Cooker Recipes

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