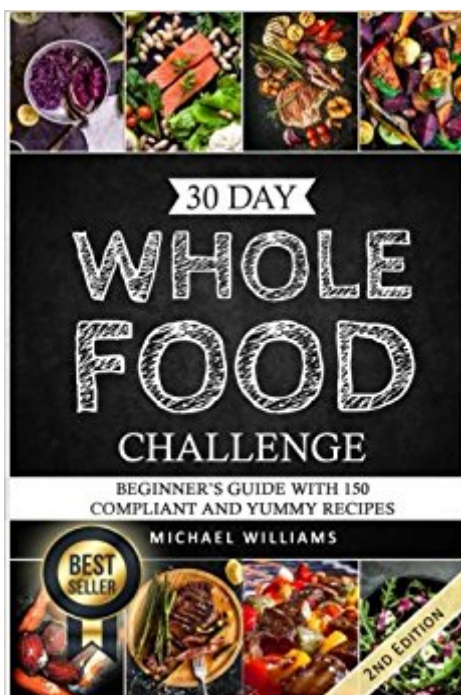


The book was found

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)



Synopsis

Second Edition Now with a More Detailed Guide & 150+ Compliant and Yummy Recipes!

“Health is like money, we never have a true idea of its value until we lose it.” • Do you want more energy throughout the day? Do you want to lose weight, feel better, and live longer? Are you looking to improve your health: mind, body, and soul? If so, then the 30 Day Whole Food Challenge is for you. The 30 Day Whole Food Challenge is a guidebook to better health in 30 days, a meticulously developed system for improving health, resetting your metabolism, and safely losing weight. The idea behind the challenge is to remove the unhealthy, toxic processed foods we eat throughout the day and replace them with whole foods. Whole foods refer to any foods that occur in nature and contain organic nutrients. These delicious and healthy alternatives remove toxins that are put into your body when processed foods are consumed. The idea behind the Whole30 Diet is to restructure your eating habits in a few simple, clear steps that will promote health, wellness, and weight loss. Here’s what you can expect in this guide: A clear overview of the Whole Foods Diet Simple steps for starting (and sticking to) the system A sample Whole Foods-safe meal plan Tips and tricks for travel and social meals 90 award-winning and delicious recipes And much, much more! Push the reset button on your health, and start reaping the benefits of a healthy, whole-food lifestyle by applying this system to your daily regimen. This guide is filled with delicious recipes to help you enjoy the challenge and make it work for you. Breakfast, lunch, and dinner guides make it easy to plan ahead and stay on track with your diet. Here’s a glimpse at some of these creative alternatives: Almond and Blackberry Smoothie Basil, Berry, and Cucumber Flavored Water Avocado Bake Creamy Chicken and Mushroom Curry Soup Chop Suey with Chicken and Shrimp Pineapple Pork Spicy Chili Roasted Quails with Carrots and Sweet Potatoes And so much more mouth-watering dishes to inspire you! So if you’re ready to transform your mind, body, and soul, take the challenge and see what the Whole Foods Diet can do for you. Grab your copy of *The 30-Day Whole Food Challenge: Complete Cookbook of 90-Award Winning Recipes Guaranteed to Lose Weight* right now!

Book Information

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Best Sellers Rank: #15,308 in Books (See Top 100 in Books) #6 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #49 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

Customer Reviews

For a \$6 book, this one is good. I bought it for some extra recipes for use on the Whole 30 plan.

Here are some pros and cons I found...Pros - recipes are easy to follow, great for beginners & those with more cooking experience, lots of choices, the drink section has lots of ideas and alternatives for those of us hooked on soda and I appreciate the alternatives. I know putting fruit into water isn't a new idea but when you're used to popping soda cans all day long, it's refreshing to have lots of new ideas. I love the way it's broken up into breakfast, lunch and dinner. Recipes can fit with Whole 30.Cons - I bought this book because it had slow cooker recipes but they were very disappointing. All 10 recipes are for stew and that's it. There's beef stews, chicken stew, pork stews, fish stew, oxtail stew, and veal stew. Nothing else! This was my biggest complaint. I love my slow cooker and I know it makes more than stew!

I find this almost useless the way the recipes are written makes me crazy.not one recipe sounded good.maybe its from another country? It is not whole30 its a rip off of it.totally wasted my money on it.stick to the real deal if you want whole30 this is....Not good

This plan has changed my life. 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. Will recommend this to everyone!

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 ! Can't wait to get started with my 30-day challenge.Ã¢Â

Not bad. It had some things in it I didn't need, but it was still pretty decent.

This is the kind of diet I've been looking for. I tried other diet programs before, but I always end up starving myself. This is a great guide and cookbook. The whole30 diet challenge you to replace all the processed foods with whole ones for 30 days. The recipes here don't leave you hanging. It has the daily meals - breakfast, lunch and dinner. I might try this 30-day challenge. I am so excited for the results. This book is worth reading.

great book. It was quite helpful

I agree with just about everything this book says. I've used this plan and lost 60 plus pounds along with working out. Fell and have had to knee surgery, then fell off my The plan. The plan works you just have to commit.

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Food Challenge to Lose Weight and Live a Healthier Lifestyle

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