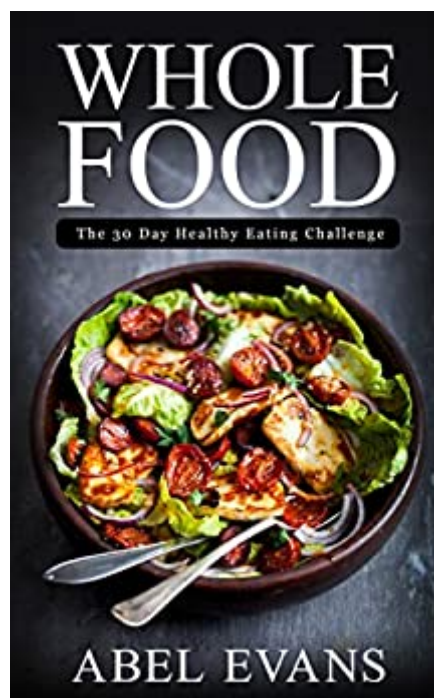




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# **Whole: The 30 Day Whole Food Diet Cookbook™ (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan For Rapid Weight Loss)**



## Synopsis

Want to Lose Weight, Look and Feel Younger? How about increase Energy Levels and Build an Untouchable Immune System? Challenge yourself to The 30 day Whole Food Diet..The 30 day Whole Food Diet focuses on eating predominately fresh fruits, vegetables, Free range meats, poultry, seafood and eggs. On this diet you'll be getting plenty of good fats from cold pressed oils, nuts and seeds and eliminating all unnatural and processed foods. This book will use a step-wise approach to take you through the Whole Food Diet and further beyond into the practical application of making healthy and super tasty recipes. This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness. Think of the 30 day whole food diet like pushing the "Reset" button with your overall health, relationship with food and your habits. This book will teach you exactly what you need to know about the Whole Food Diet, it's many Advantages and Health Benefits. Have a look inside...The prevalence of obesity and chronic diseases of lifestyle

Introducing and Understanding the 30 Day Whole Food Diet

The 30 Day Whole Food Program Unchained

Give us just 30 days

Toxin mystery

A Healthy Hormonal System = A Healthy You!

Take some time out to plan your day

Spend less time on the scale and counting calories

Cultivate healthier life habits

Implementing an exciting exercise regime

Here Is A Preview Of The Wholesome recipes you will find in this book, Breakfasts, Lunches, Dinner and Snacks:

Apple Cinnamon Porridge

Dijon Mushroom and Pork Scramble

Banana Almond Chia Pudding

Coconut Green Smoothie

Tuna Salad with Garlic Basil Mayo

Sweet Potato and Zucchini Fritters

Steak and Veggie Kabobs

Asian Lettuce Wraps

Lobster Salad with Citrus Vinaigrette

Zesty Chicken Bites

Green Bean Salad with Walnuts

Chipotle Chicken Stuffed Sweet Potatoes

Slow Cooker Chicken and Sweet Potato Stew

Thai Stir Fry

Caribbean Salmon

Zucchini Noodle Sloppy Joe Bowls

Creole Style Pork and Cauliflower "Rice"

Brazilian Shrimp Stew

Bean-Free Chili

Beef and Veggie Shepherd's Pie

Buffalo Style Cashews

Protein Power Balls

Zesty Beef Jerky

Banana Snack Cookies

Also Includes A One Month Meal Plan

| Start your Whole Food Challenge today with these Nutritious Recipes that will guide you to unlimited health and vitality!

## Book Information

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## Customer Reviews

What catches your eye when out and about? Is it the growing number of overweight and obese adults and kids? Have you ever thought about what is going on inside those bodies? Why did we, as a people, start getting fat? Processed food! The author foresees a future where the life expectancy is only 40 due to obesity and disease!The 30 day whole food program provides you with a list of what foods to eat and which ones to avoid. The rewards? The author lists eight of them, two of which are:>>Sleep like an angel>>Be clear headed and focusedThe nutritional benefits of certain ingredients are discussed at the end of each recipe. The recipe portions are pretty small and nothing is said about men needing more food/calories than woman so you may need to up the portion size especially if you are an active male. There truly are some delicious recipes in here though.Important to note that all healthy diets/lifestyles differ! Some experts say you should eat plenty of whole grains and beans, others like this one say you shouldn't. Please note that I am just telling you some of what is in this book, not if it is right for you. It is your job to do your own research.You will likely be glad of the snacks in Chapter 5. As a cashew loving family I was excited to try the Buffalo Style Cashews! How about Zesty Beef Jerky?So what's not to like about this book/diet? The author encourages the reader to eat healthily but also not to worry too much about organic, grass fed etc. His focus is more on sticking with a 30 day commitment and states that if you slip, even once, you have to start back at Day 1. SO this book/diet is NOT going to be for everyone. Having said that though, there is something in here for everyone so I do recommend it. I have read

a lot of recipe books over the years and very few have stayed. This one though is a keeper. Thanks,  
Liz

This book gives useful instructions one can follow. If you exercise a lot, your body will require greater caloric intake than someone who is more sedentary. This means it is even more important for you to consume healthy foods in order to prevent consuming a caloric surplus of unhealthy foods. By focusing on eating healthy whole foods and eating your nutrient-dense foods first, you can stop worrying about counting calories.

The cookbook came right on time. We have been on the whole 30 and beyond. Have never felt better and lost about 15 lbs. We needed some help on being a little more creative with our meals. This should do the trick. Easy to follow directions. The recipes within are fast becoming my favorites. I often have trouble deciding if I want to remake one of the many recipes that I made and have loved or try a new recipe that looks amazing. Over all I really liked this book a lot.

This is a great book to start on a healthy diet. With these recipes, dieting becomes 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. This book allows me to have a healthy diet, and to have a normal body weight, you should eating this way.

A book for those who are thinking to lose weight. Here you will find useful tips and good recipes. Abel promises that your health will improve dramatically within 30 days. And all this thanks to the fresh fruits, vegetables, lean meat and seafood of course. Such a diet will certainly be useful to anyone, even to those who do not plan to lose weight, but just cares about their health.

This book is a wise approach to take us through the Whole 30 and further beyond into the practical application of making healthy and super tasty recipes. The Whole 30 expounds on a practical and sustainable way to nourish our bodies to maintain life-long health, physical performance and overall wellness.

This is a great diet book to try for a month. The diet is easy to follow and the author discusses the diet in detail that helps me understand its various aspects. The book contains a lot of useful information that inspires me to really get on with the whole foods diet.

Probably not worth the money when you can find recipes all over the internet for free. At the same time, it has some good info and creative recipe ideas.

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