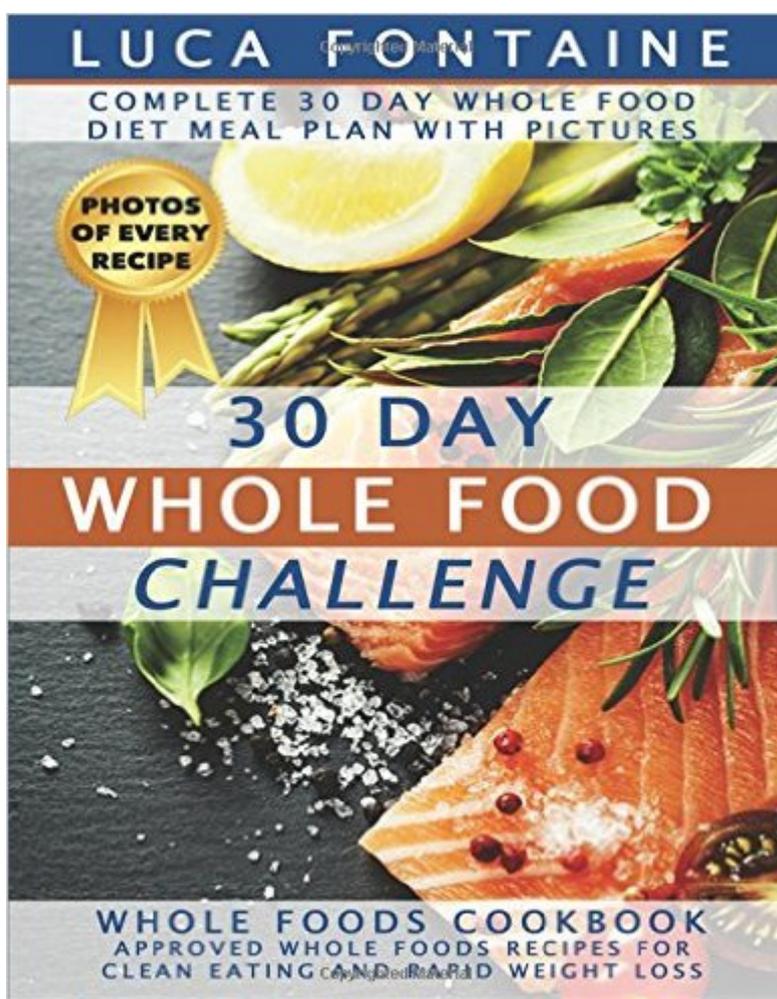


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# 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes For Clean Eating And Rapid Weight Loss





## Synopsis

COMPLETE 30 DAY WHOLE FOOD CHALLENGE MEAL PLAN WITH PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE! Kindle MatchBook: Buy the paperback edition and get the Kindle edition FREE! REGULAR PAPERBACK EDITION PRICE: \$17.99 | LIMITED TIME PROMOTIONAL DISCOUNT

The latest research has confirmed what a small group of healthy and fit people have known for decades: the secret to losing weight, maintaining a healthy lifestyle, and feeling great is eating a Whole Foods diet! Join the movement and reclaim your health! The 30 Day Whole Food Challenge is more than just a diet. It is a lifestyle and an entire movement based on reclaiming our health and eating healthy, delicious, unprocessed food the way nature intended. Food isn't meant to be engineered by scientists, loaded with chemicals, and mass produced in a factory. Food should be an honest, natural, and enjoyable part of life. That's why the Whole Foods Diet is becoming increasingly popular! Not only that, the evidence has become undeniable: the 30 day Whole Food Challenge can help you promote whole body health, boost energy, increase longevity, and drop excess fat fast! The Whole Foods Diet has also been shown to provide a dramatic boost to immune system effectiveness, reduce hunger pangs, increase your level of mental focus throughout the day, and reduce the risk of major chronic illnesses like diabetes and heart disease! A complete 30 day meal plan! This Whole Foods cookbook makes it easy! Simply start at day 1 and follow the included meal plan for 30 days. Each and every recipe includes a photo of the meal as well as serving size and nutritional information. There are three recipes for each day: an amazing breakfast, satisfying lunch, and mouthwatering dinner – every single day! Enjoy some of the best meals of your life all while maintaining an approved Whole Foods Diet for optimal health, energy, and weight loss! Accept the challenge! The Whole Foods diet is not a boring, bland, or starvation diet. Eating bland and weird food might be one way to lose weight, but that is not what living a Whole Food lifestyle is all about. Let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! Begin your 30 Day Whole Foods Challenge by grabbing this book today and learn the many delicious possibilities you could have for breakfast, lunch, and dinner today and every day for a month! The Whole Foods diet can be fun and easy to follow, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on an entire 30 day whole foods meal plan in this whole foods cookbook. Every recipe is easy to make, requires no significant cooking expertise, and is so healthy and delicious you will be proud to serve these meals to your family and friends. World class meals you can serve to your family and friends with pride! World renowned diet and nutrition expert Luca Fontaine has hand-picked his favorite recipes

that he has mastered in his own kitchen, taught to chefs around the world, and that have earned rave reviews from diners on every continent of the planet! Don't miss out! Grab this book today at the limited time sale price and make a small investment in your health and well-being, as well as the health and well-being of your family, that will pay off huge in the long run!

## **Book Information**

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## **Customer Reviews**

I became a whole food convert months ago after seeing some dramatic changes in my friends who had started eating a whole 30 diet. Since then I think I've bought at least half a dozen whole foods cookbooks and experimented with a variety of whole 30 recipes I've found online. For my money, this cookbook is the best of the bunch. First of all, every recipe has complete nutritional information. This is important to me as I want to know exactly what I am putting in my body. Each recipe also has serving sizes included, which eliminates the guess work and prevents wasted food or family members who aren't full at the end of the meal. In addition, each recipe has a photo that shows you what the completed meal looks like. It is amazing how many other cookbooks I've bought that don't include photos, but this one does. Finally, the book is based on the concept of a 30 day meal plan which makes meal planning for a busy family super easy. So far I've only made a couple of the recipes, just picking out the ones that I want to try right away. There are recipes for breakfast, lunch, and dinner so every meal is covered. I haven't gone through the whole meal plan yet so I can't say anything about that, but if all the recipes are as amazing as the first few that I've tried this cookbook is going to be a game changer for me and my family! The recipes I've tried so far have been head and shoulders above most of the other whole 30 compliant recipes I've tried. Honestly, I could have

paid three or four times what I did to buy this and still felt I got an amazing value out of this cookbook. This one is the real deal folks!

This book, *The 30 Day Whole Food Challenge*, has been generous in its explanation as to what this is all about. And it is also worthy to note that this is also a cookbook with lots on Whole Foods recipes that will give anyone so much ideas. I am very excited to try recipes these whole food recipes! Undeniably that eating is one thing that people can't resist but also a thing that needs some discipline too. Good job for the author. All I can say now is, challenge accepted!

Have you tried Whole Food Diet Meal Plan? Do you know the benefits of whole food diet? If you are ever wondering the benefits of whole food diet in our body, this book is good for you. With the varieties of diet meal plans nowadays, sometimes we are confused which is good for our body. However, to try one, you must read something about it first. Like this 30 Day Whole Food Diet Meal Plan which gives you all the information you need to fully understand. There are pictures included which will give you the idea on how the food looks like and you will be enticed to try it. The 30 day recipes are worth a try.

This book is informative and has given complete info about whole foods and the 30 day challenge is surely something to be considered. This is great because you will actually know what the measurements intakes are. All the recipes are healthy and look good. This is good because you will have lots of options and at the same time you will learn to cook the food on your own. You will not have a hard time thinking what to prepare for your breakfast, lunch and dinner, all you have to do is to follow the easy steps given.

Whole 30 is known for its success in helping people lose weight and maximize their health. The thing I love most about whole 30 though is the meals! There are lots of great options with this diet because the rules are so simple and logical. Don't eat processed food, avoid certain other foods that are bad for you, and indulge in fresh natural whole foods. So many options! I've been on the whole 30 diet for awhile but I am always looking for new recipes that are compliant with the diet rules. This book hit the spot! I haven't been using the meal plan although maybe I will in the future. Even if you are already finished your initial 30 day challenge, you'll love the recipes in this cookbook. There are lots of great recipes to choose from and they all include pictures and a nutrition sheet. I couldn't ask for more for the price I paid. An excellent buy!

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Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes)  
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