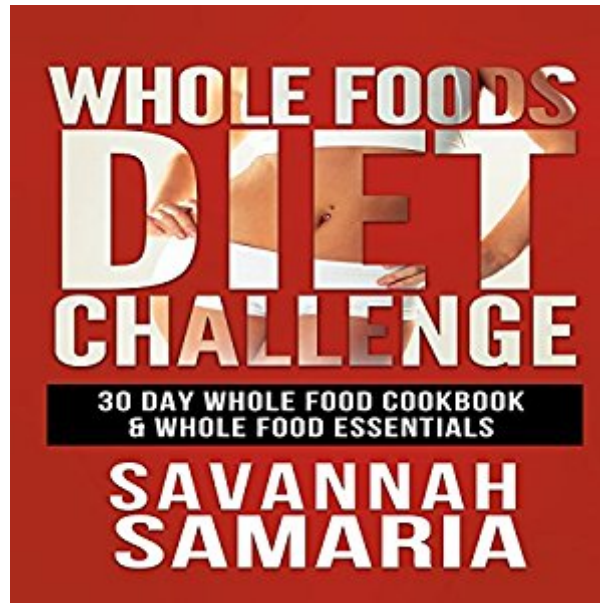


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# Whole Foods Diet Challenge: 30 Day Whole Food Cookbook



## Synopsis

Are you struggling to lose weight? Do you not feel as healthy as you would like, or do you not feel energetic? If so, you are not alone. Many Americans are struggling with this same problem, but by coming this far, you are well on your way to achieving your goals. Not only that, I have the perfect solution for you: whole foods. These recipes are nutritious and excellent for the body. Eating properly will help you to lose weight. You will feel more energized, look better, and, most importantly, feel amazing! If this is what you're looking for, you should pick up this book on this diet. This helpful book provides an overview on how the whole diet will help you achieve your health goals and explains basic concepts on how to implement this in your life. You will learn how detoxing your body and getting rid of toxins will make you feel so much healthier. You will no longer feel sluggish because you will be getting all the required nutrients from these recipes. This detailed guide is perfect for beginners. Everything is explained in simple, easy to understand steps so that you can instantly benefit from the amazing benefits. Some benefits of whole foods: Reduce Stress Detox Illness Relief Illness Prevention Weight Loss

## Book Information

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> Audible Audiobooks > Health, Mind & Body > Diet & Nutrition

## Customer Reviews

If you're trying to eat healthier, this is the book for you. You will learn a lot from this book regarding the difference between whole foods and processed food. This book will explain everything from what type of food are considered whole foods and also how much to consume per day and why our body needs it. Aside from that, it also provides healthy snacking suggestions and sample meals that you can try. The author explains everything in detail in a very easy to understand manner. I highly

recommend this book for those who would like to eat healthier.

The more we learn about nutrition, the more it seems we should eat the way people did a hundred years ago. Recent research appears to be pointing us in the direction of eating mostly "whole foods" — that is, foods that are as close to their natural form as possible. The idea of whole foods is catching on the popular imagination as well. These days I am also focusing much on my health and this book is helping me to stay fit.

An very informative and helpful book, packed with plenty of info. Great recipes too that I can't wait to try out, the sweet potato waffles sound quite unique and I look forward to them! Great bonus content too, overall a lovely book with plenty of helpful information and tips.

This book is filled with a lot of valuable information, as how we can improve our basic health without getting fat. In this book, you will get comprehensive descriptions and procedures on how you can avoid yourself from getting revolting and how to raise your energy. The writer is very poised and he provided 30-day food diet contest will work to everybody, but you will have to be regular. I am sure everyone will get benefit from this book so I would love to recommend this to all.

I hate diets and don't like cooking! However this book made it doable. Our family enjoys the recipes and I followed the steps and did well following the instructions and advice. I recommend this for dieters and for lifestyle changers.

Whole Foods Diet is a great cookbook full of amazing, and easy to made whole food recipes. Whole food diet is very good and useful for health and that is what makes this book very precious. I loved this book because it is not just providing whole recipes but it also helped me to learn about the benefits of this diet and how it is very useful for my health.

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