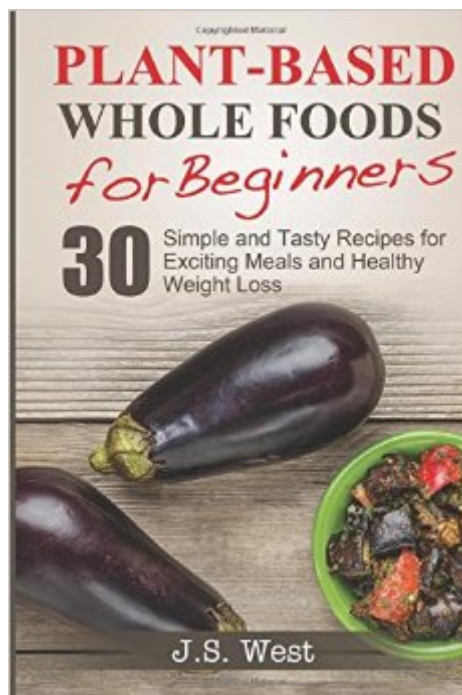


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# Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple And Tasty Recipes For Exciting Meals And Healthy Weight Loss



## Synopsis

After reading this book you will learn all about the plant-based whole food life style. The health and wellness benefits will be incredible! Have you ever thought about giving a plant-based diet and lifestyle a try? You may be interested in this method of eating, which removes meat, dairy, and eggs from daily consumption and focuses instead on vegetables, fruits, whole grains, legumes, and root plants such as potatoes and beets. However, you might have always been afraid to give plant-based eating a try, just because of how difficult it sounds. But it doesn't have to be difficult any longer! *Plant Based Whole Foods For Beginners* is written with the newcomer in mind. This book is packed full of 30 incredible recipes that can be prepared by anyone. These recipes are designed to help make the transition from omnivore to herbivore easy and effortless! All thirty recipes include ingredients that can be found at any local grocery store or farmer's market. The preparation for each recipe is outlined in very simple language so that even a beginning cook can understand exactly what to do. These recipes are also packed full of flavor and nutrients. You'll be feeling great from day one when you eat these meals! The plant-based whole foods diet has grown immensely in popularity in recent years. This is based largely on the push to eat all organic foods. If possible, try to purchase your ingredients locally so that you will not be running the risk of consuming pesticides and other chemical additives. It is not a deal breaker if you can't buy local ingredients, though! However you can acquire your veggies, go for it! At the end of this book, you will be provided with a week-long meal plan and shopping lists that are broken down into daily ingredients lists. Please use this meal plan as a guideline for your first week of dieting the plant-based way. It will give you lots of healthy and delicious meal options and set you up for success in your future meal planning endeavors, too! This is A Preview Of What You'll Learn | the difference between plant-based whole foods and vegan lifestyles 30 delicious recipes a weekly meal plan daily shopping lists and much, much more! Would You Like To Know More? Download your copy today! Take action NOW and download "Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss" for a limited time discount of only \$2.99! LIVE the life you want and start seeing results the moment you read this book! Available on PC, Mac, smart phone, tablet or Kindle device. © 2014 All Rights Reserved Tags: paleo kitchen, paleo girl, weight loss, lose weight, how to lose weight, extreme weight loss, what is ketogenic diet, ketogenic diet foods, lose weight optimally, best diet, ketogenic diet menu, ketogenic diet recipes, ketogenic diet plan, ketogenic diet weight loss, ketogenic food list, ketogenic recipes, ketogenic meal plan, ketogenic diet kindle, ketogenic diet books, ketogenic diet cookbook, bodybuilding, bodybuilding diets, ketogenic diet, ketogenic, optimal weight loss, paleo diet, low carb, low carb diet,

paleo cookbook, paleo recipe book, paleo slow cooker, paleo diet cookbook, ketogenic diets, low carb, mediterranean recipes, mediterranean cookbook, mediterranean style paleo, mediterranean diet for beginners, mediterranean diet recipes, mediterranean diet for weight loss, low carb, dairy-free, dairy free, grain free, grain-free, atkins diet, atkins, paleo desserts, desserts, vegan, plant-based recipes, whole foods

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## Customer Reviews

This is a good starting guide to the plant-based whole foods diet. The recipes it contains are easy to make and includes diet-compliant versions of familiar foods. You'll probably go through all the recipes in it in less than a month since it's kind of small, but it's free for Kindle users.

Simple way to start eating a plant based diet. Still canned food in recipes so it is easy to get started on a healthier way of eating. Can get rid of the cans when you are based stronger in the style. Nice sample of recipes to get you started but to better understand the plant based diet. Forks over knives movie does a great job.

Loved the recipes. And I lost 20 pounds in 4 months. I also have fibromyalgia and I went from taking 10 pain pills a day to taking 2 ro 4 a day

Very basic. Simple recipes. Wish it had more description of lifestyle. Didn't talk about weight loss or

how to maintain.

Good recipes.

This is a wonderful book that gives great ideas and information for those interested in WFPB living.

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