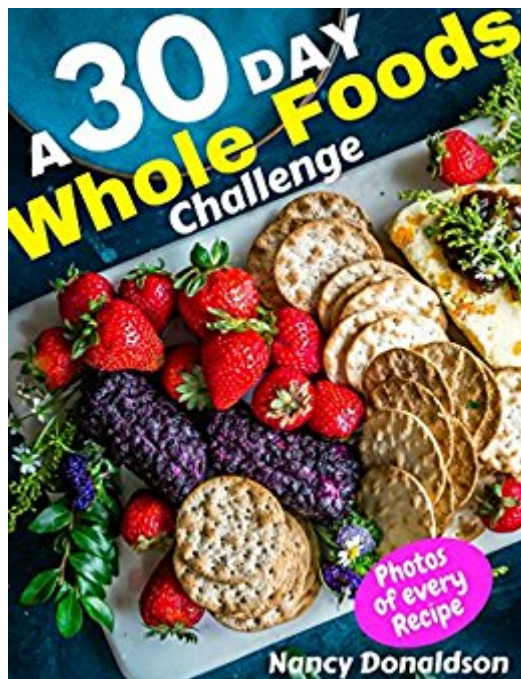




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Whole Foods: A 30 Day Whole Foods Challenge To Lose Weight, Boost Metabolism And Prevent Diseases



Synopsis

The Whole Foods diet is the ultimate diet for health and longevity. If you love to eat and nourish your body, then whole food diet will change your life for good. It will make you healthier, fitter, and happier. The "Whole Foods: A 30 day whole foods challenge to Lose Weight, Boost Metabolism and Prevent Diseases" e-book contains recipes that will allow you to start a 30-day whole food recipe program. During this time, your body will get accustomed to naturally grown produce and flush out toxins from your body. If you want to bring about a food revolution in your life without compromising your taste buds, switch to whole foods and see the difference for yourself. So, why not try these recipes for 30 days and see the miraculous results!

Benefits of the whole foods 30 days challenge:

- Energy levels:** You will not feel tired at the end of day, you will work and have enough energy to perform routine tasks
- Sleep:** You will not get up during the night and have the chance to clock 8 to 10 hours of continuous sleep
- Thinking:** You will not feel confused and be in a position to take firm decisions.
- Mood:** You will feel amazing at yourself and avoid getting angry or worked up
- Heart health:** Your bad cholesterol will reduce while good cholesterol will increase. And much more!

Inspiring Quotes

- "Those who have no time for healthy eating will sooner or later have to find time for illness" ~Edward Stanley
- "The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison" ~Ann Wigmore
- "You don't have to cook fancy or complicated masterpieces, just good food from fresh ingredients" ~Julia Child

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Book Information

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Customer Reviews

The different recipes mentioned in this book are easy to make and will help one attain optimum health. The main aim of this book is to educate one on the basics of whole foods diet as it is extremely effective not in weight loss alone but in the elimination of the occurrences of illness. All that is required of one is to follow this easy diet for about a month and watch out for the difference it makes.

The Whole Foods Weight Loss Eating Plan controls the intake of refined sugars or flour and encourages intake of whole, unprocessed food. It contains moderate amounts of starch, protein and fat. The Whole Foods Diet allows our nutritional needs to be supplied naturally. simply perfect whole food diet recipes book. I would give it Five stars without any doubt. Worth purchase.

It's just an amazing book. I am delighted, the Whole Foods diet is the ultimate diet for health and longevity.

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 . Everyone who cares about your health, you must read it.

For all those people keen on fixing up their health and developing a strong and lean body, the whole foods diet makes for an excellent choice. I highly recommend this book to people who trying to lose weight by eating whole foods.

Complete package for 30 day meal plan consisting only of whole foods. Very challenging. I am hoping to finish the challenge. So far, meal's healthy and presentation is good.

I'm the type of person who loves to eat meals that can help me prevent diseases and boost my metabolism that's why when I saw this book in I waste no time and purchase it right away. In this book I have learned a lot of whole food recipes that I can prepare for me and my family. Kudos to the author and thank you!

Being vegetarian there were some recipes I wouldn't use, but there were also many great vegetarian choices with interesting mixes. I particularly liked the emphasis on using whole foods for better health. As Hippocrates said "Let food be thy medicine and medicine by thy food".

Awesome book to read. I can't wait to implement these whole foods into my diet and take the 30 day challenge. Using this book as a reference, I think the challenge will be fun and rewarding. Can't wait to see the results!

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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) Whole Foods: A 30 Day Whole Foods Challenge to Lose Weight, Boost Metabolism and Prevent Diseases High Metabolism Diet: How To Transform Your Body Increasing Your Metabolism(Free Checklist Included)[Metabolism Diet, Metabolism Cookbook, Metabolism Book Metabolism Diet Cookbook, Metabolism Miracle] Whole Food: The 30 Day Whole Food Challenge
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