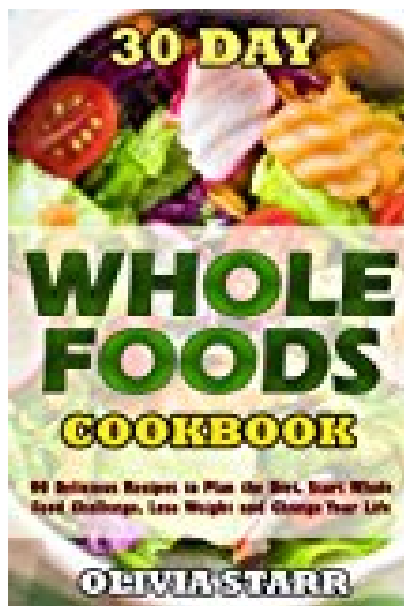


30 Day Whole Foods Cookbook 90 Delicious Recipes to Plan the Diet Start Whole Food Challenge Lose Weight and Change Your Life



BOOK DETAILS

- Author : Olivia Starr
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BOOK SYNOPSIS

****For a LIMITED Time Download the FREE Bonus Book: 30 DAYS WHOLE DIET - Amazing Dessert Ideas**** **HEALTHY FOOD = HEALTHY AND HAPPY LIFE** Would you like to lose weight while still being able to enjoy a grilled chicken, your favorite taco or a good crusty pizza? Good news: you can do this with 30 day whole food challenge! Are you concerned about your weight and your lifestyle? Do you have this feeling of pain in the neck even before you started thinking of dieting? Do you hate the rules to avoid your favorite food, which is turning your life into a nightmare? Have you already tried to drop weight with a few strict diets without a satisfactory result? Would you like to get simple hints how to become thinner, healthier and happier? **Open Your Mind - Maybe It Is Not Even a Diet! It Is Your New Lifestyle!** And the changes wont be painful! You will continue enjoying every day of your life. You will be able to meet your friends and taste some great desserts. Your family events will be tasty and joyful because there will be no albatross around your neck. You wont have a feeling of guilt because of that strawberry cake that you ate on your sisters birthday. Not anymore! For millions of people dieting is just a huge source of unhappiness! But it does not have to be that way! The Whole diet will help you to avoid dangerous products. These products have been killing you for years. Now when they are gone, you will be able to enjoy the tasty, nutrient and healthy food. You will live longer and will forever bless the day you decided to start this diet! **What Are The Rules?** The rules are very simple, but the results will delight you! You need to avoid the food that your great grandmother would not consider being a food. Processed foods and artificial additives are the most dangerous "products." They are causing excess weight problems, diabetes, and cancer because our bodies were not designed to consume those. You need to learn how to avoid these ingredients, to eat slowly and to follow a regular schedule every day. That is the key that opens the doors of your new and a much better life! **What You Will Learn From This Book:** What is Whole Food diet Simple tips how to jump into the diet easily How to recognize good food and bad food without mistakes How to plan your diet for 30 days of every single day, and more. This whole foods cookbook includes 90 amazing, tasty and proven recipes for every single day of the 30 day food challenge. There is also a **FREE BONUS** with 5 great dessert ideas. Heres a preview of verified and some of the best whole food recipes that you will find inside this recipe book: Amazing Rainbow Fruit Summer Salad Avocado Omelet with Cheddar and Red Bell Pepper Beef & Broccoli Frittata Breakfast Orange Chicken Stir-fry Tomato-on-Fire Cabbage Soup Pomegranate Spinach Salad with Apple Cider Vinaigrette Baked Cheesy Turkey Bell Pepper Tacos Red-Hot Chili Snapper Mango, Avocado, Chicken Boats Asian Turkey Patty Lettuce Wraps, and much more! Most of the recipes are very simple and quick, so you wont waste your time. **Do Not Wait Another Minute to Change Your Life - Download Your Copy Right Away!** Simply scroll up the page and hit the "Add to Cart" button! You will be very happy you did!

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