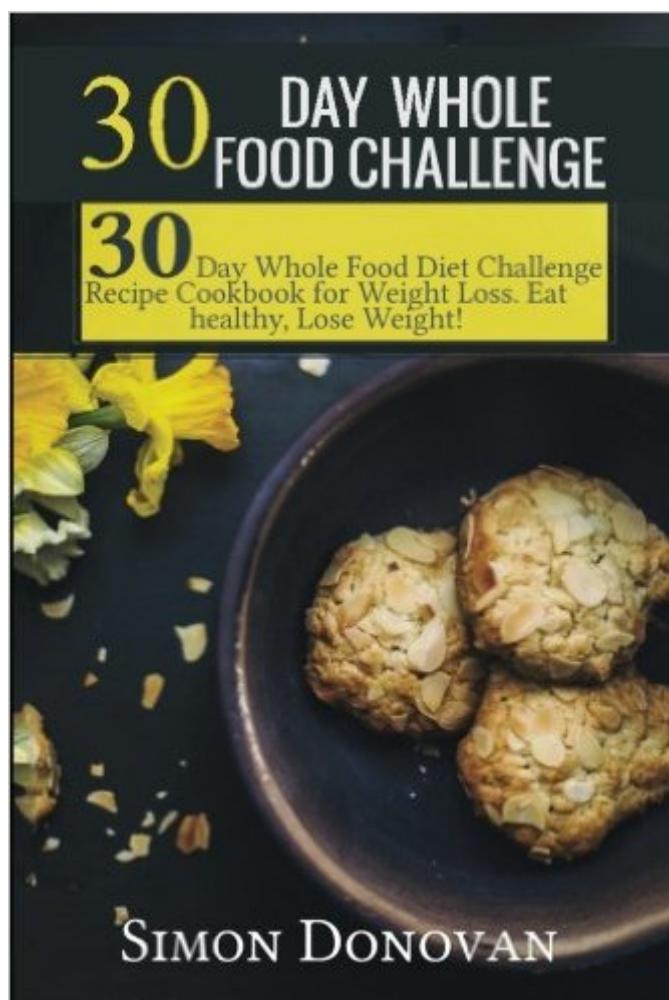


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# **30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook For Weight Loss Eat Healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1)**





## Synopsis

Use These Guidelines Of Super Healthy Food Consumption And Start Treating Your Body How It Deserves Today! Nature gifted us her most valuable resources and we should value them as they are, without trying to transform them. For many years, humans lived on the natural nutrients that nature provides us with, but unfortunately, only in the last century food experiments were conducted and implemented to produce crazy amounts of food. Today, it's increasingly harder to find an ingredient that has naturally grown under the sun. Instead, the food industry giants are continually looking for cheaper ways of producing more and more food for larger profits thus introducing many artificial ingredients into our food. What does this mean for us? The sad thing is that, as our schedules become tighter and tighter, most of us are opting for empty-calorie, ready-to-eat foods from these food giants that only require to be popped in the microwave for 3 minutes and voila! Dinner is ready! Should the ever-increasing cases of lifestyle diseases such as cancer, diabetes, heart diseases, and the like then come as a surprise to us? I will tell you with certainty, NO! If we all stop just for a few seconds and pay attention to what our bodies are saying and respect that, only then will we understand that our bodies need real food to function and heal. This is where the whole food diet comes in; healthy living is a lifestyle and starting with the whole food diet is the first step to success. When undertaking the whole food diet, you should emphasize on dark green leafy veggies, plant obtained foods and other natural foods that have undergone zero or minimal processing. We are going to look at the whole food diet approved foods, complete with over 100 healthy whole food recipes in this guide. With the popularity of this diet, what's your excuse for not giving it a shot? Is it the cost, being too busy to make any diet work or the fact that you have a raging sweet tooth? We've all been here so I totally get it. But, with a lot of determination and some planning and keeping things simple, the whole food diet is totally possible. We are going to look at some delicious recipes made using every day healthy ingredients so don't worry about cost or using too much time cooking. When it comes to all the functions within your body, it all starts with food. So, let's get started! Here Is A Sneak Peek Of What You Will Learn The Building Blocks of the Whole Food DietWhy You Should Embark On the 30-Day Whole Food Diet Challenge The 30-Day Whole Food Diet Challenge Meal PlanWhole Food Diet Recipes And Much More! Do Not Wait Any Longer And Get This Book For Only \$8.99!

## Book Information

Series: Whole Foods, Whole Diet, Whole Cookbook, Whole Recipes, Whole 30 Diet Plan

Paperback: 168 pages

Publisher: CreateSpace Independent Publishing Platform (August 24, 2016)

Language: English

ISBN-10: 153726270X

ISBN-13: 978-1537262703

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 11 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ  See all reviewsÂ  (31 customer reviews)

Best Sellers Rank: #604,881 in Books (See Top 100 in Books) #145 inÂ  Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #8707 inÂ  Books > Health, Fitness & Dieting > Diets & Weight Loss

## **Customer Reviews**

I bought this book at a very low price, I believe it was under \$5. For that price, I cannot complain. I Definitely benefited from this book. I learned from being on a whole food diet, from increases my fiber intake by eating more fruits and vegetables, to giving me a 30-day meal plan. This book was a must for people who are very indecisive and need something to guide and follow them to success. I will probably change some of the lunch ingredients but all in all a very good read. I can definitely recommend this book to those starting out on a whole food diet and also would like some recipes and a meal plan to guide them.

One with the best recipes in a book so far. I love how everything is explained step by step for readers like me can easily understand every preparations. This 30 day diet book is greatly helps me a lot not just to satisfy my tummy but also my body and health. This book greatly improved my way of losing weight without getting really worked up. I am so happy that everything paid off and what I am now is all thanks to this book.

Challenges are interesting as we all wait for the end result eagerly!When it comes to diet, I'm always interested and I follow and try different diet regimes to keep fit. This whole 30 challenge thing caught my attention instantly and I liked the meal plan but the chart is written in a very tiny font for normal eyes to read!Simon started this book in a very well descriptive way about whole 30 challenge; what it is and how it works, how to stay focused etc.The recipes are really good and I've read quite a few and prepared 2-3 as of now!There are no nutritional value given for the recipes but it's well written.I'm looking forward to it :)

This book was a must for people who are very indecisive and need something to guide and follow them to success. I will probably change some of the lunch ingredients but all in all a very good read. This book is exactly what I was looking for. I browse through it and found a lot of healthy meal to prepare and easy how-to-cook instructions for my family. It provides good tips to cook faster and in an easy way. The book offers details and challenges that will continue to push you into eating much better and much healthier food in order to improve your habits.

We're all guilty when it comes to eating junk food in some way or the other. The fast food is industry is big and is worth millions of dollars. Trying to duck and dive from all these food temptations can be dicey. However, all that can be managed if you plan your diet accordingly. Simon Donovan's Whole 30 is a superb book on how to eat healthy so that you can shed those extra kilos. A diet plan can make life so much easier. Yes, you can have cheat days but only if you have religiously followed your healthy eating habits. Apart from all the information, there are scrumptious recipes to look forward to in this book. A great book for people who intend to indulge in healthy eating habits.

This is an excellent diet plan book. This book describes 30 days diet plan very clearly. A lot of recipes also included in this book. The book is written with easy words so that the reader easily understand. This book was a must for people who are very indecisive and need something to guide and follow them to success. This book greatly improved my way of losing weight without getting really worked up. Overall, this is a very helpful guide. Highly recommended... .

a good guide to a 30 days to check weight. Weight has become an issue to many of us and there has been many ways to check this but the diet route looks the efficient method. This book gives you a guide timetable that will help us have to know what we need to eat. For instance, a suggestion of lunch, dinner and breakfast. The recipes are easy to follow and ingredients readily available. This will be a good way to check my weight.

This book is a great read for anyone wanting to learn more about how to increase your energy and losing weight. This simple and delicious cookbook has step by step recipes that are easy to follow and simply prepared. I have tried several dishes at home and it really tastes good. I am definitely looking forward to cooking more of these whole foods. This book also has 30 days diet plan to lose

weight and get healthy, live healthy.

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Hunger! (Beginners Cookbook Includes a 31 Day Paleo Diet Challenge - Best for Weight Loss) The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weigh loss, easy way to lose weight, how ... way to lose weight, how to lose body fat) Dash Diet: Dash Diet For Weight Loss: Your Dash Diet Cookbook And Guide, Lose Weight Fast, Lower Blood Pressure, And Live A Healthy Life (Dash Diet, Dash ... For Weight Loss, Dash Diet For Beginners)

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