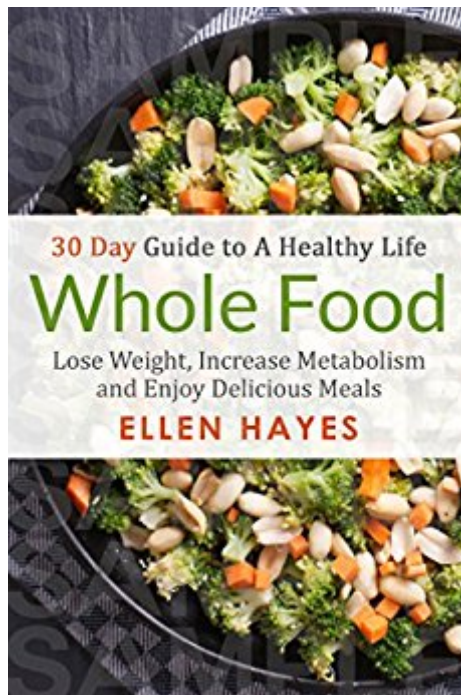


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# Whole Food: 30 Day Guide To A Healthy Life - Lose Weight, Increase Metabolism & Enjoy Delicious Meals



## Synopsis

Say Goodbye to Evil Foods! Do you deserve to eat well? Do you want to feed your family only the very best ingredients? Would you like to enjoy healthy meals and stop indulging in junk food? If so, **Whole Food: 30 Day Guide to A Healthy Life - Lose Weight, Increase Metabolism & Enjoy Delicious Meals** is the book for you! From kitchen utensils to grocery lists to recipes, this handy guide explains everything you need to know about preparing high-quality foods and taking the best care of your body! Read this book for FREE on Kindle Unlimited - Order Now! This book offers Whole Food Recipes for every meal of the day: Hearty Breakfasts like Poached Eggs over Collard Greens and Shiitake Mushrooms, Dips and Dressings Like Thai Peanut Sauce and Italian Herb Dressing, Smoothies Like Carrot Mango and Avocado Vanilla, Quinoa Salad and Golden Squash Soup, Tasty Snacks like Grilled Pineapple and Zucchini Pizza, Satisfying Dinners like Roast Turkey Breast with Chipotle Chili Sauce, Baked Halibut, and Peanut Shrimp, and even Fancy Desserts like Puffed Quinoa Peanut Butter Balls. You'll even find a vast array of vegetarian meals! Don't wait another minute! Download **Whole Food: 30 Day Guide to A Healthy Life - Lose Weight, Increase Metabolism & Enjoy Delicious Meals** Now for Instant Reading by Scrolling Up and Clicking the "Buy" Button. Happy Reading and Good Luck!

## Book Information

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## Customer Reviews

It can be extremely hard for someone used to eating a lot of packaged and processed foods to jump from such a diet to a whole foods or traditional foods diet. The learning curve is steep, and the process can be quite intimidating. After reading this, I landed upon the idea behind this book. A diet based on whole foods is a solid middle ground, a stepping stone if you will, from a standard American diet to other healthier, beneficial diets. And this book just want to encourage people to eat more whole foods! This one is now part of my collection. The recipes are totally delicious! Some of them require more work than I had anticipated, but the food gets rave reviews from whoever I serve it to. Great guide.

Say Goodbye to Evil Foods! -- Seriously? This is what got me attracted most to this book. Imagine staying away from those things as evil foods? Who wouldn't like this? And this book has been so consistent in giving useful info about Whole Food and the 30 day guide that it has given. I think that this is worthy to be followed and considered, knowing the wonders and powers of Whole Foods.

I love this cookbook! I am not one to buy cookbooks. I usually just look online for a recipe. Recently my husband visited a naturopathic physician and that was the beginning of a new way of eating for us. We heard about this book and thought it would be just what we needed. Not only is it beautiful, it has such wonderful information about healthy eating. It includes many useful tips and explanations as to why things are done a certain way. The book covers many aspects of a healthy, whole food diet and even explains how to set up your pantry. I am still reading through it and haven't tried any of the recipes yet but I am truly inspired. I am very pleased with my purchase.

I am looking for something to suppress my appetite and curb my cravings. The last part of the book contains recipes with detailed instructions on how to make the meal. Author's recipes do not require you to buy a lot of ingredients you don't already have on hand. The book has also been shown to have anti-aging properties, be rich in antioxidants, increase focus and clarity, act as a digestive aid, enhance physical stamina, promote cardiovascular health, and of course, help you to reach your weight loss goals. Your permanent natural weight loss success begins with this book. I highly recommend this book and I am really looking forward to a healthier, trimmer and fit body.

I am looking for a new way of eating. I did the 21 Day fix program and noticed a change in my body and wanted to research more ways to go about this dieting thing. Must be my metabolism is slowing down or something since I reached my 30s, but I can't eat like I use to. The whole food guide was

educational material for me. I don't know much about dieting and learning about the whole food concepts are excellent. I can see how this could work. I still had some questions that I felt the book answered and appreciate the help in putting this one together for me. Thank you

This book discusses how and what a proper diet is - particularly it discusses about Whole Foods, engaging into a diet while eating delicious meal. It has provided lots of recipes that you could choose from. Some may have been featured also by other diet books but definitely this book is something to look forward to as well. It clearly emphasizes that while doing a diet, we should take into consideration or keep in mind that what we are doing is to stay fit and not to bring long term damage to our body and self that may be the adverse effect of inappropriate diet.

Honestly, it will be hard for someone not used to eating veggies and fruits to follow the instructions here. But if you really want to reduce weight and be healthier, having a whole food diet will be one of your best choices. Aside from it is easier to maintain, whole food can be found anywhere. I like this book for giving me easy to follow recipes which are also easy to prepare. I believe the recipes here are delicious enough to continue this diet. I also enjoyed getting new information about dieting and health which is like a bonus if you read this book now.

This is a very helpful guide. Well written and informative. The author is giving many important informations about diet and weight loss. This book covers everything you need when it comes to losing weight, increase metabolism and everything that are important to get a balance and healthy eating habits. The author has shared a fabulous guide book on whole food that is consisted on 30 days meal planing that helps in giving you energy with taste and control fats that is the major problem. Overall, this book is an excellent helpful book. Highly recommended.

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