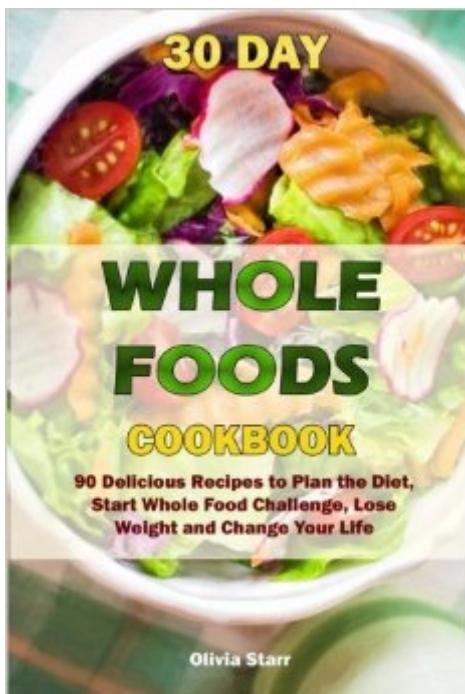


The book was found

# 30 Day Whole Foods Cookbook: 90 Delicious Recipes To Plan The Diet, Start Whole Food Challenge, Lose Weight And Change Your Life



## 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 â “ Maybe It Is Not Even a Diet! It Is Your New Lifestyle! And the changes wonâ ™t 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 wonâ ™t have a feeling of guilt because of that strawberry cake that you ate on your sisterâ ™s 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 â œproductsâ •. 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. Hereâ ™s 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 wonâ ™t

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!

## **Book Information**

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## **Customer Reviews**

I love eating, and sometimes it is really hard to watch my diet. There are a lot of diet books being offered in the market. I encountered this 30 day whole foods and got curious about it. I found out that this diet last for 30 days without even worrying or counting your calories intake, you just need to follow the recipes inside the book. I love that the book has illustrations of the foods, it makes you really want to try it and it gives you a feeling that what you will eat is definitely healthy. I cooked breakfast idea #20 in here and tried making it look like what is inside the book. I never got a picture because my kids instantly ate it.

Nice work! The author does a good job at showing you how to successfully try out a 30 day challenge. I'm a week in and feel fantastic. Really noticing a difference in my energy levels and overall well being. Excited to get through the rest of the month, Wonderful resource!

This whole foods cookbook is really my #1 right now. I am not doing the diet 3 times a day yet, but I found out that even enjoying it randomly makes certainly a good effect. I have already switched all my breakfasts to whole food (this is my rule and it is very tasty and simple). And I pick occasional dinners and lunches in the book whenever I have time and inspiration. Last night we had Turkey

patty lettuce wraps. Man, this was delicious!

I do not eat meat, so there are a number of recipes I won't be making from this book, but the recipes are stellar, so I can easily give 5 stars. Many of the meat recipes are easily adaptable to anyone used to cooking without meat, so don't be put off. The whole foods approach is not new, but many people are still not following it because they think it is just too hard, and too much cooking effort. Olivia Starr's recipes will help you see that delicious, nutrient-dense food is easy to create. I loved the un-pizza breakfast recipe and the sweet potato, broccoli veggie patties look absolutely delicious. As a former professional chef, I was happy to see a book filled with delicious combinations of whole foods. The recipes here will delight your tummy and help keep you running on pure fuel. Great job Olivia!

This one is a nice cook book. I really love all the recipes. In this book. they show us that some of the diets are actually very tasty. If you want to be thin and healthy, there is no need to be hungry all day long. You will soon see the first results of sacrificing artificial food after following this one. I doubted about the 30 day period first but, its really amazed me. I feel better and healthy after following this diet. This whole foods cookbook includes 90 amazing, tasty and proven recipes for the 30 day food challenge. The Whole diet will help you to avoid dangerous products. These products have been killing you for years. You will learn 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 through this book. I suggest this book to everyone.

This book is really awesome, very well written with yummy recipes. I really like breakfast ideas ,specially breakfast idea # 4 "Mango melon fresh salad" it's too much refreshing breakfast. It's not only a diet plan but these 90 Delicious Recipes change your life. It is easy and adaptable book . You easily get the meal for whole 30 days!! I highly recommended this book for those who love to eat food and follow diet plans, "30 day whole cookbook" is a best choice.

I am a vegetarian and I looking for a new way of preparing veggies. This book is very helpful to me since I have learned a new way of preparing veggies at the same time for my dieting program that I made to myself. The recipes in this book are so very easy to prepare and it is very tasteful in my tongue. As I followed the recipes suggested, I observe so many changes in my health and in my energy. I fell more energetic and physical fit. This book really influenced my taste for veggies!

This whole food book is amazing. It is so well explained and is a really good recipe guide. The author explains what is the whole food diet, what it can do for you and what it can't, its benefits and a really complete diet plan with easy and really tasty recipes. I found the book well written, interesting and very useful. The idea is really convenient and healthy.

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How to Prepare and Combine Whole Foods to Prevent and Treat Osteoporosis Naturally HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketosis: Keto: Ketogenic Diet: 21 Day NO BS Step by Step Challenge to Lose 10 Pounds: Achieve Optimal Ketosis (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) 30 Days Grain-Free: A Day-by-Day Guide and Meal Plan for Beginning a Grain-Free Diet - Improve Your Digestion, Heal Your Gut, Increase Your Energy, Lose Weight, and More!

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