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# Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating)



## WHOLE FOODS

THE 30 DAY WHOLE FOOD CHALLENGE  
DIET • COOKBOOK • RECIPES

VIOLET PARKER



## Synopsis

Live Healthy and Fit with the Whole Food Lifestyle – It’s Easy! View this e-book on your PC, Mac, Smartphone, Tablet, or Kindle Device! Are you ready to enter the delicious and healthy whole food lifestyle? Would you like to give your family the very best wholesome and natural ingredients? Do you want to create amazing meals at home – without spending all your time in the kitchen? If so, The 30 Day Whole Food Challenge: Whole Foods Diet - Whole Foods Cookbook & Whole Food Recipes is the book you’ve been waiting for! This amazing guide teaches you everything you need to know to start eating clean, healthy, unprocessed food. Your first month will be a great success with these proven tips, strategies, and techniques! Inside, you’ll learn how to create whole food versions of family favorites like burgers, tacos, and pizza – and exotic new delights like Crispy Edamame Popcorn, Grilled Vegetable Panzanella, and Lemon Ricotta Kale Dip. You’ll even find out how to make over 10 different whole food infused waters like Cucumber Lemon, Kiwi Rosemary, and Strawberry Basil! Here’s a preview of the amazing whole food recipes in this book: Tantalizing Dips and Spreads like Tahini, Hummus, and Guacamole; Hearty Breakfasts like Savory Sausage and Cheddar Breakfast Casserole, Blueberry and Toasted Almond Muesli, and Green Egg Skillet Bake; Tasty and Filling Smoothies like Strawberry Almond Butter, Pineapple Breeze, and Rainbow Chard Ginger Fruit; Heartwarming Soups like Seafood Gazpacho, Thai Chicken, and Golden Squash Curry; Delightful and Intriguing Salads like Caper and Lemon, Caribbean Chicken, and Rainbow Soba; Popular Snacks like Steamed Samosas, Kale and Zucchini Chips, and Almond Butter Energy Balls; Delectable Sandwiches like Homemade Burgers, Turkey, and Open Face Apple Tahini; Favorite Main Dishes like Healthy Turkey Meatloaf, Coconut Red Pork Curry, Chicken Kebabs with Tomato Parsley Salad, and Beef Taco Pizza! You’ll even discover how to create a world of vegetarian treats like Mushroom Stroganoff, Asian Sautéed Cauliflower, Spicy Black Bean Burritos, and Spinach Hummus Pinwheel Wraps! Don’t wait another minute – Get your copy of The 30 Day Whole Food Challenge: Whole Foods Diet - Whole Foods Cookbook & Whole Food Recipes right away! Just scroll up and hit the “Buy With One Click” Button – It’s quick and simple! You’ll be so glad you did!

## Book Information

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## Customer Reviews

This is the first time that I get to read a book completely about Whole Foods and the learning I got is overwhelming. I have heard about Whole Foods before, but I never really understand it more. This book, The 30 Day Whole Food Challenge, has been generous in its explanation as to what this is all about. And it is also worthy to note that this is also a cookbook with lots on Whole Foods recipes that will give anyone so much ideas. Getting this book has been timely for me since I'd like to venture on a new path to staying healthy and fit.

I find this book, The 30 Day Whole Food Challenge, has given something that will help anyone wanting to make that shift from his usual diet to a new healthier one. This book has actually given so much recipe ideas that no one will run out of them anymore. It has even given a 30 day challenge. And this is something worth considering.

All I have to say is "wow". This book is THE book on Whole Foods, probably the only book that you'll ever need. I say this because over the past several months I've gone through many many diet books and out of all of them I find this one to be the most complete. In addition to well-informed, quality background information on the diet, the shopping list provided is pure gold and really sets you up for success, as if you follow the list, you'll have everything you need to get started making the delicious recipes included in the book. I think this book is a gold mine of information and encourage anyone to purchase and use it.

This book has actually given so much recipe ideas that no one will run out of them anymore. It has even given a 30-day challenge. This book caught my eye and I just had to try it out. For the price I paid it was definitely worth it. I am very excited to try recipes these whole food recipes and my favorite is the Cauliflower Pancakes! Undeniably that eating is one thing that people can't resist but also a thing that needs some discipline too. The recipes are absolutely wonderful. I've tried several so far and can't wait to try more. After reading this book it gave me a lot of useful knowledge on how I can maintain my healthy body. This is very important that food is healthy, I highly recommended this book.

Nice and easy read on whole foods diet. I believe I purchased one of these books a few months ago. This book caught my eye and I just had to try it out. For the price I paid it was definitely worth it. It goes in depth on the whole foods diet and also talks about processed foods. Everyone knows processed foods are bad for you but we still eat it. Reading this book is more of an eye opener with the facts in them about what major food companies do to their foods to preserve, add color, texture, soften, sweeten, and adding flavors. Has a quick guide on how to get started and also some quick recipes in this book

Violet Parker with this enlightening book explains the difference between whole foods and processed foods and presents the advantages of a whole food diet like heart, liver, kidney as well as mental health, better digestion, increased immunity and longevity. You will also learn what a whole food diet can offer you and what it cannot and how to get started including research, shopping list, recipe books, goals and health check. I really enjoyed the recipes about breakfast, snacks, smoothies, soups, main course and salads in the end, they seem delicious. I totally recommend this book if you are interested in whole food diet.

This diet will not only change the way you feel about food, it will also change your habits and your cravings. You will experience increased energy levels, improved mental focus and clarity, as well as better sleep. Sound too good to be true? Give it a try and see for yourself! The recipe suggestions are simple and it is easy to prepare the meals quickly. That I have no problem implementing this particular whole food diet into my everyday routine. I would recommend this book to others that would want to lose weight. This book had been very helpful in helping you starting a new lifestyle.

Diet has always been a common thing in people's goal and to do lists and also a thing that most people failed to do so. Sad to say that I am one of these failed people. That's why this book caught my attention. I have never known that diet can be this fun and creative. I am very excited to try recipes these whole food recipes and my favorite is the Cauliflower Pancakes! Undeniably that eating is one thing that people can't resist but also a thing that needs some discipline too. Good job for the author. All I can say now is, challenge accepted!

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