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# **30 Day Whole Food Challenge: AWARD WINNING Recipes Guaranteed To Drop Weight; Take The Challenge Today!**



## Synopsis

In this book you will find a 30-day meal plan along with the recipes and images of the finished dish. With a quick look up guide. There are some tips and explanations on what you can eat, and what you cannot eat. Also some information on vitamins fiber and grains. You are probably saying to yourself, not another diet book! but this one is on whole foods. What makes whole foods different? Well you can enjoy food that satisfies you, unlike other diets that leave you craving for more snacks to fill the hunger pains. To give you an insight to the recipes, you use whole foods and nothing that is processed or has additives. While eating good you will also lose weight at the same time, it is not going to fall off overnight it usually takes around 21 days then you will see the affects. In fact, you are stepping back in time eating like a caveman, they never had processed foods or additives just natural foods including meat. But I think it would be rare to find an overweight caveman, unless of course you look at the Flintstones. If you're looking at a way to also save money, then check out the meal plan, make notes and buy in bulk, this will help with the finances. Looking ahead can help with the vegetables also, buying enough to cover the recipes for 2-3 days at a time. So why not come on in, enjoy the food, lose weight and learn a little more about whole food I am sure once you have tried it you will tell your friends how you got your feel good factor and new look. Happy Eating.

## Book Information

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## Customer Reviews

There is not much of a challenge to eat delicious, home cooked food for 30 days straight. Yes, it might be a challenge for some to prepare it, but this book does everything possible to make it easier for everyone. The whole food diet is not really a diet, it is just a way to eat healthy, unprocessed food with no additives. Of course, avoiding additives can be a daunting task even in whole food diet, but that is a topic for another debate. The book is well organized, clear and simple. The author gives us the introduction about the whole food diet and then there is a day-by-day schedule of meals for 30 days. Every recipe is in the book with ingredients, preparation and a nice picture to accompany it and that is basically that. You just need to follow the schedule, prepare your meals and enjoy. The only thing that is overlooked in the book, in my opinion, are the snacks and desserts. The schedule lists 3 meals per day, but we all know that we eat something in between that. Unfortunately, that is not in the book so we must find whole food snacks for ourselves. But that is a nitpick, really. The book is comprehensive and straightforward 30-day guide to clean eating and if you are looking for a book that will guide you by the hand, you found it.

This was more like a white paper. I misunderstood it to be a cookbook.

Lots of errors. Clearly the black bean soup was photographed with corn in the soup however no corn in the recipe. Just an example. Wish I would have passed on this one

Whole food diet is a way of living. Anyone who wants to have a healthy diet, and to have a normal body weight, you should eat this way. This book gives you good information about what is Whole Food diet and how it is applied. Before that, here you will find a meal plan for the first month. You'll see, after 30 days you will feel much better and livelier. My sincere recommendation for this book!

Looks like something a grade-school kid wrote! The language is so distracting due to many grammatical errors. Can't tell you about any of the recipes because I won't make anything from this book!

The grammar and punctuation are so terrible I can't get past them. Even at \$2.99 I expect better. Glad I didn't pay more than that.

These recipes contain dairy products such as cheese and milk which are NOT Whole 30 approved. The recipes also contain sweetener, such as honey, another Whole 30 NO. I thought this cookbook would be helpful to my first Whole 30 experience, but it's not even close.

After being diagnosed with type 2 diabetes, I knew it was time for a change. A friend recommended the Whole 30. The book didn't pull any punches and was very honest about the Whole 30 process. 30 days later I lost ten pounds and was able to eliminate one of my medications. If you are up for a challenge and want to completely change the way you think about food, then the Whole 30 is the book to buy. Happy journey!

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