



Whole Food: The 30 day Healthy Eating Challenge (The Healthy Whole Foods Eating Challenge - 35 Approved Recipes for Rapid Weight Loss)

Abel Evans

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Want to Lose Weight, Look and Feel Younger? How about increase Energy Levels and Build an Untouchable Immune System?

Challenge yourself to The 30 day Whole Food Diet..

The 30 day Whole Food Diet focuses on eating predominately fresh fruits, vegetables, Free range meats, poultry, seafood and eggs.

On this diet you'll be getting plenty of good fats from cold pressed oils, nuts and seeds and eliminating all unnatural and processed foods.

This book will use a step-wise approach to take you through the Whole Food Diet and further beyond into the practical application of making healthy and super tasty recipes. This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness.

Think of the 30 day whole food diet like pushing the 'reset' button with your overall health, relationship with food and your habits.

This book will teach you exactly what you need to know about the Whole Food Diet, it's many Advantages and Health Benefits.

Have a look inside...

- The prevalence of obesity and chronic diseases of lifestyle
- Introducing and Understanding the 30 Day Whole Food Diet
- The 30 Day Whole Food Program Unchained
- Give us just 30 days
- Toxin mystery
- A Healthy Hormonal System = A Healthy You!
- Take some time out to plan your day
- Spend less time on the scale and counting calories
- Cultivate healthier life habits
- Implementing an exciting exercise regime

Here Is A Preview Of The Wholesome recipes you will find in this book, Breakfasts, Lunches, Dinner and Snacks:

- Apple Cinnamon Porridge
- Dijon Mushroom and Pork Scramble

- Banana Almond Chia Pudding
- Coconut Green Smoothie
- Tuna Salad with Garlic Basil Mayo
- Sweet Potato and Zucchini Fritters
- Steak and Veggie Kabobs
- Asian Lettuce Wraps
- Lobster Salad with Citrus Vinaigrette
- Zesty Chicken Bites
- Green Bean Salad with Walnuts
- Chipotle Chicken Stuffed Sweet Potatoes
- Slow Cooker Chicken and Sweet Potato Stew
- Thai Stir Fry
- Caribbean Salmon
- Zucchini Noodle Sloppy Joe Bowls
- Creole Style Pork and Cauliflower “Rice”
- Brazilian Shrimp Stew
- Bean-Free Chili
- Beef and Veggie Shepard’s Pie
- Buffalo Style Cashews
- Protein Power Balls
- Zesty Beef Jerky
- Banana Snack Cookies

Also Includes A 14 Day Meal Plan

★?★Start your Whole Food Challenge today with these Nutritious Recipes that will guide you to unlimited health and vitality!★?★

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