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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.

I'm really glad that I bought this book. This book introduced me to the Whole Food Diet. Nowadays, majority of what we eat are all processed foods. We are not totally naive about what these processed food could bring to our health. Diseases like cancer, diabetes, high-blood pressure, heart-attacks are some of the results of eating harmful chemicals that are present in what we are eating. This Whole Food Challenge recipe book contains five week plan, where you don't have to think about what to prepare and eat while you're under this 30 day diet. A complete meal every single day! From breakfast lunch and dinner, with a wide variety of foods you could choose from veggie, fruit, chicken, beef and fish recipes! Plus contains lovely images of each recipes. I've already tried the Egg and Spinach cups, Asian Broccoli Served with Tofu and the Garlic Shrimp with Pineapple, Onions and Peppers with is my personal favorite. It was very easy to cook, perfect for busy moms like me. My kids enjoyed it as well!

This book includes dairy and soy in the ingredients. If you look at the Whole30 website, you will see both are completely prohibited (except for clarified butter or ghee as the only dairy). It is not a Whole30 recipe book, or even Paleo because of the soy.

Impressive! This book is a must have if you are doing the Whole 30. I love that all the information I need is in one book. The recipes look easy, and use foods I already have around the house. I use the basic mayo recipe and it's nice to have it what I need at my fingertips. It's really worth purchasing book!

30 Day Whole Food Challenge is an ultimate book contains a 30 day meal plan which is the best diet plan which I had as of now. The whole food contains powerful antioxidants which help to down fat and cholesterol. The whole food diet is full of minerals and vitamins that helps you to stay healthy. Ingredients and method of preparing these recipes is also well described in this book.

I love reading diet tips. But I don't know which one to follow and which one is suited for me. I hate the everyday cravings even though I want to have a successful diet that I can have for a long time. I will definitely try this challenge since I can already imagine the results and the everyday feelings. I love the ingredients. I am sure I will not regret this.

For the first time in my 70 years of life, lost weight without counting calories or felt hungry. After being on the plan, I felt energized. Processed carbs have always made me feel lethargic. Potatoes in moderation and lots of filling winter squash make up my new go to carbs. I enjoy all proteins, all vegetables, except for peas and corn, and fruits in moderation. The recipes in the book and online are delicious. Commit to 30 days and try it!

If you love challenges this is book for you. This cookbook 30 day Whole food challenge is really awesome. Everything sounds delicious and tasty and so simple to prepare. . It's very well written with easy directions and great pictures. I love it, i am more than satisfied with purchase. Try it. Highly recommend to everyone. 5 stars.

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