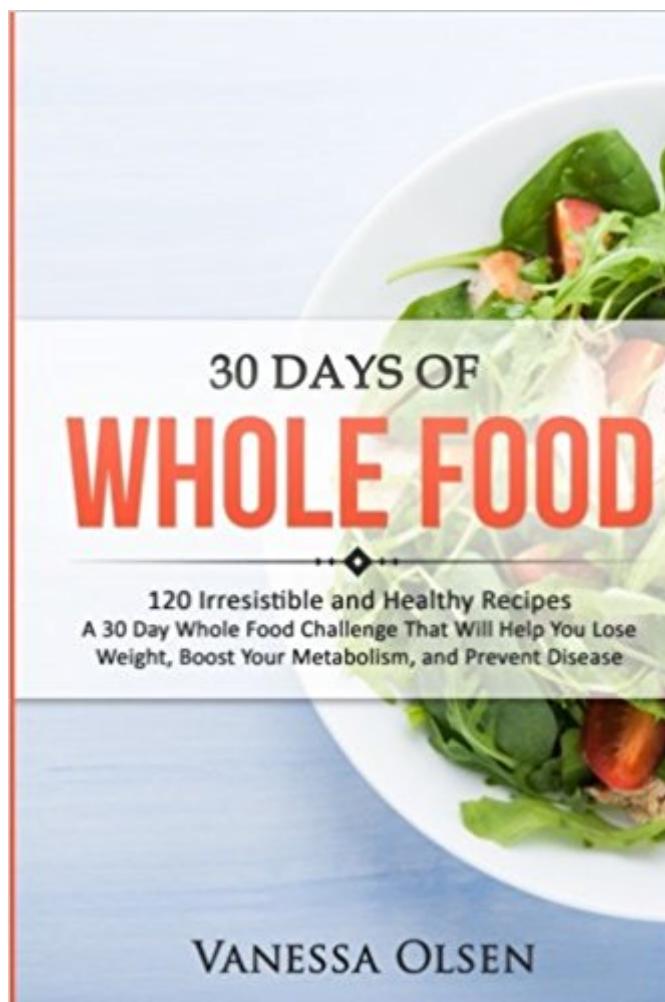


The book was found

# 30 Days Of Whole Food: 120 Irresistible And Healthy Recipes - A 30 Day Whole Food Challenge That Will Help You Lose Weight, Boost Your Metabolism, And Prevent Disease





## Synopsis

When you flip your boxed food over, are you shocked by the number of ingredients you find on the back? What's more, how many of them do you actually recognize? Hi, my name is Vanessa Olsen, and I'm here to help you get your life back. Processed food is causing an epidemic that affects everyone around the world. Every day, food manufacturers are altering our food to be bigger, taste better, and stay fresh longer. While these things sound good from the outside, the world is becoming well aware of what they're doing to our insides. Most food today is so stripped down of its natural vitamins that it shouldn't even be considered food. Not to mention, it's also pumped with add-ins that are causing a long list of scary health problems to anyone who goes near them. When we eat these kinds of food, we are prone to develop heart disease, obesity, diabetes, and cancer along with many other fatal diseases. It's time we put our foot down to the problem. It starts with food! And not just any food, but whole food. This includes succulent fruit, crisp veggies, savory whole grains, creamy full-fat milk, and tender grass-fed meat. And sticking to this sort of thing really isn't as hard as you've been told. Let me be your guide to a healthier, happier life with 30 Days of Whole Food - 120 Irresistible and Healthy Recipes. My writing will introduce you to all the ins and outs of whole food eating, and if you're up for it, a 30 day whole food challenge. But I'm sure you'll find it's not so much a challenge as a life-changing experiment! To aid you with this food challenge my cookbook will provide you with 30 whole food recipes for each breakfast, lunch, dinner, and desserts and snacks. My recipes are unique "tried and tested in my very own home first. Some favorites among customers include: Apple Skillet Pancakes, Pad Thai, Prosciutto-Wrapped Frittata, Muffins, Zesty Chicken Nuggets, Meat Lover's Chili, Shrimp & Sausage Jambalaya, Beef Jerky, Taco Salad, Strawberry-Pineapple Ice Pops, and many more! You'll also find some whole recipes for the little things like ranch dressing and mayonnaise. 30 days with my whole food book will give you everything you need to create a new and improved way of life. But new and improved doesn't even begin to cover the benefits that come with a whole food lifestyle either! After just 30 days with my cookbook, whole food will boost both the energy and immune system of your family, not to mention reduce your risk of developing cancer and heart disease! And the benefits will reach farther than the walls of your own home! The rest of the world will thank you, too! Eating whole food promotes animal welfare and ensures a better world for future generations. Your grandchildren will certainly be grateful you decided to give the whole food diet a 30 day trial run. But I warn you, this decision will probably stick with you for much longer than 30 days. The fresh taste of whole food just can't be beat. You'll never want to go back to the processed stuff ever again! So, let's get you feeling good, looking good, and

doing good â€“ all while you eat food you absolutely love! The world will thank you, and you will thank yourself.

## **Book Information**

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## **Customer Reviews**

I have been reading a lot of diet books with different variety of types with an ultimate goal which is to reduce body fat and acquire a healthy body and lifestyle. I really enjoyed this book. It goes into pretty good detail about why whole foods are good for you and why you should eat them. I have tried 6 recipes within a week and all were tasty. So far, I am satisfied after following this recipes. Each recipes has a clear and precise instructions which made it easier for us to follow. Highly recommended for everyone.

Isn't it ironic that before, people were always craving for instant items and probably the first victim of the 'instant' world domination is food. That was the time when people were not conscious of what they are ingesting. However humans are ever evolving so is our food options. This book challenged me to have smart choices. You are what you eat, as cliche as it may sound, I realized that it is time to make a move to have a healthier diet plan. I believe that the most effective way and with the slightest effort is to refine the stuff you put in your food. Away with all those artificial and processed stuff. Time to feed my hunger with real, healthy and natural goods.

This book is a great read for anyone wanting to learn more about how to increase your energy and losing weight. It is way healthier and cheaper and you would get to appreciate more of what you are eating. The variety of food is also good. It has good selections of meats, fruits, seafood, vegetables,

and other natural produce. This great recipe book will be of a great guide especially for those people who are not so good in the kitchen but want to cut out their budget and prepare healthy, delicious meals for their family. This book also have valuable tips that have actually helped many people lose weight, grow strong, and enjoy better health within just 30 days. Recommended!!

Health is Wealth. It's a healthy recipe book that will help especially for those who are planning to have a diet. Any diet change is difficult. However, with the right tools, you can succeed for 30 days and beyond. Looking it as philosophy we can weave into our entire life. This book is clear, straight to the point and direct, and so that I like it. The amazing recipes of this book will help you to stay healthy and stout. Overall this is an excellent book! I would like to recommend this book to everyone who wants to live healthy.

This book was a great read and very informative. I look forward to implementing its suggestions into my life in order to live well. Really enjoyed the info in this book. Lots of good tips and suggestions to lead a healthy life style.

The recipes have variety and this seems easy to follow. There was good information without getting so in-depth that one would be bored.

The different recipes mentioned in this book are easy to make and will help one attain optimum health. The main aim of this book is to educate one on the basics of whole foods diet as it is extremely effective not in weight loss alone but in the elimination of the occurrences of illness. All that is required of one is to follow this easy diet for about a month and watch out for the difference it makes.

There's a good amount of research made by the author on this book. Not only were there important information included, there are also pictures and graphs that keep the content interesting. It's not just a dump of recipes. Because of the additional information, I got to understand whole food all the more. Grocery shopping for food as well as cooking become a more conscious choice.

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Diet: How To Transform Your Body Increasing Your Metabolism(Free Checklist Included)[Metabolism Diet, Metabolism Cookbook, Metabolism Book Metabolism Diet Cookbook, Metabolism Miracle] Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Whole Foods: A 30 Day Whole Foods Challenge to Lose Weight, Boost Metabolism and Prevent Diseases Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) 30 Day Whole Food Challenge: Essentials Whole Food Recipes to Help You Lose Weight Naturally, Stay Healthy & Feel Great Whole Food: The 30 Day Whole Food Challenge â “ Whole Foods Diet â “ Whole Foods Cookbook â “ Whole Foods Recipes (Whole Foods - Clean Eating) 30 Day Whole Food Challenge: The Complete 30 Day Whole Food Challenge to Lose Weight and Live a Healthier Lifestyle Whole: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook â “ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook â “ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Fast Metabolism and Weight Loss: How to Boost Your Metabolism and Lose Weight DASH Diet: Proven Steps To Rapid Weight Loss, Lower Blood Pressure, Lower Cholesterol And Prevent Heart Disease (DASH Diet for beginners, Weight Loss, Boost Metabolism, Healthy) Whole: 29 Days Of Whole Eating And Top 50 Unique Paleo Inspired Recipes-Reset Metabolism And Lose Weight By Eating Whole Food Diet 30 Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker â “ Quick And Easy Chef Approved Whole Food Recipes For Weight Loss (Slow Cooker Cookbook) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) 30 Day Whole Foods Challenge: Beginner's Guide with 150+ Compliant and Yummy Recipes Guaranteed to Lose Weight (Slow Cooker Recipes, Whole Food Recipes, Sugar Detox, Food Addiction) 30 Day Whole Food Slow Cooker Challenge: Over 200 Proven Whole Food Slow Cooker Recipes with Pictures for Every Recipe, Nutrition facts and an Easy to Follow 30-day Diet Plan to Lose Weight easily. 30 Day Whole Food Cookbook Challenge: Over 200 Proven Whole Food Slow Cooker Recipes with Pictures for Every Recipe, Nutrition facts and an Easy to Follow 30-day Diet Plan to Lose Weight easily. Weight Loss Smoothies: 33 Healthy and Delicious Smoothie Recipes to Boost Your Metabolism, Burn Fat

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