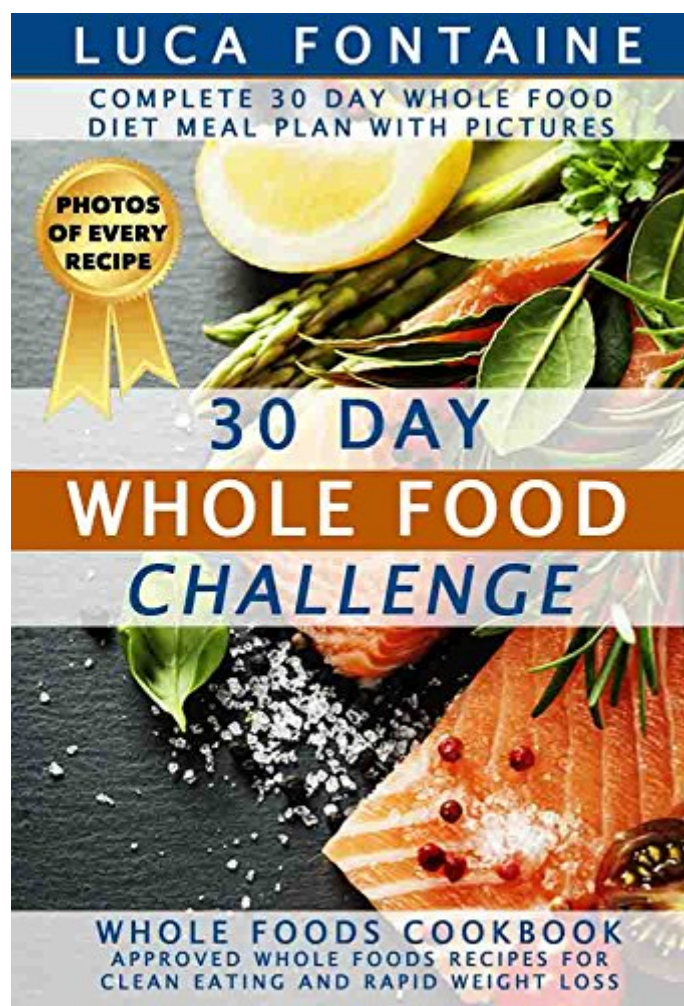


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# **30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook Æœ Approved Whole Foods Recipes For Clean Eating And Rapid Weight Loss**





## Synopsis

COMPLETE 30 DAY WHOLE FOOD CHALLENGE MEAL PLAN WITH PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE! Kindle MatchBook: Buy the paperback edition and get the Kindle edition FREE! REGULAR PRICE: \$14.99 | LIMITED TIME PROMOTIONAL DISCOUNT

The latest research has confirmed what a small group of healthy and fit people have known for decades: the secret to losing weight, maintaining a healthy lifestyle, and feeling great is eating a Whole Foods diet! Join the movement and reclaim your health! The 30 Day Whole Food Challenge is more than just a diet. It is a lifestyle and an entire movement based on reclaiming our health and eating healthy, delicious, unprocessed food the way nature intended. Food isn't meant to be engineered by scientists, loaded with chemicals, and mass produced in a factory. Food should be an honest, natural, and enjoyable part of life. That's why the Whole Foods Diet is becoming increasingly popular! Not only that, the evidence has become undeniable: the 30 day Whole Food Challenge can help you promote whole body health, boost energy, increase longevity, and drop excess fat fast! The Whole Foods Diet has also been shown to provide a dramatic boost to immune system effectiveness, reduce hunger pangs, increase your level of mental focus throughout the day, and reduce the risk of major chronic illnesses like diabetes and heart disease! A complete 30 day meal plan! This Whole Foods cookbook makes it easy! Simply start at day 1 and follow the included meal plan for 30 days. Each and every recipe includes a photo of the meal as well as serving size and nutritional information. There are three recipes for each day: an amazing breakfast, satisfying lunch, and mouthwatering dinner every single day! Enjoy some of the best meals of your life all while maintaining an approved Whole Foods Diet for optimal health, energy, and weight loss! Accept the challenge! The Whole Foods diet is not a boring, bland, or starvation diet. Eating bland and weird food might be one way to lose weight, but that is not what living a Whole Food lifestyle is all about. Let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! Begin your 30 Day Whole Foods Challenge by grabbing this book today and learn the many delicious possibilities you could have for breakfast, lunch, and dinner today and every day for a month! The Whole Foods diet can be fun and easy to follow, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on an entire 30 day whole foods meal plan in this whole foods cookbook. Every recipe is easy to make, requires no significant cooking expertise, and is so healthy and delicious you will be proud to serve these meals to your family and friends. World class meals you can serve to your family and friends with pride! World renowned diet and nutrition expert Luca Fontaine has hand-picked his favorite recipes that he has

mastered in his own kitchen, taught to chefs around the world, and that have earned rave reviews from diners on every continent of the planet! Don't miss out! Grab this book today at the limited time sale price and make a small investment in your health and well-being, as well as the health and well-being of your family, that will pay off huge in the long run!

## **Book Information**

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## **Customer Reviews**

I became a whole food convert months ago after seeing some dramatic changes in my friends who had started eating a whole 30 diet. Since then I think I've bought at least half a dozen whole foods cookbooks and experimented with a variety of whole 30 recipes I've found online. For my money, this cookbook is the best of the bunch. First of all, every recipe has complete nutritional information. This is important to me as I want to know exactly what I am putting in my body. Each recipe also has serving sizes included, which eliminates the guess work and prevents wasted food or family members who aren't full at the end of the meal. In addition, each recipe has a photo that shows you what the completed meal looks like. It is amazing how many other cookbooks I've bought that don't include photos, but this one does. Finally, the book is based on the concept of a 30 day meal plan

which makes meal planning for a busy family super easy. So far I've only made a couple of the recipes, just picking out the ones that I want to try right away. There are recipes for breakfast, lunch, and dinner so every meal is covered. I haven't gone through the whole meal plan yet so I can't say anything about that, but if all the recipes are as amazing as the first few that I've tried this cookbook is going to be a game changer for me and my family! The recipes I've tried so far have been head and shoulders above most of the other whole 30 compliant recipes I've tried. Honestly, I could have paid three or four times what I did to buy this and still felt I got an amazing value out of this cookbook. This one is the real deal folks!

Nice work! The author does a good job at showing you how to successfully try out a 30 day challenge. I'm a week in and feel fantastic. Really noticing a difference in my energy levels and overall well being. Excited to get through the rest of the month, Wonderful resource!

The author of this book did not create good-looking, appetizing and healthy life-styled meals. The pictures were in black and white, which made it look like that the food was just a bunch of slop that's served in a public school cafeteria. Some of the recipes were duplicated and rewritten in different parts of the book. The images appear to be taken from the internet, and no credit has been wrote on. The only thing that is decent of the book, is the cover itself. Do not buy this book unless you want to waste your money. You can easily find better, healthy and sugar-free recipes on food network.

Absolutely the worst product I have ever purchased. The author just repeats the same recipes over and over again so its a waste of a book and very deceptive in my opinion. The author lists the recipes in breakfast, lunch, dinner order for 30 days but just repeats the same recipes over and over in printed format.

Take off on the whole 30 diet. Very few recipes and no imagination or new ingredients. Lunch often baked cabbage . Only vegetable soup for dinner. Seriously???? After the first week everything repeats often. I promise if you follow this as written you could absolutely not last 30 days--nor would you want to!!

I liked the book. I only gave it 4 stars because the recipes repeat. It's not a bad thing, just thought there would be more recipes to follow since it is 30 days. The recipes all sound good in here and I

am trying one tomorrow.

Book is OK. Only the cover is in color, the rest is black and white so the pictures of meals are blah. The book gives easy meals, good directions but the recipes repeat themselves! You will not have 30 days of different meals...for example, a breakfast meal you may see on 4 different pages/days. There are better books out there on the subject and meal plans.

There are many errors from spelling and grammar to some recipes having incorrect temperatures (there is no way you cook a stuffed pepper at 300C for half an hour!) or ingredients are mentioned in the recipe not in the ingredient list. Recipes repeat, which is fine, but it feels like it repeats a little too often. It is OK as a jumping off point, but be prepared to read carefully and plan your own side dishes. Most of the recipes taste decent.

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