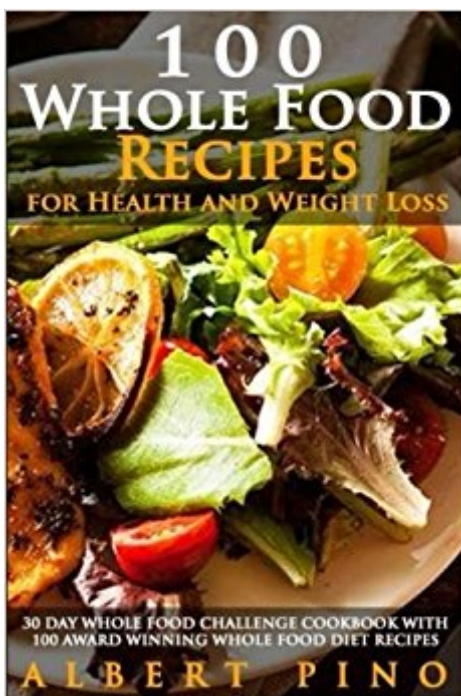


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# Whole: 100 Whole Food Recipes For Health And Weight Loss



## Synopsis

100 whole food recipes for a healthier, thinner, more energetic you! Do you want to look your best? Do you want to lose weight while eating some of the most delicious meals you've ever had? Do you want to have a seemingly endless supply of natural energy? If you answered yes to any of these questions, this whole food diet cookbook can help you starting today! 100 award winning whole food recipes – 30 whole food breakfast recipes to start your day off right, 30 nutritious and filling whole food lunch recipes, and 40 fresh and amazing whole food dinner recipes your whole family will love! This book contains more than enough recipes to complete a 30 day whole food challenge to promote health, weight loss, energy, and longevity. Try a whole food 30 day diet with the award winning recipes in this book and you will be a convert for life! Accept the challenge! Simply make your favorite breakfast, lunch, and dinner recipes from this book every day for 30 days. Complete the whole food 30 day challenge and you will lose weight, be healthier, and feel more energetic **GUARANTEED OR YOUR MONEY BACK!** Award winning whole food recipes The delicious award winning recipes in this whole food cookbook treat food as the honest and natural source of nutrition that it is. Most recipes are primarily vegetable based (and with a few substitutions the whole cookbook could easily be completely vegetarian or vegan). The ingredients are unprocessed and free of the many unpronounceable chemicals that plague modern diets. The recipes are delicious but not overly complex and require no exotic equipment or significant cooking background. A sustainable whole food lifestyle - not a restrictive starvation diet The whole food diet is not like other diets. It is not based on adhering slavishly to arbitrary rules about consuming certain things at certain times, or writing off entire macro-nutrient groups as off limits. At its core, the whole food lifestyle embraces a simple philosophy: eat real, healthy food, in its fresh and natural form. No processing, chemicals, or preservatives required. Cooking with these whole food recipes for 30 days is often called the 30 day whole food challenge, but following the complete whole food diet for 30 days using the 100 recipes in this book is actually very easy. It is easy because the recipes are delicious and they will make you feel alive! Do something good for yourself and begin your 30 day whole food diet challenge today. In 30 days, when you have personally seen the difference a clean eating, healthy diet can make in your life, I'm sure you will have no desire to go back to eating processed, calorie-dense, nutrient deficient foods that so many people are slowly killing themselves with in our modern food dystopia. Let this book show you the amazing whole food movement so that you can embrace a new and improved you in only 30 days! Start today and enjoy all the benefits that come with making the whole food diet a whole food lifestyle!

## Book Information

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## Customer Reviews

This is easily one of the best cookbooks I have purchased on for three reasons. First of all, this is a diet that actually makes sense! That alone puts the Whole Food diet in a the top 5% or so of diets I've seen come and go. Just eat healthy, unprocessed food in its natural form and you will lose weight - well what do you know, it works! The second thing I love about this book is the quality of the recipes. I've probably cooked close to half the recipes in the book at this point and literally every single one has been fantastic! Every. Single. One. I can't even recall the last time I bought a cookbook and didn't find at least a few duds mixed in. I'm not sure it ever happened before this one! The third great thing about this book is the value. I paid \$13 for this book and got 100 recipes. That is 13 cents per recipe. Let that sink in for a minute. 13 CENTS PER RECIPE. And for that negligible sum, I got some of the best tasting, healthiest food I've ever made for me and my family. Great deal? I'd say so.

This is everything I hoped it would be! It contains 100 amazing whole food recipes that taste great and are not too hard to make. There are lots of vegetables in these recipes, as well as some delicious fish and chicken dishes that are some of my personal favorites. I see buying a book like this as making an investment in my health. Don't worry though, the recipes are so tasty you won't feel like you're on a diet at all!

A good recipe book in starting a whole food lifestyle. With so much good-tasting processed food out in the market and with the convenience fast food chains offer, it is so easy to be allured with these type of foods but it is indeed important to be reminded that our body is designed for healthy whole

foods. This book is a great help for everyone who wants to lose weight and be healthy through embracing the whole food diet.

This book features healthy, easy to follow recipes using natural and wholesome ingredients. I enjoyed making a few of these recipes with my favorite being the Taco-Spiced Turkey Burrito so far. My husband is excited for me to cook a few more from this book as we are both trying to lose weight and stay healthy. I recommend this book to anyone who is interested in getting into a healthy diet regimen/lifestyle.

The Whole Food Recipes provided by this book are all equally healthy and nutritious. For breakfast recipes I have selected the following to prepare for my family: Avocado Coconut Smoothie, Ground Beef Casserole with Cashews, Breakfast Turkey Casserole, Oat Cranberry Smoothie. For lunch recipes I chose Salmon with Curried Tomatoes, Kale and Tomato Stuffed Chicken Breast, Turkey Lettuce Wraps, Salmon Avocado and Cucumber Green Salad, Jerked Lamb Rib Chops, Grilled Pork Chops and Sweet Potatoes; and for dinner I want to take note the recipes Spice-Grilled Lemon Shrimps, Coconut Chicken Satay, Baked Garlic Chicken with Mushrooms, Baked Salmon with Avocado Salsa, Milkfish in Sour Broth, Spicy Coconut Chicken Soup. These are all yummy menus that all the family members will find delicious. I will also prepare such menus during party and get together and family gatherings.

This is a 30 day whole food diet book that helps to control weight rapidly and also improve health. This 30 day wholefood challenge was not only delicious, but extremely easy to prepare and cook. The ingredients are so affordable and it is easy to find. I have tried some of the recipes and its all great and delicious. When you want to shred some of that fat ,you must grab this book and make this recipe book as your great companion in your journey of losing weight. It will ease your craving and you don't have to starve yourself just to get sexy.

The best way to ease into a healthier lifestyle is by making small changes each day. Being healthy and maintaining a healthy state of mind doesnâ™t mean going without, in fact, it means just the opposite! The book is well structured, neatly organized and pleasantly formatted for easy reading and understanding. I particularly like the part where it details clearly what needs to be done and what should not be done as well as the part of what foods can be eaten and which are the ones to avoid. Please enjoy this book and then look your body

We know that, we do love to eat delicious foods. But the problem is. If we do not watch out the amount of food that we intake. We will really not like the result. This book will teach us and tell everything that we must know on how to prepare recipes that are healthy and nutritious. It give us insights why this kind of food is good for us. You will going to love on what you will acquire in this book.

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