



**Whole: 100 Whole Food Recipes for Health and
Weight Loss: 30 Day Whole Food Challenge
Cookbook with 100 AWARD WINNING Whole
Food Diet Recipes for the Whole 30 Diet**

Albert Pino

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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 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 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 it's 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!

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Marilyn Oxford:

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