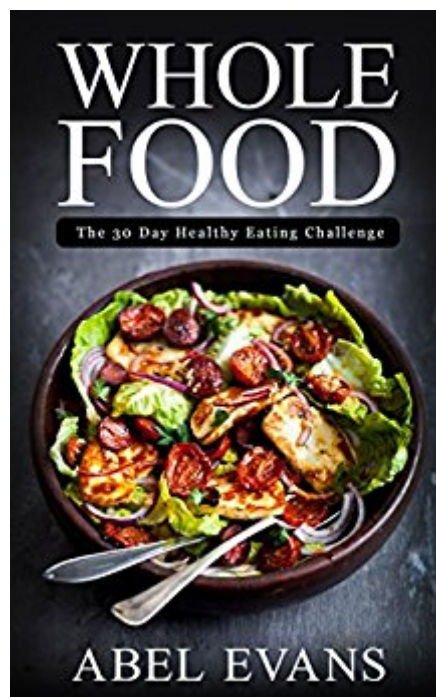


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# **Whole: The 30 Day Whole Food Diet Cookbook® (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan For Rapid Weight Loss)**



## Synopsis

Want to Lose Weight, Look and Feel Younger? How about increase Energy Levels and Build an Untouchable Immune System? Challenge yourself to The 30 day Whole Food Diet..The 30 day Whole Food Diet focuses on eating predominately fresh fruits, vegetables, Free range meats, poultry, seafood and eggs. On this diet you'll be getting plenty of good fats from cold pressed oils, nuts and seeds and eliminating all unnatural and processed foods. This book will use a step-wise approach to take you through the Whole Food Diet and further beyond into the practical application of making healthy and super tasty recipes. This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness. Think of the 30 day whole food diet like pushing the "reset" button with your overall health, relationship with food and your habits. This book will teach you exactly what you need to know about the Whole Food Diet, it's many Advantages and Health Benefits. Have a look inside...The prevalence of obesity and chronic diseases of lifestyleIntroducing and Understanding the 30 Day Whole Food DietThe 30 Day Whole Food Program UnchainedGive us just 30 daysToxin mysteryA Healthy Hormonal System = A Healthy You!Take some time out to plan your daySpend less time on the scale and counting caloriesCultivate healthier life habitsImplementing an exciting exercise regimeHere Is A Preview Of The Wholesome recipes you will find in this book, Breakfasts, Lunches, Dinner and Snacks:Apple Cinnamon Porridge Dijon Mushroom and Pork ScrambleBanana Almond Chia Pudding Coconut Green SmoothieTuna Salad with Garlic Basil MayoSweet Potato and Zucchini Fritters Steak and Veggie Kabobs Asian Lettuce WrapsLobster Salad with Citrus VinaigretteZesty Chicken Bites Green Bean Salad with Walnuts Chipotle Chicken Stuffed Sweet PotatoesSlow Cooker Chicken and Sweet Potato StewThai Stir FryCaribbean Salmon Zucchini Noodle Sloppy Joe Bowls Creole Style Pork and Cauliflower "Rice" •Brazilian Shrimp StewBean-Free Chili Beef and Veggie Shepherd's PieBuffalo Style Cashews Protein Power Balls Zesty Beef Jerky Banana Snack CookiesAlso Includes A One Month Meal Plan...Start your Whole Food Challenge today with these Nutritious Recipes that will guide you to unlimited health and vitality!

## Book Information

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## Customer Reviews

There are a lot of great recipes in this book. I've been all about whole food for some time now and was looking for a book just like this. I really like how this book is organized and it's very well written! I'll refer to this again and again. This is the way everyone should it. I used to bounce around from fad diet to fad diet when I realized whole food is actually the way to eat. It's the way we were meant to eat. Since the recipes were absolutely fantastic and since eating them made me feel great, gotta give this one 5 stars!

I have been looking for a good cookbook for my family. This book is exactly what I was looking for. I browse through it and found a lot of healthy meal to prepare and easy how-to-cook instructions for my family. It provides good tips to cook faster and in an easy way. I have tried 7 recipes within a week and all were tasty. So far, I am satisfied after following this diet. The author did a great job. Thanks to Abel Evans.

What catches your eye when out and about? Is it the growing number of overweight and obese adults and kids? Have you ever thought about what is going on inside those bodies? Why did we, as a people, start getting fat? Processed food! The author foresees a future where the life expectancy is only 40 due to obesity and disease!The 30 day whole food program provides you with a list of what foods to eat and which ones to avoid. The rewards? The author lists eight of them, two of which are:>>Sleep like an angel>>Be clear headed and focusedThe nutritional benefits of certain

ingredients are discussed at the end of each recipe. The recipe portions are pretty small and nothing is said about men needing more food/calories than woman so you may need to up the portion size especially if you are an active male. There truly are some delicious recipes in here though. Important to note that all healthy diets/lifestyles differ! Some experts say you should eat plenty of whole grains and beans, others like this one say you shouldn't. Please note that I am just telling you some of what is in this book, not if it is right for you. It is your job to do your own research. You will likely be glad of the snacks in Chapter 5. As a cashew loving family I was excited to try the Buffalo Style Cashews! How about Zesty Beef Jerky? So what's not to like about this book/diet? The author encourages the reader to eat healthily but also not to worry too much about organic, grass fed etc. His focus is more on sticking with a 30 day commitment and states that if you slip, even once, you have to start back at Day 1. SO this book/diet is NOT going to be for everyone. Having said that though, there is something in here for everyone so I do recommend it. I have read a lot of recipe books over the years and very few have stayed. This one though is a keeper. Thanks, Liz

Obesity is becoming prevalent nowadays which leads to other chronic diseases. It is important to keep watch of the food we consume and always have ourselves be checked by a physician annually or if there's a need to be examined. This book provides you a wide variety of options with the food that is healthy and easy to prepare.

This book gives useful instructions one can follow. If you exercise a lot, your body will require greater caloric intake than someone who is more sedentary. This means it is even more important for you to consume healthy foods in order to prevent consuming a caloric surplus of unhealthy foods. By focusing on eating healthy whole foods and eating your nutrient-dense foods first, you can stop worrying about counting calories.

In this book, each chapter is going to build onto the next one with valuable tips that have actually helped many people lose weight. I hope this book will help me to grow strong and enjoy better health within just 30 days. and it has unique blend of yummy recipes as well. good book.

I love the challenge of having a healthier body in just 30 days. Aside from the very useful tips, they are scientifically backed up so you know they are safe, proven and tested. Not only that, but there are recipes that are easy to make although I would have preferred them to have pictures together

with the recipes. Anyway, there are delicious and nutritious meals you can enjoy while gaining that healthy body. My personal favorite? Spicy Pumpkin Patties. Author Abel Evans not only gave recipes but explained the benefits if you eat the food in the recipe. Don't deprive yourself when you are on a diet. You do not need to starve yourself. The book is filled with information about why eating whole foods will improve your health. You just need to replace unhealthy foods with healthy ones. Stay healthy and eat the right kinds of food. There is also a list of the foods that you need to avoid. This book will surely guide you. Thanks to the author who convinces me to do a whole food diet. This is now one of my favorite cookbooks for a healthier me.

Variety of recipes given there. If you like to always have a change of taste for your family like i do, then lets try this one out. The author has done a good work with good plot explaining what it means with 30 day whole food program. Issues to do weight, some medical problem may be as a result of what we take in as food. This book gives you food diet rules to enable you stay healthy and eat well. If you have been struggling with weight and other diet issues problem, try out this 30 days work plan and see a difference.

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