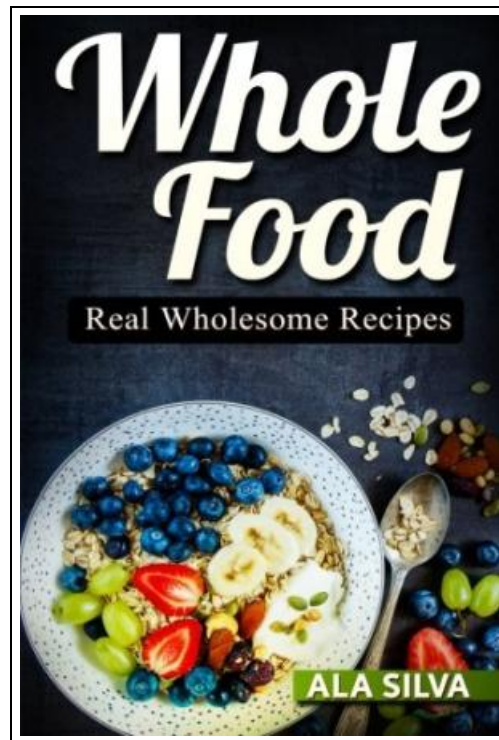


Whole Food: Real Wholesome Recipes (Paperback)



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Reviews

This is an amazing book that I actually have actually read through. I am quite late in start reading this one, but better then never. You will not truly feel monotony at anytime of the time (that's what catalogs are for concerning should you ask me).
(**Scottie Schroeder DDS**)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Challenge yourself to 30 days of WHOLE FOODS! Use the lessons and recipes in this book to Feel Healthy, Vibrant, Energetic and to Lose Weight the Natural Way! In this cutting edge diet we will be eating predominately organic fresh fruits, vegetables, Free range meats, poultry, seafood and eggs, and removing all foods that are toxic and unnatural. By eliminating all unnatural, packaged and processed foods you will immediately feel a Boost in Energy and Decrease in Lethargy. Your bodies innate intelligence will begin to Heal every organ that has been damaged by previous Lifestyle eating habits. Change your relationship with food and create life-long, healthy habits. This book is a step-by-step guide that will take you through the Whole Food Diet and further beyond into the practical application of making healthy and super tasty recipes. The Whole 30 lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness. Are you READY to push the button with your overall Health? This book will take you through the Whole Food Diet s many Advantages and Health Benefits. Here Is A Sneak Preview of some of the DELICIOUS recipes you will find in this book: Sweet Potato Hash with EggsCoconut Raspberry Chia PuddingSavory Frittata MuffinsProtein Packed Breakfast SmoothieWhole Breakfast BowlMonkey BowlWhole Foods ?Toast?Super Green Breakfast SmoothieBreakfast Turkey ScramblePesto Spaghetti Squash with ChickenChicken Street TacosLemon and Herb Zucchini Noodles with ShrimpKaula Pork with CabbageCurry Style Ground Beef in the slow cookerEasy Ginger ChickenMango Tuna Fillets Start your your Whole Food Journey today!.



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