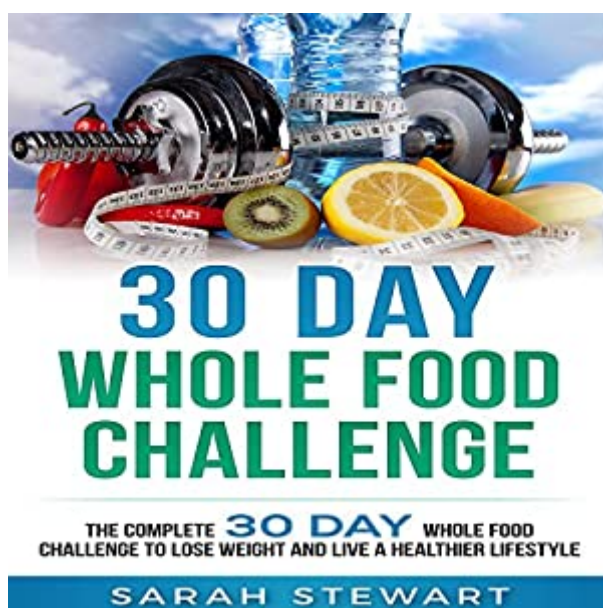


The book was found

30 Day Whole Food Challenge: The Complete 30 Day Whole Food Challenge To Lose Weight And Live A Healthier Lifestyle



Synopsis

Discover the 30 Day Whole Food Challenge. Try this 30-day weight-loss challenge and transform your body! This book explores the phenomenon that is sweeping the nation and lining the counters of home kitchens everywhere. It is the 30 Day Whole Food Challenge. This book will take you from the very idea of whole foods through the completion of the challenge. You will learn what constitutes a whole food and the benefits you can receive from a whole food diet. You will receive a comprehensive list of foods that are allowed on the challenge, including meat, fruit, vegetables, nuts, seeds, and oils. You will learn the benefits of a whole food diet, including better skin, better sleep, less pain, more energy, and weight loss. You can look through the vitamin guide that will inform you of the different nutrients and vitamins you will receive from some of the most beloved whole foods. Meal-planning will be explored along with a one-month sample meal plan for breakfast since breakfast tends to be the hardest meal of the day for individuals new to the whole-foods menu. You will learn how to "healthy up" your house so you don't just embark on the 30-day whole food challenge but get real tips and tools to live a healthier lifestyle. Learning how to prep and organize your kitchen and meal planning will give you the knowledge you need to quickly adapt to the challenge. You will be inspired by the quotes found in this book and learn the mantras this book offers to help you succeed. Learn how to deal with negative influences in your life and defeat those "just one bite" moments.

Book Information

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Customer Reviews

There are lots of kinds of diet nowadays and I always find it daunting and overwhelming to explore

them all. This book really got me as not only is it challenging to do in a month but overall it promotes general wellness and discipline in eating healthy. I like how all the meals are planned out and how the book lists information about whole food. After completing the challenge, I am quite positive that I can sustain a whole food diet. Thanks to this inspiring and impressive book!

This is a complete guide book to lose weight and lead a healthy and happy life. From this book you will learn what constitutes a whole food and the benefits you can receive from a whole food diet. You will receive a comprehensive list of foods that are allowed on the challenge, including meat, fruit, vegetables, nuts, seeds and oils. I hope this book is able to help you very much.

To be able to maintain your weight or have a lesser weight than what you have right now, you can try this whole food challenge for 30 days. I think this is just effective for everyone without even trying to lessen what you eat. Mostly you just need to eat fruits and vegetables and less on meat and after 30 days you will see the difference. I like the colors of some titles and how it's written. Understandable.

Whole food is a neww for me and I was a bit scared to start it. But this book changed my mind and I found a lot of useful information about whole food and a lot of good recipes.

30 Days Whole Food Challenge - is a great opportunity to make your eating healthier. In this book you will find an explanation of whole foods principles and also great recipes that are easy to make and very delicious. I'm so happy that I grabbed this book and I already made several recipes from it - they are so tasty!)

This book was very informative and provided information in a realistic way that allowed me to feel more comfortable in setting goals for myself.

A great book and a great challenge! I like the concept of the diet and I think it will be very beneficial to a lot of people, although I feel like it would be hard for me to not eat those foods that are unapproved but with this book I feel like I can make through it. The book is well written and very educational, you'll learn so much health benefit from the diet, the meal plans are also helpful. Nice book

I tried this, kind of expecting it to suck, I mean who likes dieting right? But the book is more about switching to healthy foods and creating a lifestyle change that will last forever than it is about dieting so I give it 5 stars. The information is spot on and the author even suggests meal ideas for your first 30 days. If you can try this out for even a couple days you start to see the small effects, like needing less food to make you full. By a week, you have more energy, and as an added benefit, my skin cleared up too!

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