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# Whole Food: The 30 Day Whole Food Challenge â€™“ Whole Foods Diet â€™“ Whole Foods Cookbook â€™“ Whole Foods Recipes (Whole Foods - Clean Eating)



## WHOLE FOODS

THE 30 DAY WHOLE FOOD CHALLENGE  
DIET • COOKBOOK • RECIPES

VIOLET PARKER





## Synopsis

Live Healthy and Fit with the Whole Food Lifestyle – It’s Easy! View this e-book on your PC, Mac, Smartphone, Tablet, or Kindle Device! Are you ready to enter the delicious and healthy whole food lifestyle? Would you like to give your family the very best wholesome and natural ingredients? Do you want to create amazing meals at home – without spending all your time in the kitchen? If so, *The 30 Day Whole Food Challenge: Whole Foods Diet - Whole Foods Cookbook & Whole Food Recipes* is the book you’ve been waiting for! This amazing guide teaches you everything you need to know to start eating clean, healthy, unprocessed food. Your first month will be a great success with these proven tips, strategies, and techniques! Inside, you’ll learn how to create whole food versions of family favorites like burgers, tacos, and pizza – and exotic new delights like Crispy Edamame Popcorn, Grilled Vegetable Panzanella, and Lemon Ricotta Kale Dip. You’ll even find out how to make over 10 different whole food infused waters like Cucumber Lemon, Kiwi Rosemary, and Strawberry Basil! Here’s a preview of the amazing whole food recipes in this book: Tantalizing Dips and Spreads like Tahini, Hummus, and Guacamole; Hearty Breakfasts like Savory Sausage and Cheddar Breakfast Casserole, Blueberry and Toasted Almond Muesli, and Green Egg Skillet Bake; Tasty and Filling Smoothies like Strawberry Almond Butter, Pineapple Breeze, and Rainbow Chard Ginger Fruit; Heartwarming Soups like Seafood Gazpacho, Thai Chicken, and Golden Squash Curry; Delightful and Intriguing Salads like Caper and Lemon, Caribbean Chicken, and Rainbow Soba; Popular Snacks like Steamed Samosas, Kale and Zucchini Chips, and Almond Butter Energy Balls; Delectable Sandwiches like Homemade Burgers, Turkey, and Open Face Apple Tahini; Favorite Main Dishes like Healthy Turkey Meatloaf, Coconut Red Pork Curry, Chicken Kebabs with Tomato Parsley Salad, and Beef Taco Pizza. You’ll even discover how to create a world of vegetarian treats like Mushroom Stroganoff, Asian Sautéed Cauliflower, Spicy Black Bean Burritos, and Spinach Hummus Pinwheel Wraps! Don’t wait another minute – Get your copy of *The 30 Day Whole Food Challenge: Whole Foods Diet - Whole Foods Cookbook & Whole Food Recipes* right away! Just scroll up and hit the “Buy With One Click” Button – It’s quick and simple! You’ll be so glad you did!

## Book Information

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## Customer Reviews

Nice and easy read on whole foods diet. I believe I purchased one of these books a few months ago. This book caught my eye and I just had to try it out. For the price I paid it was definitely worth it. It goes in depth on the whole foods diet and also talks about processed foods. Everyone knows processed foods are bad for you but we still eat it. Reading this book is more of an eye opener with the facts in them about what major food companies do to their foods to preserve, add color, texture, soften, sweeten, and adding flavors. Has a quick guide on how to get started and also some quick recipes in this book

There is not a single human being in this world who will not want to live a healthy life or eat healthy foods. Everybody cares about their body and mind. If you eat good food then your body stays fit, that's why your mind also stays well. To get a good healthy body and a sound mind you need to eat good food and follow a good diet. This book will help you to do so. It will help you to understand the necessity of whole food in your life. The more you read this book, the more you will realize that this book will definitely help you in your healthy lifestyle. The recipes are very tasty as well as healthy. The author has done a great job in this book. Looking forward to follow this diet more on my upcoming days.

This diet given here has really challenged me and I accept that. This book has a very unique diet on whole foods and I must say that everyone who is keen on diet like I am must have this cook book. Your diet will be indeed transformed and you will find this much interesting. The author aims at keeping your diet healthy as the foods here in are very nutritious. A good cook book. Well written book.

This whole food book is amazing. It is so well explained and is a really good recipe guide. The author explains what is the whole food diet, what it can do for you and what it can't, its benefits and a really complete diet plan with easy and really tasty recipes. So if you want to do a really good diet eating delicious things, this is the book for you. Totally recommended

We are what we eat? Is this true? I feel that diet plays a critical role in our lives. Meaning what goes in, is expressed on the outside. Wholefoods is one of my favorite places to shop due to its nature. Everything in wholefoods is organic and super-health-oriented. And the variety of wholefoods is incredible. Anything and everything health oriented can be found in wholefoods. This short read covers a lot of the basics including processed foods, alkaline foods, heart health, liver health, kidneys, digestion, immunity, muscles, hormones, and even includes mental health. Know that to reach peak health, losing weight, building muscle mass is not an overnight process. Instead every program including the wholefoods program takes time. The read is like a manual and contains all of the do's and don'ts of wholefoods and recipes.

I knew processed foods were bad, but I didn't know how bad until reading this book. It is un-encouraging that the food industry in general produces so much toxic food but at the same time there are steps we can take to make healthy changes in our lives. This book is a very complete guide to the benefits of eating raw and whole foods as opposed to their processed counterparts. I liked how this book focused on goal setting and strategies for success with the diet. I found this very helpful, as we all know there are many challenges that people face when beginning new eating habits. The 30 day meal plan as part of that is a great start. Great recipes too. The Lemon Ricotta Kale dip, my favorite!

Perfect! This book contains proven steps and strategies on how to live a healthier and happier life while on the whole food guide. The whole food diet is an amazing program that has helped me and others. It helps me feel healthier and more refreshed than ever before. The book lists some of the

benefits that you will see while on the diet. This book aims to help see the benefits of Whole Food diet and give one a reason to follow it. It has a 30-day diet challenge, is to assure that one will be able to dedicate a month to healthy eating and see visible changes to their physical and mental health. They will find their selves waking up with more energy than every day and really feel the difference within them.

This book is full of information. I have never read such an informative book in this subject. It has a vast knowledge base about whole foods and how you use them in daily food recipes. I bought this book for healthy diet recipes and it was really helpful. I can make great recipes which are very healthy. If you want to eat healthy food everyday then this is your book. A whole food recipe is perfect for anyone who wants to live a healthy life. Within 30 days you will see the results in your own eyes. The recipes are described in details and they are very tasty. I would love to read more in this topic from this author.

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