



Whole: 30 Day Whole Food Challenge: AWARD WINNING Recipes for health, rapid weight loss, energy, detox, and food freedom GUARANTEED - Complete whole 30 diet cookbook meal plan

Albert Pino

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30 days to 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, the 30 Day Whole Food Challenge can help you starting today! A complete meal plan – 3 tasty, healthy, whole food meals a day for 30 days! This book contains a complete whole foods 30 day meal plan to promote health, weight loss, energy, and longevity. Each day has three delicious whole food recipes for breakfast, lunch, and dinner as well as a nutritious vegetable based juice recipe to enjoy with a meal or as a snack between meals. Accept the challenge! Simply start at day 1 and follow the complete meal plan each day until you reach day 30. Complete the whole 30 day challenge and you will lose weight, be healthier, and feel more energetic! 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 30 day meal plan 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. It's called the 30 day whole food challenge, but following the complete whole food 30 day meal plan 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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