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Whole Food: The 30 Day Healthy Eating Challenge Part II (The Healthy Whole Foods Eating Challenge - 60 Approved Recipes & 1 month Meal Plan for Rapid Weight Loss) (Volume 2)

Abel Evans

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If Creative Whole Food Recipes are What You Seek, then Look No Further.
Introducing PART II of the Best Selling 30 Day Whole Food Challenge
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- Try it for just 30 Days and you will be Absolutely Amazed by the Results

In this Book You Will Learn:

- The A, B, C's of the Whole Food Diet
- The Whole Food Diet Shopping Guide
- Gearing up for Your 30 Day "Reset'
- Full Meal Plan - Easy To Implement
- Aligning Your Attitude & Mind
- Things to Include on Your Whole Food Journey

Some of the Profound Benefits You are Guaranteed to Experience:

- Increase Energy Levels & Vitality
- Accelerated Fat Loss
- Improved Mental Focus
- Lower Blood Sugar & Cholesterol
- Hormonal Balance
- Normalized Sleeping Patterns
- Reduced Anxiety and Stress

Think of the Whole 30 Diet like pushing the 'reset' button with your overall health and relationship with your food habits.

Here Is A Preview Of The Wholesome recipes you will find in this book:

- Pork and Egg Breakfast Casserole
- Zucchini and Steak Casserole
- Beef Breakfast Casserole
- "Toast" Whole Style
- Fruity Breakfast Shake

- Chicken topped with Mango Salsa
- Grilled Chicken Over Squash Spaghetti
- Spicy Chicken Cilantro Wraps
- Arugula Salmon Salad
- Gazpacho & Guacamole
- Roasted Rack of Lamb with Blackberry Sauce
- Lamb Ragu with Celery Root Pasta
- Pork Meatloaf with Sun Dried Tomato & Mushrooms
- And Much Much More!

Comes with a 14 Day Meal Plan to Jump-start your new Whole Food Lifestyle

★?★Let this book be your guide as you start your journey to a healthier, happier, fitter and more successful life!★?★

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