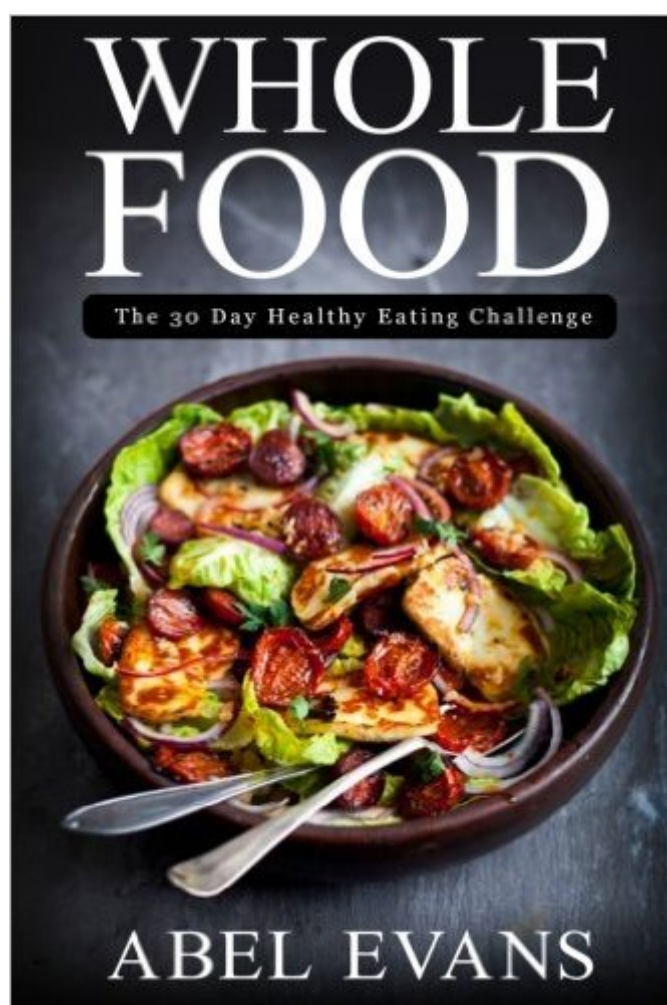


The book was found

# Whole Food: The 30 Day Healthy Eating Challenge (The Healthy Whole Foods Eating Challenge - 35 Approved Recipes For Rapid Weight Loss)



## Synopsis

Want to Lose Weight, Look and Feel Younger? How about increase Energy Levels and Build an Untouchable Immune System? Challenge yourself to The 30 day Whole Food Diet..The 30 day Whole Food Diet focuses on eating predominately fresh fruits, vegetables, Free range meats, poultry, seafood and eggs.On this diet you'll be getting plenty of good fats from cold pressed oils, nuts and seeds and eliminating all unnatural and processed foods.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.Think of the 30 day whole food diet like pushing the "reset" button with your overall health, relationship with food and your habits.This book will teach you exactly what you need to know about the Whole Food Diet, it's many Advantages and Health Benefits.Have a look inside...The prevalence of obesity and chronic diseases of lifestyleIntroducing and Understanding the 30 Day Whole Food DietThe 30 Day Whole Food Program UnchainedGive us just 30 daysToxin mysteryA Healthy Hormonal System = A Healthy You!Take some time out to plan your daySpend less time on the scale and counting caloriesCultivate healthier life habitsImplementing an exciting exercise regimeHere Is A Preview Of The Wholesome recipes you will find in this book, Breakfasts, Lunches, Dinner and Snacks:Apple Cinnamon Porridge Dijon Mushroom and Pork ScrambleBanana Almond Chia Pudding Coconut Green SmoothieTuna Salad with Garlic Basil MayoSweet Potato and Zucchini Fritters Steak and Veggie Kabobs Asian Lettuce WrapsLobster Salad with Citrus VinaigretteZesty Chicken Bites Green Bean Salad with Walnuts Chipotle Chicken Stuffed Sweet PotatoesSlow Cooker Chicken and Sweet Potato StewThai Stir FryCaribbean Salmon Zucchini Noodle Sloppy Joe Bowls Creole Style Pork and Cauliflower "Rice" •Brazilian Shrimp StewBean-Free Chili Beef and Veggie Shepard's PieBuffalo Style Cashews Protein Power Balls Zesty Beef Jerky Banana Snack CookiesAlso Includes A 14 Day Meal Plan...Start your Whole Food Challenge today with these Nutritious Recipes that will guide you to unlimited health and vitality!

## Book Information

Series: The Healthy Whole Foods Eating Challenge - 35 Approved Recipes for Rapid Weight Loss

Paperback: 106 pages

Publisher: CreateSpace Independent Publishing Platform (March 21, 2016)

Language: English

ISBN-10: 1530663296

ISBN-13: 978-1530663293

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.5 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (75 customer reviews)

Best Sellers Rank: #269,862 in Books (See Top 100 in Books) #68 in [Books > Cookbooks, Food & Wine > Special Diet > Whole Foods](#) #706 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#)

## Customer Reviews

There are a lot of great recipes in this book. I've been all about whole food for some time now and was looking for a book just like this. I really like how this book is organized and it's very well written! I'll refer to this again and again. This is the way everyone should do it. I used to bounce around from fad diet to fad diet when I realized whole food is actually the way to eat. It's the way we were meant to eat. Since the recipes were absolutely fantastic and since eating them made me feel great, gotta give this one 5 stars!

I have been looking for a good cookbook for my family. This book is exactly what I was looking for. I browse through it and found a lot of healthy meal to prepare and easy how-to-cook instructions for my family. It provides good tips to cook faster and in an easy way. I have tried 7 recipes within a week and all were tasty. So far, I am satisfied after following this diet. The author did a great job. Thanks to Abel Evans.

What catches your eye when out and about? Is it the growing number of overweight and obese adults and kids? Have you ever thought about what is going on inside those bodies? Why did we, as a people, start getting fat? Processed food! The author foresees a future where the life expectancy is only 40 due to obesity and disease! The 30 day whole food program provides you with a list of what foods to eat and which ones to avoid. The rewards? The author lists eight of them, two of which are: >>Sleep like an angel>>Be clear headed and focused The nutritional benefits of certain ingredients are discussed at the end of each recipe. The recipe portions are pretty small and nothing is said about men needing more food/calories than woman so you may need to up the portion size especially if you are an active male. There truly are some delicious recipes in here though. Important to note that all healthy diets/lifestyles differ! Some experts say you should eat

plenty of whole grains and beans, others like this one say you shouldn't. Please note that I am just telling you some of what is in this book, not if it is right for you. It is your job to do your own research. You will likely be glad of the snacks in Chapter 5. As a cashew loving family I was excited to try the Buffalo Style Cashews! How about Zesty Beef Jerky? So what's not to like about this book/diet? The author encourages the reader to eat healthily but also not to worry too much about organic, grass fed etc. His focus is more on sticking with a 30 day commitment and states that if you slip, even once, you have to start back at Day 1. SO this book/diet is NOT going to be for everyone. Having said that though, there is something in here for everyone so I do recommend it. I have read a lot of recipe books over the years and very few have stayed. This one though is a keeper. Thanks, Liz

Obesity is becoming prevalent nowadays which leads to other chronic diseases. It is important to keep watch of the food we consume and always have ourselves be checked by a physician annually or if there's a need to be examined. This book provides you a wide variety of options with the food that is healthy and easy to prepare.

This book gives useful instructions one can follow. If you exercise a lot, your body will require greater caloric intake than someone who is more sedentary. This means it is even more important for you to consume healthy foods in order to prevent consuming a caloric surplus of unhealthy foods. By focusing on eating healthy whole foods and eating your nutrient-dense foods first, you can stop worrying about counting calories.

In this book, each chapter is going to build onto the next one with valuable tips that have actually helped many people lose weight. I hope this book will help me to grow strong and enjoy better health within just 30 days. and it has unique blend of yummy recipes as well. good book.

I love the challenge of having a healthier body in just 30 days. Aside from the very useful tips, they are scientifically backed up so you know they are safe, proven and tested. Not only that, but there are recipes that are easy to make although I would have preferred them to have pictures together with the recipes. Anyway, there are delicious and nutritious meals you can enjoy while gaining that healthy body. My personal favorite? Spicy Pumpkin Patties. Author Abel Evans not only gave recipes but explained the benefits if you eat the food in the recipe. Don't deprive yourself when you are on a diet. You do not need to starve yourself. The book is filled with information about why

eating whole foods will improve your health. You just need to replace unhealthy foods with healthy ones. Stay healthy and eat the right kinds of food. There is also a list of the foods that you need to avoid. This book will surely guide you. Thanks to the author who convinces me to do a whole food diet. This is now one of my favorite cookbooks for a healthier me.

Variety of recipes given there. If you like to always have a change of taste for your family like i do, then lets try this one out. The author has done a good work with good plot explaining what it means with 30 day whole food program. Issues to do weight, some medical problem may be as a result of what we take in as food. This book gives you food diet rules to enable you stay healthy and eat well. If you have been struggling with weight and other diet issues problem, try out this 30 days work plan and see a difference.

[Download to continue reading...](#)

30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Whole Food: The 30 day Healthy Eating Challenge (The Healthy Whole Foods Eating Challenge - 35 Approved Recipes for Rapid Weight Loss) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) Whole Food: Top Slow Cooker Recipes: The 30 Day Whole Food Diet Cookbook© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Whole: The 30 Day Whole Food Diet Cookbook© (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) Whole: The 30 Day Whole Food Diet Cookbook© (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes for Rapid Weight Loss) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30

Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean Diet Book Mediterranean Diet For Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss - PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Atkins: Delicious Weight Loss Desserts: The Top 110+ Approved Low Carb Dessert Recipes for Rapid Weight Loss (The Ultimate Beginners GuideÂ©, Atkins Plan Cook Book) 30 Day Whole Foods Cookbook: 90 Delicious Recipes to Plan the Diet, Start Whole Food Challenge, Lose Weight and Change Your Life Weight Watchers: Smart Points Guide - 77 Delicious Weight Watchers Recipes For Rapid Weight Loss! (Smart Points, Weight Watchers Cookbook, Weight Watchers 2016, Recipes) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Weight Watchers: The Smart Points Cookbook GuideÂ© with over 320+ Approved Recipes & 1 FULL Month Meal Plan For Rapid Weight Loss (1 YEAR of Recipes, Start the Easy Points Plus Diet) WEIGHT WATCHERS RECIPES: Weight Watchers Slow Cooker Cookbook The SmartPoints Diet Plan: Easy Crockpot Recipes for Rapid Weight Loss including SmartPointTM (Weight Watchers Smart Point Recipes)

[Dmca](#)