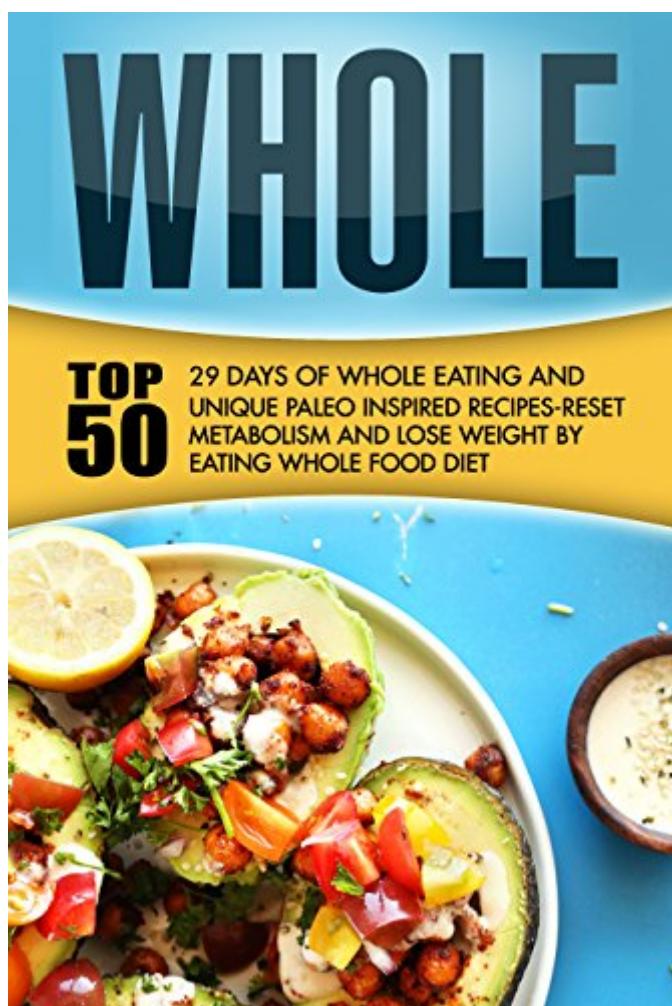


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# Whole: 29 Days Of Whole Eating And Top 50 Unique Paleo Inspired Recipes-Reset Metabolism And Lose Weight By Eating Whole Food Diet



## Synopsis

Top 50 Unique Paleo Inspired Recipes-Reset Metabolism And Lose Weight By Eating Whole Food Diet Whole food diet is a great plan for people who've been going out, eating, and drinking a lot and want a fresh start-It's a plan to help you stay focused. It's not just about slimming down though, but using the restrictions to actually change the way you think about food Are your energy levels inconsistent or non-existent? Do you have aches and pains that can't be explained by over-use or injury? Are you having a hard time losing weight no matter how hard you try? Do you have some sort of condition that medication hasn't helped? Do you want to maintain a healthy diet but don't know where to begin? Do you want to do a complete reset on your metabolism so that you can lose weight more effectively? If so, then the solution to your problems is the Whole Food Diet. In this book you will learn how the Whole Food Diet works and how you can easily implement it in your daily life. You will also gain access to 50 recipes for easy-to-prepare and extremely healthy and high energy meals that will not blow your food budget. Make each day special by choosing a new dish to serve on the table as there is a variety of breakfast, soup, vegetable, seafood, poultry, and meat recipes. Here Is A Preview Of What You'll Learn... Introduction to the Whole Food Diet Apple Chicken Breakfast Sausages Mashed Sweet Potato with Berries Creamy Coconut Seafood Soup Ginger Cauliflower Rice with Chicken Stir-fried Garlic and Ginger Bok Choy Veggie Kebabs with Mexican Sauce Roasted Lemon Garlic Brussels Sprouts Grilled Tuna Steaks with Lemon Leek Topping Tender Duck with Ginger Peach Sauce Lamb Steaks with Garlic Lemon Glaze and Mint Much, much more! Buy your copy today! Try it now, click the "buy" button and buy Risk-Free

## Book Information

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## **Customer Reviews**

This excellent cookbook proves that one can enjoy great tasting, satisfying meals without feeling deprived and without adding extra pounds. I'm just about to start the Whole diet as an alternative to other diet plans I have previously tried and failed. This great book acquaints me with Whole Food first and it additionally covers all that I have to think about it. The author explains everything in detail in a very easy to understand manner. I highly recommend this book for those who would like to eat healthier.

These are great tips for improving your lifestyle, maintaining a healthy diet and effectively losing weight. This simple diet program promotes weight loss through the consumption of rich, healthy whole foods. This book teaches you how the whole food diet works and how to easily implement it in your daily life. The author provides energy rich foods that you can add to your grocery list along with foods that you should avoid for the 30 day span of this diet. There are also 50 great recipes to help you on your way. The Chicken Tandoori and the Salmon Curry recipes were great hits with my family and I look forward to continuing my healthy journey with these wholesome meals.

I learned a different approach of dieting from this book. While some grains and legumes are healthy for the body, the whole food diet says to avoid them and I find it interesting. I learned that even without these food groups, there are other options that can be tried and still achieve a healthy body. Nice recipes were included too.

I wanted a book that had only whole food recipes. This cookbook certainly has that, but it also has information on how to be a better all-around cook: how to cut meat, how to cut different vegetables, etc. This book is dedicated to presenting whole foods and a healthier fare. It talks about how to

select healthier foods in the section called At the Market. There are so many ethnic recipes to pick from, so many everyday recipes to choose, how-to's to cooking, ingredients that are becoming easier to find and a section of preserving. This Cookbook is loaded with recipes that are easy and tasty and use high quality ingredients.

I learned the whole foods diet from another book and I remarked how cool the recipes are and how easy it is to adapt to. I later found out that it is easier said than done and this book taught me the reality on things I must really avoid. It's a diet not for the faint of heart and takes a lot of discipline. I simply don't have that discipline but surrounding myself with delicious recipes is going to help me a lot and this book has plenty to offer!

I love this book and diet! I felt so healthy. It is something that I will come back to again and again when I want to cleanse my body. It was challenging to give up sugar and alcohol but I never felt hungry like I have on low calorie diets. The Whole 30 taught me to eat more protein every morning so I don't need to snack or eat again until lunch! I highly recommend this book!

A thorough and detailed analysis of how to go from a meat eater to a whole eating diet. It is also shows the data that backs up the whole diet as healthy and life changing in the long run. The recipes are great and the author do an awesome job summarizing their own life change and how to slowly adapt into a new healthier person! Thoroughly enjoyed.

Weight loss while eating the food you love? Well, this book is suit you! All content provided is a good information for healthy meal plan. Also this book provides nutrition tips, ideas and health information. What I like the most in this book is how it gives me good ideas to reset my metabolism and I think it is very effective!

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