



**Whole: The 30 Day Whole Foods Challenge:
Complete Cookbook of 90-AWARD WINNING
Recipes Guaranteed to Lose Weight (Whole,
Whole foods, 30 Day Whole ... Whole Foods
Cookbook, Whole Foods Diet)**

Michael Williams

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“Health is like money, we never have a true idea of its value until we lose it.”

Do you want more energy throughout the day? Do you want to lose weight, feel better, and live longer? Are you looking to improve your health: mind, body, and soul?

If so, then the 30 Day Whole Food Challenge is for you.

The 30 Day Whole Food Challenge is a guidebook to better health in 30 days, a meticulously developed system for improving health, resetting your metabolism, and safely losing weight. The idea behind the challenge is to remove the unhealthy, toxic processed foods we eat throughout the day and replace them with whole foods.

Whole foods refer to any foods that occur in nature and contain organic nutrients. These delicious and healthy alternatives remove toxins that are put into your body when processed foods are consumed. The idea behind the Whole30 Diet is to restructure your eating habits in a few simple, clear steps that will promote health, wellness, and weight loss.

Here’s what you can expect in this guide:

- A clear overview of the Whole Foods Diet
- Simple steps for starting (and sticking to) the system
- A sample Whole Foods-safe meal plan
- Tips and tricks for travel and social meals
- 90 award-winning and delicious recipes
- And much, much more!

Push the reset button on your health, and start reaping the benefits of a healthy, whole-food lifestyle by applying this system to your daily regimen. This guide is filled with delicious recipes to help you enjoy the

challenge and make it work for you. Breakfast, lunch, and dinner guides make it easy to plan ahead and stay on track with your diet.

Here's a glimpse at some of these creative alternatives:

- Almond and Blackberry Smoothie
- Basil, Berry, and Cucumber Flavored Water
- Avocado Bake
- Creamy Chicken and Mushroom Curry Soup
- Chop Suey with Chicken and Shrimp
- Pineapple Pork Spicy Chili
- Roasted Quails with Carrots and Sweet Potatoes
- And so much more mouth-watering dishes to inspire you!

So if you're ready to transform your mind, body, and soul, take the challenge and see what the Whole Foods Diet can do for you. Grab your copy of **The 30-Day Whole Food Challenge: Complete Cookbook of 90-Award Winning Recipes Guaranteed to Lose Weight** right now!

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