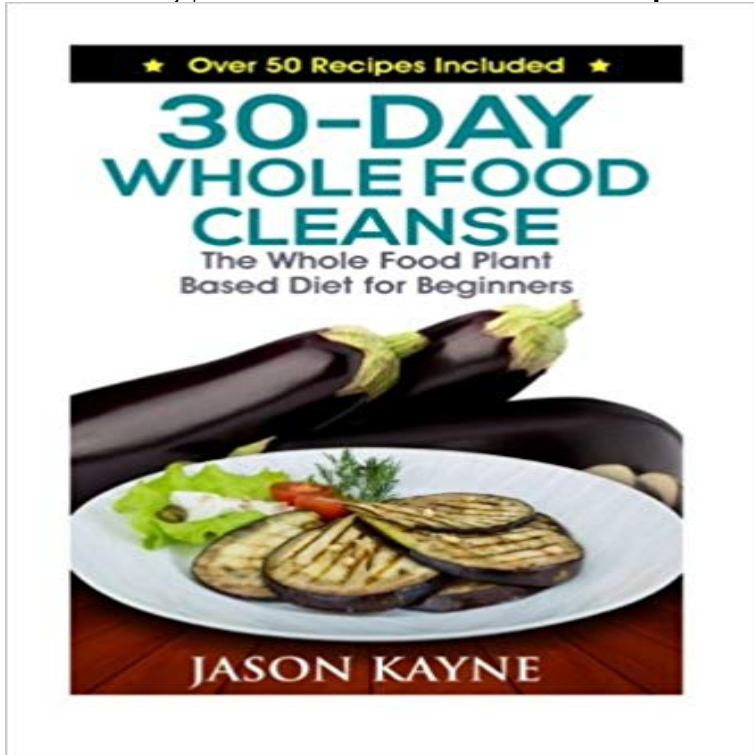


## 30-Day Whole Food Cleanse: Plant Based Whole Foods for Beginners, Including over Delicious 50 Recipes



Plant Based Whole Foods - The Natural Diet Solution Many foods that you can buy in the supermarket nowadays, are highly processed foods. But this kind of foods are bad for our body and are mostly not able to deliver the necessary nutrients. By eating plant based whole foods, our body will thrive because it is getting the right macro- and micronutrients. It is the best way to lose weight and you will feel much fitter and more energized after finishing this diet.

you will learn: How the diet works The benefits of the diet Foods to avoid A 30 day guide And much much more... Are you ready to lose weight for a better and more energized you? Click the Buy Button above!

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Oh** Detox diets that severely limit protein or food groups are too drastic, As a general rule, the body likes to consume about 20 to 30 grams of including at least one, if not two, servings of whole grains per day, Doerfler says. Chia seeds are one of the best plant-based sources of omega-3 fatty acids.