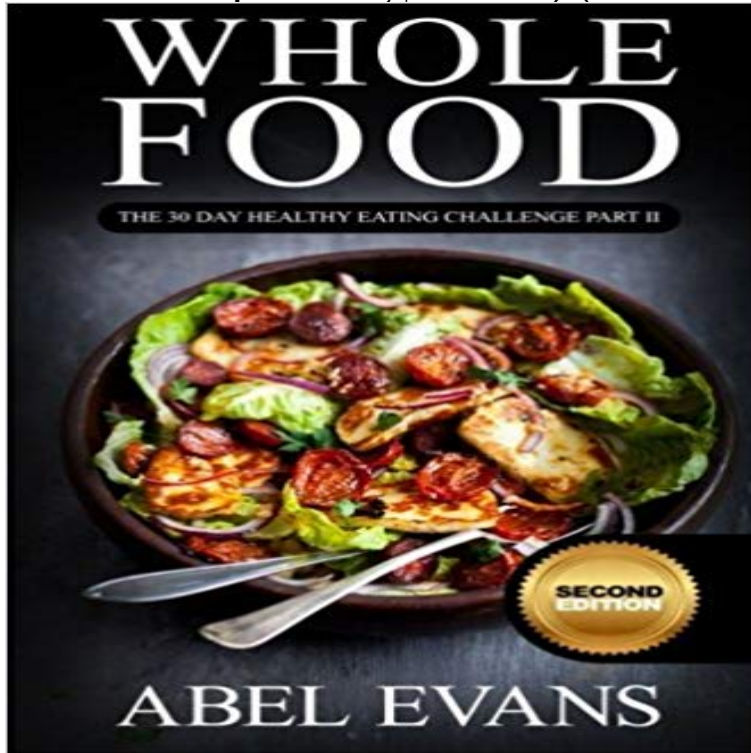


Whole Food: The 30 Day Healthy Eating Challenge Part II (The Healthy Whole Foods Eating Challenge - 60 Approved Recipes & 1 month Meal Plan for Rapid Weight Loss) (Volume 2)



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, Cs 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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