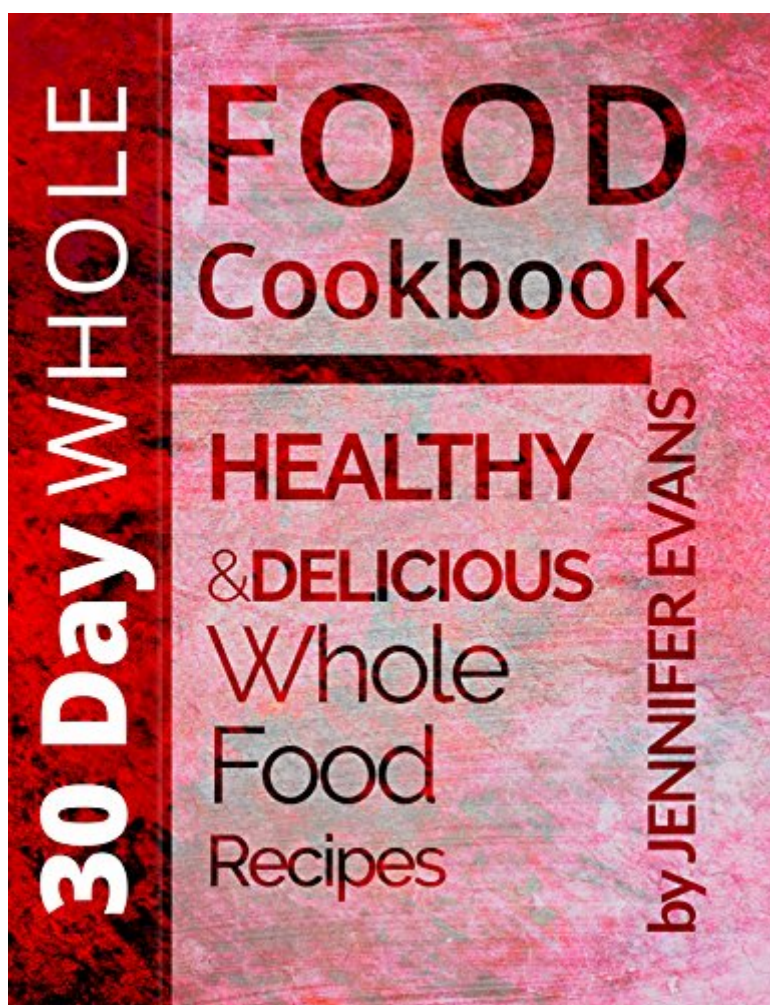




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30 Day Whole Food Cookbook: Healthy And Delicious Whole Food Recipes



Synopsis

The whole food though the whole day! Discover the Better way to cook healthier food with "Whole Food - 30 Day Whole Food Cookbook"! Why whole food? There are a few reasons: Eating whole fruits and vegetables within a day or so of picking them or buying them will yield the most nutritional benefits. Whole foods travel easily and fill us up. Consuming a variety of whole foods throughout the day to meet your body's nutrient needs. For optimum health, the whole is the goal! Why this cookbook? You will save your time - all the recipes can be prepared in a few minutes! Inside you'll find 25 recipes for breakfast, lunch, snacks, main meals and dessert. All the recipes are unique and followed by photo. This book is perfect for beginners and pros alike. Get your copy right away!

Book Information

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Customer Reviews

Awesome! This diet given here has really challenged me and I accept that. This book has a very unique diet on whole foods and I must say that everyone who is keen on diet like I am must have this cook book. Your diet will be indeed transformed and you will find this much interesting. The author aims at keeping your diet healthy as the foods here in are very nutritious. A good cook book.

Well written book. Really worth recommending!

I do like whole foods and this book has some delicious recipes in it. I appreciate that it has some easy to prepare meals that are very healthy. I also think that it can provide you with different recipes in 30 days.

Very healthy cookbook. It has full month delicious recipes. I read them all and I think it is also very good for health too.

Not enough recipes for the money. I could have put this together. Disappointed .

It was a homemade cookbook and some of the recipes were not even whole 30 compliant. I threw it away

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Whole Food Recipes For Your Slow Cooker – Fast ,Delicious and Easy Approved Whole Foods Recipes for Weight Loss! 30 Day Whole Food Cookbook: Healthy and Delicious Whole Food Recipes Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Air Fryer Cookbook: The World's No. 1 Low Fat Fryer, The Ultimate Healthy Delicious Recipes Cookbook (clean eating, healthy cookbook, air fryer recipes cookbook,) 30 Day Whole Food Slow Cooker Challenge: Whole Food Slow Cooker Recipes; Pictures, Serving, and Nutrition Facts for Every Recipe! Fast and Easy Approved Whole Foods Recipes for Weight Loss 30 Day Whole Food Slow Cooker Challenge: 100 Whole Food Slow Cooker Recipes with Photos and Nutrition Info for Every Meal; Approved Whole Foods Recipes for Rapid Weight Loss Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) Whole Foods: 30-Day Whole Food Cleanse - Plant Based Whole Foods for Beginners, Including over 50 Delicious Recipes Instant Pot Cookbook: 550 Healthy Recipes For Every Day. Instant Pot Cookbook For Two And For The Whole Family. Vegan, Paleo, Healthy Recipes Book. 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) 30 Day Whole Food Cookbook Challenge: Over 200 Proven Whole Food Slow Cooker Recipes with Pictures for Every Recipe, Nutrition facts and an Easy to Follow 30-day Diet Plan to Lose Weight easily.

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