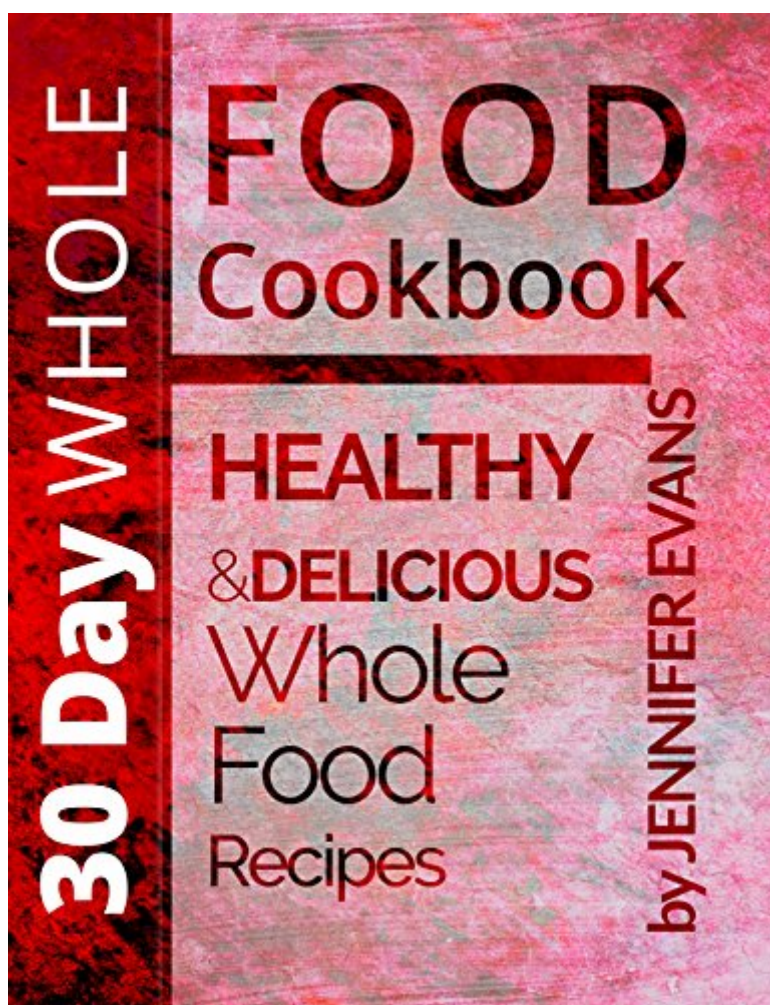




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30 Day Whole Food Cookbook: Healthy And Delicious Whole Food Recipes



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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