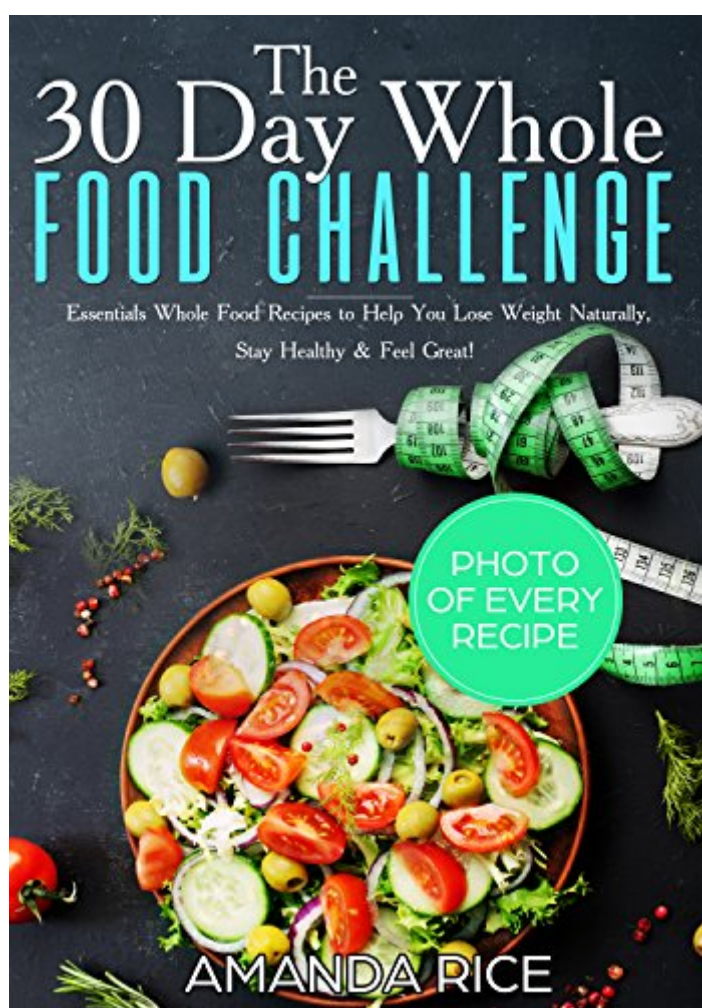


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# 30 Day Whole Food Challenge: Essentials Whole Food Recipes To Help You Lose Weight Naturally, Stay Healthy & Feel Great



## Synopsis

Discover How to Transcend Your Body into a Higher Plane of Healthiness in Just 30 Days! Are you ready to enter the delicious and healthy whole food lifestyle to get a healthier body? Do you want to get control over your food cravings and have a plethora of energy throughout the day? Do you want to effortlessly lose weight and increase self-confidence? If so, then the 30-Day Whole Food Challenge is for you! Created by sports nutritionist Dallas Hartwig and Melissa Hartwig back in 2009, the Whole30 food program has taken the world by storm ever since its conception. The 30-Day Whole Food Challenge has a very simple premise and objective. It emphasizes improving the health condition of one's body within a time period of just 30 days by simply eliminating any and all kinds of processed foods, alcohol, sugar, legumes, grains, dairy, and soy from an individual's diet. This form of diet not only leads an individual to an overall healthier body, greater control over their food cravings, and a plethora of energy throughout the day, but also helps them to effortlessly lose weight and increase self-confidence! This 30-day food challenge cookbook has been carefully designed to act as a one-stop shop for any individual interested in the Whole30 diet. All of the recipes in this book are carefully handpicked to be the best of the best and are made with very simple, easy to find ingredients that won't give you any hassle at all! Going through this fantastic book, you will be able to: Fully understand the concept of Whole30 and get to know a little bit about its history and how it works to give you a healthier body. Be able to explore around 60 amazing recipes that are carefully crafted and written in a step-by-step manner to make them accessible to any rising chef! To give you an overview of the chapters in this book: Introduction: The first brief chapter titled "Introduction" will introduce you to the idea of Whole30 and give you an insight on the ingredients that you are allowed to eat while pointing out the ones that should be ignored. You will also be getting to know the advantages of the Whole30 diet and be introduced to some amazing tips to help you in your Ketogenic journey. Chapter 1: This chapter is dedicated to providing you with a good amount of amazing breakfast recipes that ranges from salads, zoodles, Tapenades, fries and a whole lot more! Making sure that you are able to find something to start your day with a smile, regardless of your previous food palette. Chapter 2: Here you will find a bunch of lunch recipes that range from sea foods to meats to a plethora of delicious vegetable meals to give you that "extra" boost of energy to help you get on throughout the day. Chapter 3: Finally, when it comes to end the day on your Whole30 diet, you won't find more satisfying recipes than the ones provided here in the final chapter of the book! These dinner recipes are bursting with flavors and are the perfect way to end your day with a tint of satisfaction. Transcend your body into a higher plane of healthiness in just 30 days! Get your copy today by clicking the BUY NOW button at

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## **Book Information**

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## **Customer Reviews**

Very poor editing, that really turned me off to the book, to the point that I simply returned it for refund right away. For instance, Monkey's Favorite Nutjob is listed as having 24 calories. Well, maybe that's for one teaspoon? ;-) The Indian Green Shakshuka has a picture with a sauce that is red, but if you look at the ingredients, there is not way it would turn out looking like that. No tomatoes in it whatsoever, just green stuff. In the instructions, the onions are cooked for 5 minutes, then the garlic is added and cooked for "another 50 minutes." Ok, obviously just a typo, but when I saw so many boo-boos in the first pages, I concluded this book was written without proper care and attention.... Sorry, but that's just not good.

I have been struggling with inflated tummy, itchy skin and overall negative vibes for long. But that

was until I tried this challenge. And what can be better than a challenge that makes you feel better! So far I completed one-third but gosh I feel these delicious recipes, these healthy foods have such a positive impact on me already! Can't wait to complete the 30 day challenge and enjoy the results.

Really like this book not only because of the Whole30 diet lifestyle but also for easy and tasty recipes. The books contain 60 great recipes and list of foods that are allowed in your whole30 journey. As for recipes, I made only two of them (olive tapenade & pesto chicken) and it will really great and easy to prepare. Recommended this book to anyone who wants to eat healthily, especially people who involve in Whole 30 lifestyle.

i got this book for free in exchange for review. i will admit that i wasn't exactly sure what to expect for as i was unfamiliar with what Whole30 was. however i love to cook and am trying to eat better. reading through the entire book, it's short and to the point. this is NOT the place to start for Whole30 program, it's a great add on to give you more variety to your meals. however if not familiar with what Whole30 is or how it works may want to do a bit more research on working with it. however if you simply want to add healthier flavorful meals to your diet you're fine. another note, coconut use in here quite a bit. i personally can't stand coconut in any form, also a lot of people are allergic so would have liked to see a substitute for this as there is several recipe that looked really good until i got to the coconut part. overall it's a great little recipe book: Cons--not all of the recipes are clear in instructions--some ingredients are missing on listing--it switches back and forth between grams and ounces(basically all editorial issues so if you can cook should be able to make it through) Pros--interesting recipes, look like they are well mixed and flavorful--not simply "health" food there is some recipes with lamb and chicken thighs so the fattiness you crave occasionally without being unhealthy--everything is quick and easy, rarely is there is a recipe that's more intense cooking than chopping and cooking--most are not hard to find ingredients, which is where i generally run into issues with healthy cookbooks--does list calories, fat, carbs, and proteins at the end of each recipe.

I bought this along with another and I was expecting something more than only recipes but I went with it. As I read through it, the earlier recipes appeared to be better edited but the farther I got into it, the more the recipe descriptions began to come apart and the instructions became a bit confusing with steps listed improperly or missing steps. If you're comfortable in the kitchen, then most of the recipes are probably fine but if you are a strict recipe follower, until someone revamps these, you

may find many of them confusing.

30 Days Whole Food Challenge is a great opportunity to make your eating healthier. In this book you will find an explanation of whole foods principles and also great recipes that are easy to make and very delicious. This book was very informative and provided information in a realistic way that allowed me to feel more comfortable in setting goals for myself. After completing the challenge, I am quite positive that I can sustain a whole food diet. Thanks to this inspiring and impressive book!

I read this book provided in exchange for an honest review. Honestly this is a great cookbook. There are tons of yummy recipes I look forward to trying. So many yummy options it is difficult to say which is my favorite recipe. Anything you need is here including beverages. Many are fun and easy recipes with all of them designed as healthy. Tasty and healthy = great cookbook -- fish, chicken, veggies and more are found here.

have tried every thing to get my weight under control. This has been the best life changing process for me. I had some one make my food for the 1st 30 days. After that I had collected enough information and knowledge to continue the whole 30 program. I have lost 27 lbs. Down from a 38 waist to a 33. It is not an effort anymore. Just making the right food choices. Great plan.

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