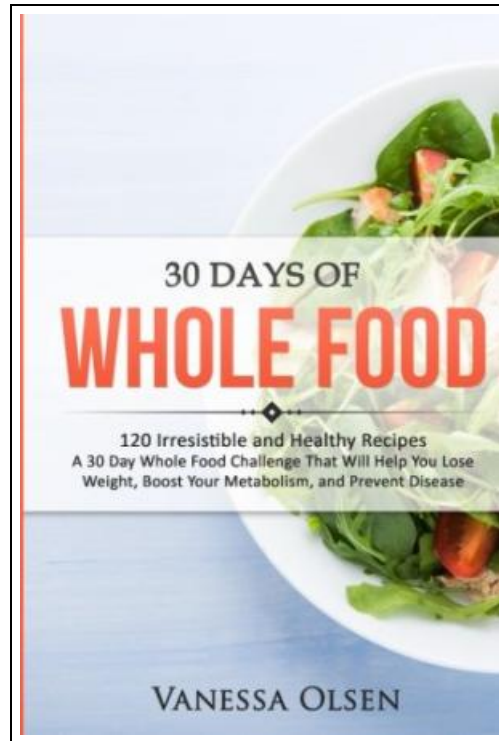


30 Days of Whole Food: 120 Irresistible and Healthy Recipes - A 30 Day Whole Food Challenge That Will Help You Lose Weight, Boost Your Metabolism, and Prevent Disease



Filesize: 3.78 MB

Reviews

Basically no terms to clarify. It can be written in basic terms instead of difficult to understand. I am easily could get a enjoyment of reading through a composed publication.

(Dr. Hazel Ziemann IV)

30 DAYS OF WHOLE FOOD: 120 IRRESISTIBLE AND HEALTHY RECIPES - A 30 DAY WHOLE FOOD CHALLENGE THAT WILL HELP YOU LOSE WEIGHT, BOOST YOUR METABOLISM, AND PREVENT DISEASE

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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 166 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. When you flip your boxed food over, are you shocked by the number of ingredients you find on the back? What's more, how many of them do you actually recognize? Hi, my name is Vanessa Olsen, and I'm here to help you get your life back. Processed food is causing an epidemic that affects everyone around the world. Every day, food manufacturers are altering our food to be bigger, taste better, and stay fresh longer. While these things sound good from the outside, the world is becoming well aware of what they're doing to our insides. Most food today is so stripped down of its natural vitamins that it shouldn't even be considered food. Not to mention, it's also pumped with add-ins that are causing a long list of scary health problems to anyone who goes near them. When we eat these kinds of food, we are prone to develop heart disease, obesity, diabetes, and cancer along with many other fatal diseases. It's time we put our foot down to the problem. It starts with food. And not just any food, but whole food. This includes succulent fruit, crisp veggies, savory whole grains, creamy full-fat milk, and tender grass-fed meat. And sticking to this sort of thing really isn't as hard as you've been told. Let me be your guide to a healthier, happier life with 30 Days of Whole Food - 120 Irresistible and Healthy Recipes. My writing will introduce you to all the ins and outs of whole food eating, and if you're up for it, a 30-day whole food challenge. But I'm sure you'll find it's not so much a challenge as a life-changing experiment. To...



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