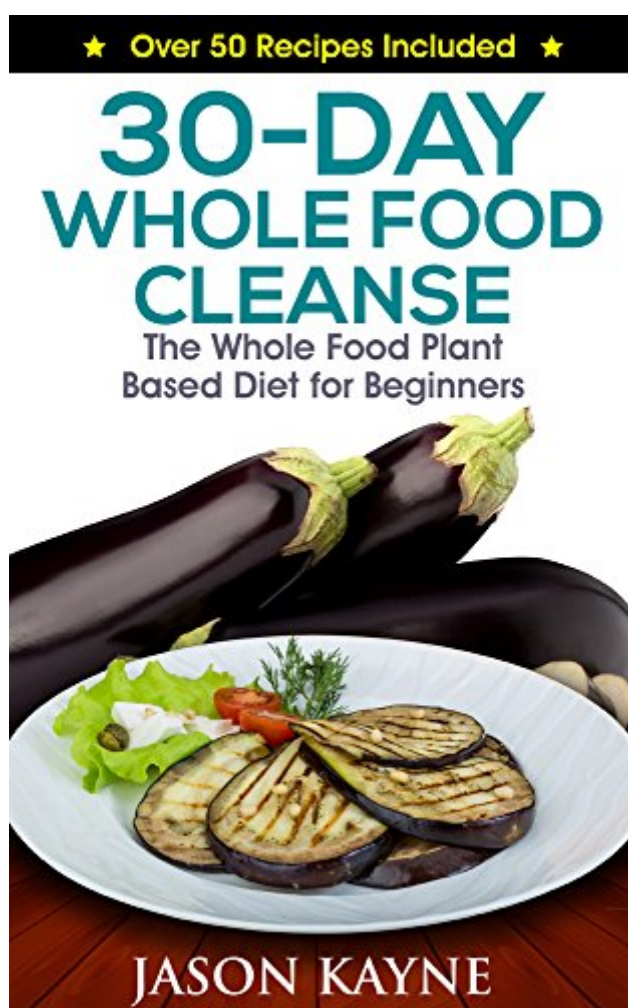


The book was found

Whole Foods: 30-Day Whole Food Cleanse - Plant Based Whole Foods For Beginners, Including Over 50 Delicious Recipes



Synopsis

Plant Based Whole Foods - The Natural Diet Solution4 Free Bonus Books Included!Many foods that you can buy in the supermarket nowadays, are highly processed foods. But this kind of foods are bad for our body and are mostly not able to deliver the necessary nutrients. By eating plant based whole foods, our body will thrive because it is getting the right macro- and micronutrients. It is the best way to lose weight and you will feel much fitter and more energized after finishing this diet. you will learn:How the diet worksThe benefits of the dietFoods to avoidA 30 day guideAnd much much more...Are you ready to lose weight for a better and more energized you? Click the 'Buy' Button above!

Book Information

File Size: 913 KB

Print Length: 293 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 12, 2016

Sold by:Â Digital Services LLC

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Word Wise: Enabled

Lending: Not Enabled

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Best Sellers Rank: #464,747 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #185

inÂ Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #456 inÂ Kindle Store >

Kindle eBooks > Cookbooks, Food & Wine > Natural Foods #839 inÂ Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

Customer Reviews

Well I won't get my money back but when you buy a book that says it's "plant based" and has vegetables on the cover, you would think it's vegetarian. One of the first recipes has chicken in it. A completely misleading book title and book cover. Waste of my money.

I am looking for a 30-day cleanse book and I found this. The book cover caught my attention that's why I bought this. This book did not let me down. This book is so detailed. I love the foods that this book suggested. It looks yummy yet very healthy. I tried one of the steps and I saw the difference just in days. I lose weight. For those who wanted to be healthy and to lose weight without starving, this is the book for you! :)

This book is an outstanding introduction to whole foods. It gives you the theory behind why this diet is so fantastic. Next, the book covers what foods you can eat and what you need to avoid. There are tons of benefits to this diet that the book covers. The thing I love most about it is that you can watch the pounds fall off and have a great amount of energy. You barely feel like you are on a diet when going for the whole foods. The recipes are easy to follow and each one is extremely tasty!

This recipe book contains many plant based whole foods that is perfect for someone who is wishing to detox from junk food. The best part is that the recipes are tasty and delicious. The book has recipes for breakfast, lunch and dinner so you will be fine for the 30 day cleanse. I highly recommend this book!

A whole bunch of healthy and delicious recipes. Jason Kayne really is a food enthusiast for a healthy lifestyle. Breakfast, Lunch and Dinner are all covered. Worth to share to my mom and the whole family. Kudos.

Our doctor recommended, We have not found it too useful

Yeah, I've been into reading health stuff here recently and I must say, you can get lost in this book. There thousands of pages of recipes,,exercises, and more.If you can't meet health by doing the things this book tells you to do then you must be,dead.This book starts,with whole foods, then it has pages and pages of not only menus, and not only daily menus, but it goes into weekly and monthly, three meal a day menus. Then, with that it starts up,with excersizes you should do daily, weekly and monthly,,If you are,fat and you want to stay fat sure as hell do not,read,this book.This is,truly worth at least .99 cents.

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