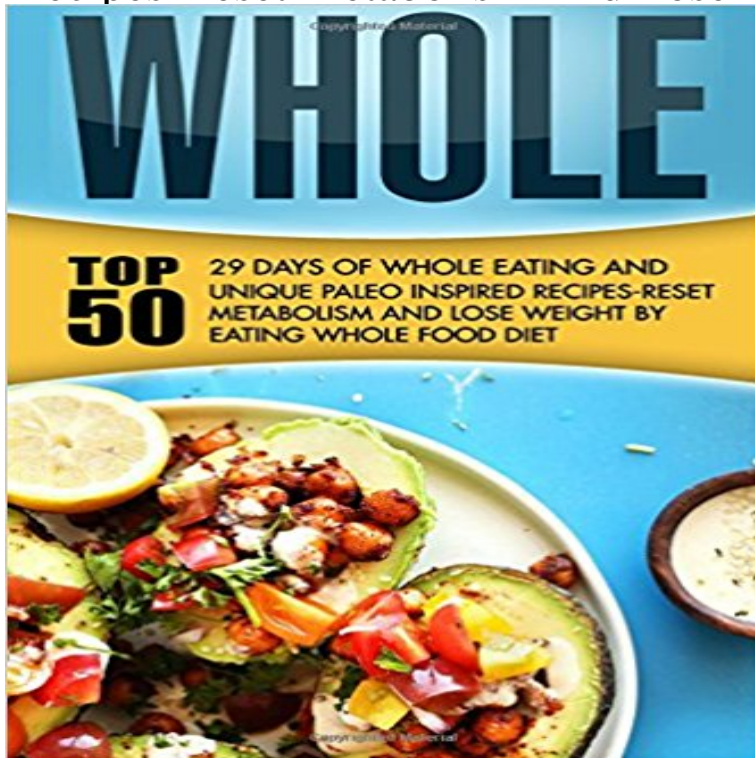


Whole: 29 Days Of Whole Eating And Top 50 Unique Paleo Inspired Recipes-Reset Metabolism And Lose Weight By Eating Whole Food Diet



Top 50 Unique Paleo Inspired Recipes-Reset Metabolism And Lose Weight By Eating Whole Food Diet

Whole food diet is a great plan for people who've been going out, eating, and drinking a lot and want a fresh start-Its a plan to help you stay focused. Its not just about slimming down though, but using the restrictions to actually change the way you think about food Are your energy levels inconsistent or non-existent? Do you have aches and pains that cant be explained by over-use or injury? Are you having a hard time losing weight no matter how hard you try? Do you have some sort of condition that medication hasnt helped? Do you want to maintain a healthy diet but dont know where to begin? Do you want to do a complete reset on your metabolism so that you can lose weight more effectively? If so, then the solution to your problems is the Whole Food Diet. In this book you will learn how the Whole Food Diet works and how you can easily implement it in your daily life. You will also gain access to 50 recipes for easy-to-prepare and extremely healthy and high energy meals that will not blow your food budget. Make each day special by choosing a new dish to serve on the table as there is a variety of breakfast, soup, vegetable, seafood, poultry, and meat recipes. Here Is A Preview Of What Youll Learn...

- *Introduction to the Whole Food Diet
- *Apple Chicken Breakfast Sausages
- *Mashed Sweet Potato with Berries
- *Creamy Coconut Seafood Soup
- *Ginger Cauliflower Rice with Chicken
- *Stir-fried Garlic and Ginger Bok Choy
- *Veggie Kebabs with Mexican Sauce
- *Roasted Lemon Garlic Brussels Sprouts
- *Grilled Tuna Steaks with Lemon Leek Topping
- *Tender Duck with Ginger Peach Sauce
- *Lamb Steaks with Garlic Lemon Glaze and Mint
- *Much, much more!

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