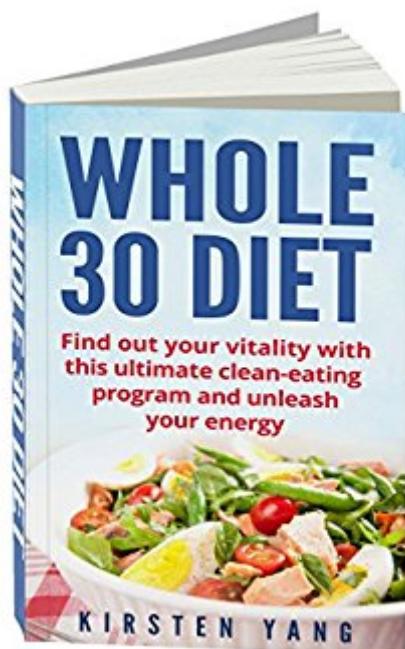


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# Whole 30 Diet: Find Out Your Vitality With This Ultimate Clean-eating Program And Unleash Your Energy (whole 30 Cookbook)



## **Synopsis**

WHOLE 30 DIET, WHOLE DIETIf you are looking for an easy way toÃ  Ã lose weight, without the effort of counting calories, then try following a structured healthy meal plan for 30 days (Whole 30 Diet).Having your meals planned in advance will not only motivate you to eat healthily, but will help you to lose weight.With a meal plan at hand,Ã  Ã you don't have to worry about what to cook each day, as you are free to prepare your meals in advance when you have the time. This approach will help you to resist junk food, and ensure that there is always something healthy on hand to eat when you have the urge.Having meals ready to pack in your lunch box for work will keep you on the right track during the day so you don't binge on unhealthy snacks.A good meal plan will ideally include detailed nutritional information for each meal, such as the calorie count, fiber content, and saturated fat content, so you have a clear idea of what you're eating, and also have the flexibility to customize your daily menu if you wish. If you have a plan for whole month, you can chop and change between meal choices and keep within your calorie budget.If you are looking for a way to get started on improving your lifestyle and eating habits, then this book is for you,Ã  Ã you will get the healthy meal plans, tips, and secrets of healthy eating for a whole month.Start your journey to a healthier life today purchasing this great book.CLICK ADD TO CARTÃ  Ã AND GET YOUR COPY NOW

## **Book Information**

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## Customer Reviews

I am always a big fan of Kirsten Yang's cook book. She seems to understand absolutely what i need and she does it again in this book as i am finding a suitable Paleo diet book with 30 days ready meal plan as i don't have that much time research and energy to experiment i need something solid that i can follow blindly and i think at last i found the book i a finding. As usual, she describes everything anyone needs to know about diet and planning a meal that will be suitable for your lifestyle. If you don't want to follow her meal plan you can easily create a meal plan for you. I would suggest to follow her and i believe this will bring an amazing change to your life. Good luck.

Very useful recipes! Diet plays a key role in promoting a person's good health and it is essential to follow a healthy diet to stave off illnesses and prolong one's life. This book author has looked at the diet in detail and understand its various aspects.which is make it easier for me to start off on the diet. I hope to try this for a month and want to look at the difference that it make. Everyone should buy a copy of this book!

A small good book devoted perhaps to the eternal theme, proper nutrition and the ability to quickly and efficiently lose weight. I liked that the author offers a full-fledged course with the correct approach for calculating the number of calories, the content of fibers and the content of saturated fats in a particular dish of the compound, as well as the ability to build a complex for themselves individually.

Are your energy levels inconsistent or non-existent? Do you have aches and pains that can't be explained by over-use or injury? Are you having a hard time losing weight no matter how hard you try? This and many more you will find in this book. I was glad to try the recipes, they were delicious. I can't resist food so they really pushed me through the diet plan. This will change your life.

This whole food book is amazing. It is so well explained and is a really good recipe guide. The author explains what is the whole food diet, what it can do for you and what it can't, its benefits and a really complete diet plan with easy and really tasty recipes. So if you want to do a really good diet eating delicious things, this is the book for you. Totally recommended

I find this book very helpful and healthy for all the people who want to know about Whole 30 Diet. This book provide good advises and tips about clean-eating program and unleash your energy. I like how the book is written in a very healthy way. The author make sure that the readers can understand every details of this book. Thanks to Kirsten Yang for this great positive thinking book. I found many useful things inside such as healthy meal plans, tips, and secrets of healthy eating for a whole month. The book is worthy of attention! I highly recommend this book to all.

An amazing collection of recipes for those looking to eat "clean" or "whole" foods. All meals are represented here, with amazing, healthy combinations of flavor you would never have thought of. I've tried several and they taste great, and I don't feel like I am giving up anything.

Awesome and nutritious recipes! This is a well written cookbook. The recipes within are fast becoming my favorites. I often have trouble deciding if I want to remake one of the many recipes that I made and have loved or try a new recipe that looks amazing. Everyone should have a copy of this book!

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