



# **30 Day Whole Food Challenge - Healthy And Delicious Whole Food Recipes For Easy Weight Loss (Whole Food Diet Plan)**

*Samantha Clare*

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## **30 Day Whole Food Challenge!**

### **BONUS Recipes Included!**

In this book you will find over a hundred recipes that are 100% organic, easy on the budget and friendly on the waistline. Each weekly meal plan is a variety of whole food recipes ranging from soups and salads to chicken dishes, roasted meats, baked goods, and many others. It is guaranteed that the ingredients used in each dish are clean, chemical-free, and devoid of artificial flavors and preservatives.

The term “*whole foods*” refers to ingredients that are organic and closest to their natural state, which means they have either sprouted from the ground or have been sourced from animals. These foods contain healthy doses of vitamins and nutrients such as carbohydrates, protein, fat, fiber, natural sugars, and sodium. Fruits, vegetables, lean protein, grains, eggs, dairy, oils, seeds and nuts are the main components of a whole food diet.

Whole foods provide the human body with numerous health benefits such as lower health numbers, a stronger immune system, and healthier digestion. However, another major contribution of whole foods is its fat-burning properties, making it a perfect weight loss partner. A regular intake of organic dishes helps boost metabolism, raises energy levels, and triggers ketosis, a fat-burning process that results in weight loss.

This book provides us with basic know-how about whole foods, including their role in long-term weight loss and how eating them is a much better option than eating processed, unhealthy ingredients. You will likewise find tips, a whole foods list, and recipes that will guide you on your 30-day whole food challenge.

### **Here is just a few of the amazing recipes inside this book:**

- Slow Cooker Vegetable Soup
- Banana & Avocado Smoothie
- Arugula and Mackerel Salad
- Herbed Lamb and Romaine Wedges
- Cold Cucumber and Celery Soup
- Tangy Rosemary Chicken with Carrots
- Chicken Adobo with Coconut Cream
- Italian-style Braised Mussels
- Crockpot Chicken Stew

- Sweet Potato and Sorghum Porridge
- Beef and Cauliflower Rice Bowl
- Grilled Chicken with Green Herb Sauce
- Shrimp and Avocado Salad
- And Much, Much More...

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