



The Complete Whole Food Diet Plan: The Quick Food Fix, 30 Healthy Whole Food Recipes that Will Change Your Life in 30 Days

Brandon Monaghan

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What Will You Learn From This Book

1. What is the Whole Food Diet Plan
2. Foods to Eat
3. Foods to Avoid for the 30 Days
4. Some Exceptions
5. Waking Up Recipes
6. Eating Healthy at the Office Recipes
7. Sit Down Dinner Style Recipes

Brief Description

This guidebook will provide you with a few of the rules that you must follow with the Whole 30 diet. This diet plan takes away anything that is not found naturally in food and leaves you with some tasty options like whole meats, and plenty of fruits and veggies. You can do it though; with just 30 days to go, this diet will give you the motivation you need.

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Ruth Coleman:

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David Gilbert:

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