



Whole: 30 Days Food Challenge: Top 30 Winning Recipes Help You to Lose Weight and have Life-changing Impact to Your Health + ** FREE BONUS included (Low Carb, Paleo Diet, Superfoods)**

Sharine Harris

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*****Proven Recipes from Breakfast to Dessert with FREE BONUS included*****

This book contains an introduction, explanation, and even recipes regarding the program that will help you to lose weight and gain your health back.

In this book, we will first find out what the program is all about and the difference that it can bring you as opposed to the other types of diets. We will also tackle the mechanics like the span of time when you are supposed to holistically follow this diet, the dos and don'ts and food groups to avoid.

After all the necessary introduction, we are now going to spend the rest of the chapters to fill you in with your favorite: Recipes! We are going to have breakfasts and snacks, lunch, and dinner recipes all at your fingertips.

What's more, I made sure myself that they are easy to make and very acceptable for the whole diet. So what are you still waiting for? Download it today and start enjoy losing weight!

Here Is A Quick Peak Of Recipes You'll Learn Inside...

- Banana Crunch Bowl
- Baked Sweet Potatoes with Bacon
- Zucchini and Sweet Potato Pancakes
- Cream of Mushroom Soup
- Salmon and Avocado Medley
- Tropical Chicken Kebabs
- Blueberry Mint Spritzer
- Much, much more!!!

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