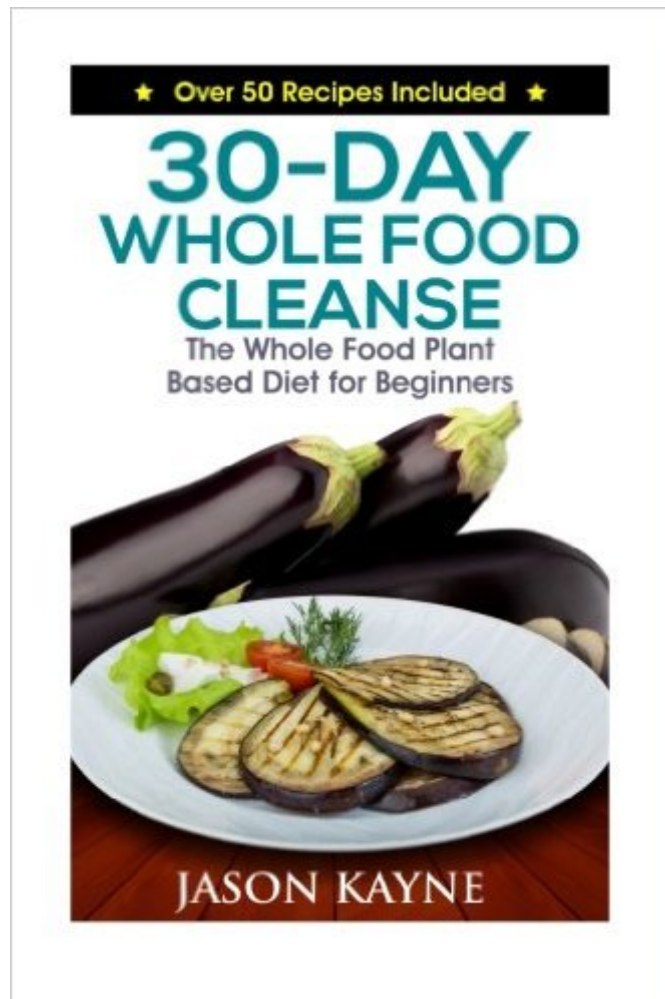


The book was found

# 30-Day Whole Food Cleanse: Plant Based Whole Foods For Beginners



## Synopsis

Plant Based Whole Foods - The Natural Diet Solution Many foods that you can buy in the supermarket nowadays, are highly processed foods. But this kind of foods are bad for our body and are mostly not able to deliver the necessary nutrients. By eating plant based whole foods, our body will thrive because it is getting the right macro- and micronutrients. It is the best way to lose weight and you will feel much fitter and more energized after finishing this diet. you will learn: How the diet works The benefits of the diet Foods to avoid A 30 day guide And much much more... Are you ready to lose weight for a better and more energized you? Click the 'Buy' Button above!

## Book Information

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Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (10 customer reviews)

Best Sellers Rank: #1,011,125 in Books (See Top 100 in Books) #207 in Â Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #996 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

## Customer Reviews

Well I won't get my money back but when you buy a book that says it's "plant based" and has vegetables on the cover, you would think it's vegetarian. One of the first recipes has chicken in it. A completely misleading book title and book cover. Waste of my money.

I am looking for a 30-day cleanse book and I found this. The book cover caught my attention that's why I bought this. This book did not let me down. This book is so detailed. I love the foods that this book suggested. It looks yummy yet very healthy. I tried one of the steps and I saw the difference just in days. I lose weight. For those who wanted to be healthy and to lose weight without starving, this is the book for you! :)

This book is an outstanding introduction to whole foods. It gives you the theory behind why this diet

is so fantastic. Next, the book covers what foods you can eat and what you need to avoid. There are tons of benefits to this diet that the book covers. The thing I love most about it is that you can watch the pounds fall off and have a great amount of energy. You barely feel like you are on a diet when going for the whole foods. The recipes are easy to follow and each one is extremely tasty!

I am a fan of healthy foods and when I found this book, I figured why not try this one. The book has very well discussed the program, very comprehensive and easy to understand ergo easy to follow. It even has a lot of recipes to choose from to start off with your cleanse. i am not interested and will definitely try this.

Yeah, I've been into radimg health stuff here recently and I must say, you can get lost in this book. There thousands of pages of recipes,,exercises, and more.If you can't meet health by doing the things this book tells you to do then you must be,dead.This book starts,with whole foods, then it has pages and pages of not only menus, and not only daily menus, but it goes into weekly and monthly, three meal a day menus. Then, with that it starts up,with excersizes you should do daily, weekly and monthly,.If you are,fat and you want to stay fat sure as hell do not,read,this book.This is,truly worth at least .99 cents.

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