



The Complete Whole Food Diet Plan: The 30 Day Food Fix: 30 Easy to Make Whole Food Recipes

Ruth Lacey

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Diet plans that fail to provide real, easy-to-follow recipes are unlikely to produce results. Ditch the confusing rules, calorie counting, and fruitless yo-yo dieting in exchange for a plan that not only works to shed excess weight, but also provides your body with sustainable nutrients so that you can feel your best.

The Complete Whole Food Diet Plan is a simple approach to the popular Paleo diet plan, with a comprehensive recipe guide for simple and delicious breakfasts, lunches, and dinners. In this guide, you'll find:

- A full overview of the Whole Food program
- Tips for staying on track when you're on the go
- Whole Food approved recipes to substitute your favorite dishes
- Meals that can be prepared just for you, or the entire family
- Healthy takes on burgers, pasta, egg sandwiches, and more

If you're frustrated with trying different dieting approaches that yield little to no results, then The Complete Whole Food Diet Plan is a necessity. You'll make lifestyle changes that won't leave you feeling deprived; in fact, you'll probably feel fuller than you did before starting the plan! Plus, with lots of recipes to choose from for each meal of the day, you'll never get bored or have to repeat the same tasteless, dull meal again and again. Meal prep is fun, quick, and easy, and it yields mouthwatering results that will seem totally indulgent - without all of the guilt that comes with unhealthy foods.

If you're prepared to make a wellness change that you can stick to and experience life-altering results, then download your copy of The Complete Whole Food Diet Plan now. All you'll need to do is follow the recipes and cook with wholesome, easily accessible ingredients. Once you give a few of these recipes a try, they'll soon become your go-to dishes, and you may even discover a few new favorites. You'll never have to cook with unhealthy, processed foods again, and your body will thank you for it by becoming the healthiest it can be.

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