



30 Day Challenge: 30 Day Mediterranean Diet, 30 Day Whole Food Challenge (Paperback)

By Sarah Stewart

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The 30 Day Challenge This Book Includes: 30 Day Whole Food Challenge 30 Day Mediterranean Diet Amazing 2 Book Bundle 30 Day Whole Food Challenge This book explores the phenomenon that is sweeping the nation and lining the counters of home kitchens everywhere. It is the 30 Day Whole Food Challenge. This book will take you from the very idea of whole foods through the completion of the challenge. You will learn what constitutes a whole food and the benefits you can receive from a whole food diet. You will receive a comprehensive list of foods that are allowed on the challenge, including meat, fruit, vegetables, nuts, seeds and oils. You will learn the benefits of a whole food diet, including better skin, better sleep, less pain, more energy and weight loss. You can look through the Vitamin Guide that will inform you of the different nutrients and vitamins you will receive from some of the most beloved whole foods. Meal-planning will be explored along with a one month sample meal plan for breakfast since breakfast tends to be the hardest meal...



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