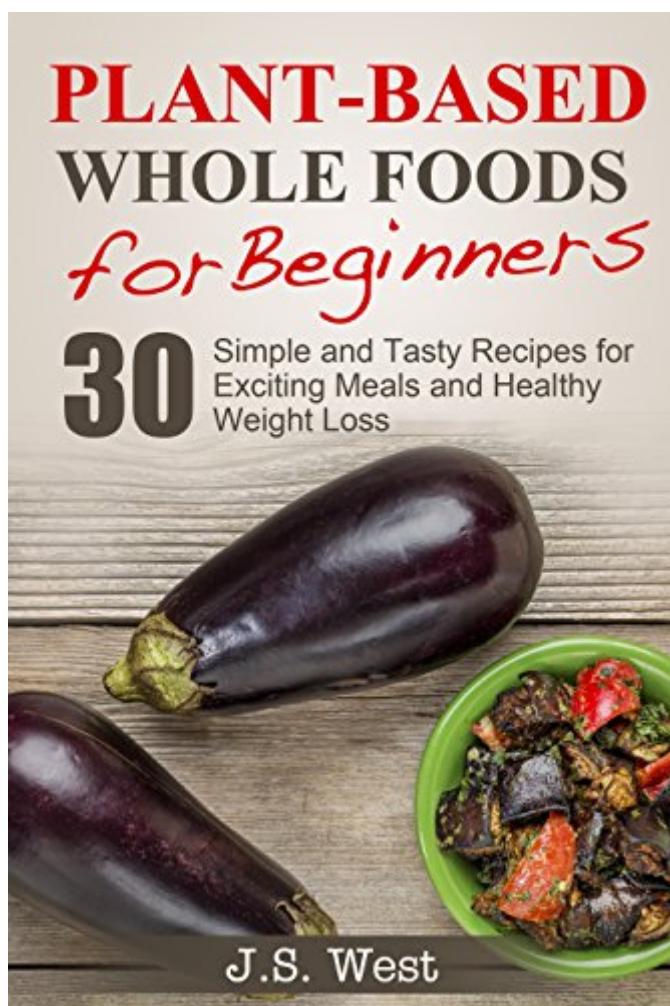


The book was found

Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple And Tasty Recipes For Exciting Meals And Healthy Weight Loss



Synopsis

After reading this book you will learn all about the plant-based whole food life styleThe health and wellness benefits will be incredible!SPECIAL OFFER - OVER 70% DISCOUNTLIMITED TIME ONLY \$2.99! (Regularly priced: \$6.99)Have you ever thought about giving a plant-based diet and lifestyle a try? You may be interested in this method of eating, which removes meat, dairy, and eggs from daily consumption and focuses instead on vegetables, fruits, whole grains, legumes, and root plants such as potatoes and beets. However, you might have always been afraid to give plant-based eating a try, just because of how difficult it sounds. But it doesn't have to be difficult any longer!Plant Based Whole Foods For Beginners is written with the newcomer in mind. This book is packed full of 30 incredible recipes that can be prepared by anyone. These recipes are designed to help make the transition from omnivore to herbivore easy and effortless! All thirty recipes include ingredients that can be found at any local grocery store or farmer's market. The preparation for each recipe is outlined in very simple language so that even a beginning cook can understand exactly what to do. These recipes are also packed full of flavor and nutrients. You'll be feeling great from day one when you eat these meals!The plant-based whole foods diet has grown immensely in popularity in recent years. This is based largely on the push to eat all organic foods. If possible, try to purchase your ingredients locally so that you will not be running the risk of consuming pesticides and other chemical additives. It is not a deal breaker if you can't buy local ingredients, though! However you can acquire your veggies, go for it!At the end of this book, you will be provided with a week-long meal plan and shopping lists that are broken down into daily ingredients lists. Please use this meal plan as a guideline for your first week of dieting the plant-based way. It will give you lots of healthy and delicious meal options and set you up for success in your future meal planning endeavors, too!This is A Preview Of What You'll Learnâ the difference between plant-based whole foods and vegan lifestyles30 delicious recipesa weekly meal plandaily shopping listsand much, much more!Would You Like To Know More?Download your copy today!Take action NOW and download "Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Lossâ • for a limited time discount of only \$2.99! LIVE the life you want and start seeing results the moment you read this book! Available on PC, Mac, smart phone, tablet or Kindle device. © 2014 All Rights Reserved Tags: paleo kitchen, paleo girl, weight loss, lose weight, how to lose weight, extreme weight loss, what is ketogenic diet, ketogenic diet foods, lose weight optimally, best diet, ketogenic diet menu, ketogenic diet recipes, ketogenic diet plan, ketogenic diet weight loss, ketogenic food list, ketogenic recipes, ketogenic meal plan, ketogenic diet kindle, ketogenic diet books, ketogenic diet cookbook, bodybuilding,

bodybuilding diets, ketogenic diet, ketogenic, optimal weight loss, paleo diet, low carb, low carb diet, paleo cookbook, paleo recipe book, paleo slow cooker, paleo diet cookbook, ketogenic diets, low carb, mediterranean recipes, mediterranean cookbook, mediterranean style paleo, mediterranean diet for beginners, mediterranean diet recipes, mediterranean diet for weight loss, low carb, dairy-free, dairy free, grain free, grain-free, atkins diet, atkins, paleo desserts, desserts, vegan, plant-based recipes, whole foods

Book Information

File Size: 3155 KB

Print Length: 58 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 26, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00NZ96CS2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #45,956 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #20 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #26 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Vegan & Vegetarian > Vegetables #26 in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Cookbooks, Food & Wine

Customer Reviews

Not as I expected. No serving sizes or nutritional values for any of the recipes. Not very helpful for me. Very disappointed. I need to know more information than your book offers.

Excellent book. Fun, delicious and easy recipes.

Just eh.

Good recipes.

Too complex to be useful. Doctor recommended it.

Arrived on time. Perfect.

This is a wonderful book that gives great ideas and information for those interested in WFPB living.

Great tool

[Download to continue reading...](#)

Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Whole Food: The 30 Day Whole Food Challenge â€“ Whole Foods Diet â€“ Whole Foods Cookbook â€“ Whole Foods Recipes (Whole Foods - Clean Eating) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Vegan: 101 Simple,Easy, Delicious Chocolate Plant Based Vegan Recipes for a Raw Vegan and Vegetarian Diet for Healthy Living and Weight Loss (Gluten Free, ... a Healthy Living Cookbook for Weight Loss) Plant Based Cookbook: 3 in 1: Alkaline Diet Bundle: Alkaline Breakfast, Lunch & Dinner Recipes for Weight Loss & Health (Nutrition, Plant-Based Diet, Weight Loss) Whole Foods: 30-Day Whole Food Cleanse - Plant Based Whole Foods for Beginners, Including over 50 Delicious Recipes Vegan Slow Cooker Recipes for Beginners: Vegan Cookbook of Low Carb, Animal-Free, Plant-Based Vegan Recipes for Healthy Living and Weight Loss for your ... Low Carb and helps with Weight Loss 3) The Whole Foods Plant Based Diet: A Beginnerâ€™s Guide to a Whole Foods Plant Based Diet 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook â€“ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook â€“ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes,Juicer Recipes Book, Juicer Books,Juicer Recipes,Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Slow Carb Recipes: Simple Weight Loss

Recipes To Lose 20 Pounds in 30 Days and Increase Energy Without Exercise!: Weight Loss Recipes (Slow Carb Weight Loss Book 1) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 3) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook, Nutrition Book 3) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Air Fryer Cookbook (Includes Paleo, Vegan, Pot, Clean Eating, Low-fat, Bake, Roast, Fry, Grill, Healthy, Delicious, Tasty, Easy, Simple Cooking, Greek): 300 Easy Recipes for Quick and Tasty Meals Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet,Antioxidants & ... - weight loss meal plans) (Volume 73)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)