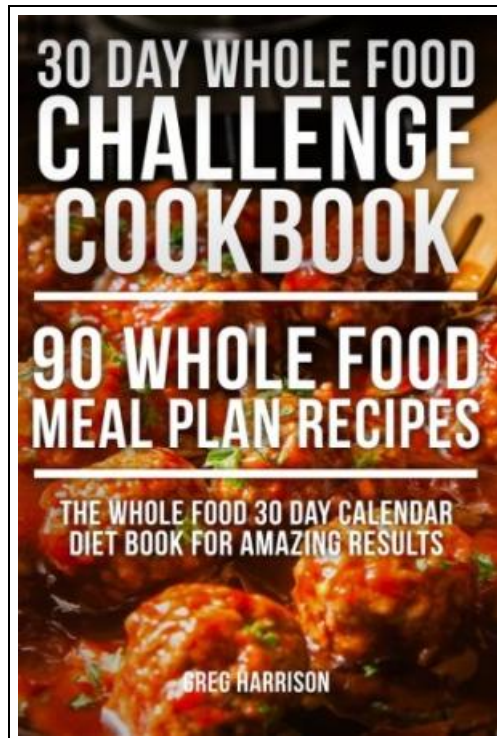


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Ready To Take This Whole Food 30 Day Challenge With These 90 Delicious Recipes?More diets and studies are pointing us toward eating how our ancestors used to eat hundreds of years ago. Recent research performed by nutritionists has pointed in the direction of eating whole foods, or foods that are as close to their natural form as they possibly can be. How can you add whole foods to your diet easily? There are six simple ways you can add more whole foods to your diet.Choose a product that has true 100 whole grain whenever you can.Replace half your white flour with whole-wheat flour in your baking recipes, and use half the amount of sweetener.Consume fruits and vegetables on a daily basis. In fact, try to add them to every meal or snack.Include legumes in your snacks and meals more often. Eat less processed foods and convenience foods. Drink more water, green tea, skim milk, soy milk, and mineral water. Skip the soda and other sugary drinks. In this book, you will find meals that will help you increase your intake of whole foods so that you can get the benefits of those undestroyed phytochemicals and nutrients! Here s some example of the Whole Food recipes you ll find in this book:Sautéed Shrimp and CouscousSlow Cooker Sausage and SpaghettiWhole Wheat Pasta with Kale and Sundried TomatoesPotato and Carrot KugelBacon-Wrapped Stuffed Sea ScallopsGrilled Chicken and Mushroom QuesadillasArugula Salad with Roasted Butternut Squash and ProsciuttoWild Rice Stuffed Mini PumpkinsSmoked Salmon Hash and Eggsand Much more! Take the Whole Food Challenge now!.

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