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The 30 Days Whole Food Challenge: 120 Recipes for Day by Day Diet Program (Paperback)

By Lisa Cook

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you want to be healthy, young and energetic? Do you want to get back your young and toned body or to do anything to never be overweight? Then this book is for you! The most convenient way is to use specially constructed nutrition program without visiting expensive clinics, difficult exercises, and unimaginable diets. Whole Food diet is for those who wants to lose weight without hunger and debilitating diets who does not have time to spend hours in the gym, but dreams of becoming slim and keeping the weight! The diet described in this book - is the 30-day program of improvement and changing yourself! Follow these 30 days of healthy eating and you won't recognize yourself! Your body will become tightened again, there will be no more excess weight and health will improve significantly! After enduring this month, you'll never want to go back to the old way of life! Since now the youth, health, and beauty will become your companions forever! In this book, we have collected 120 recipes for you for every day and for...



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