



# **It Starts With Food: Discover the Whole30 Guide to Total Health and Food Freedom**

*Jamie Oncher*

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# It Starts With Food: Discover the Whole30 Guide to Total Health and Food Freedom

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## **Discover How to Change Your Life With The Whole30 Diet**

You're about to discover proven steps and strategies on how to the Whole30 program for good health. This book explains the principles of the diet program and how it can lead to a better overall well-being. It has laid out all the foods that may be eaten and the foods that must be avoided during the program. The list can help you with your meal planning and food buying. This book also features some recipes that can serve as your guide in your food preparations. It also contains some helpful tips that you can use to your advantage and succeed with the program.

## **Here Is A Preview Of What You'll Learn...**

- Understanding Whole30
- What to Eat and Not to Eat
- Diet planning
- Healthy Recipes
- Healthy Ingredients
- Helpful Tips
- Much, much more!

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