



It Starts With Food Cookbook: A Beginners Guide To A 30 Day Paleo Whole Meal Plan- Discover How I Lost 75lbs and Enjoyed Life!

Ben Williams

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Note: This book is not authored by Dallas and Melissa Hartwig. This cookbook is authored by Ben Monroe and the recipes it includes were created based on food choices recommended in "It Starts With Food"

My Success Story With The Whole 30 Diet – Learn How I lost over 75 lbs!

Are you tired of walking into a store and never finding anything that fits? Are you tired of being always referred to as the fat one? Do you want to lose weight and have that figure you have always dreamed of having? If you have answered yes to all these questions, you must be me a while back. Several months ago, I was overweight, actually obese, weighing over 200 lbs.

It Starts With Food Changed My Life - And It Can Also Change YOURS!

In this book, I will show you exactly how this Diet system worked for me and how easy it can work for you, too. Read my success story and take action today - if I can make it then there is no reason why you could not!

You will learn exactly how to use this Diet! In addition, I put together a lot of recipes that worked wonders for me!

Here in This Book, You Would Discover :

- Basics Of This Diet & How to Get started
- How to Use This Diet To Lose Weight
- Tips & Tricks To Help You.
- A 30-Day Whole Meal Plan with Over 120+ Delicious and Healthy Recipes with Beautiful Pictures Of the Finished Meal, Prep Time, Serving Time and Shopping List Too.

... and So Much More

Stop Procrastinating To Lose Weight - Take Action Now Like I Did And Achieve Your Goals!



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Jess Cooke:

The particular book It Starts With Food Cookbook: A Beginners Guide To A 30 Day Paleo Whole Meal Plan- Discover How I Lost 75lbs and Enjoyed Life! has a lot of information on it. So when you check out this book you can get a lot of help. The book was authored by the very famous author. The writer makes some research ahead of write this book. This particular book very easy to read you will get the point easily after scanning this book.

Moses Bean:

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Loretta Jones:

In this era which is the greater man or woman or who has ability in doing something more are more valuable than other. Do you want to become certainly one of it? It is just simple solution to have that. What you have to do is just spending your time little but quite enough to get a look at some books. One of many books in the top listing in your reading list is definitely It Starts With Food Cookbook: A Beginners Guide To A 30 Day Paleo Whole Meal Plan- Discover How I Lost 75lbs and Enjoyed Life!. This book and that is qualified as The Hungry Slopes can get you closer in growing to be precious person. By looking upward and review this e-book you can get many advantages.

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