



# **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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**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**

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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