



# 8-week Menu Planner Based on 12 Steps to Whole Foods

*Robyn Openshaw*

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At long last, the 12 Steps to Whole Foods MENU PLANNER is done! It's an adventure in trying whole foods for 8 WEEKS. All the guesswork is removed. You can follow the meal plans and take the shopping lists to the store. All the recipes are right in the planner. At the end of eight weeks, you can re-use the menus, or use the recipes in a more free-form way now that you have shifted to a whole-foods diet. One thing's for certain: you're going to feel better, and find your ideal weight, as you eat non-addictive, disease preventative, nutrient-dense foods. Following these menu plans, designed for a family of four, costs approx. \$100 /week in groceries. Many money-saving and time-saving tips are included in the planner. This will simplify and organize your adventure in whole foods!

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People live in this new moment of lifestyle always try and and must have the free time or they will get lot of stress from both daily life and work. So , whenever we ask do people have spare time, we will say absolutely sure. People is human not really a huge robot. Then we request again, what kind of activity do you possess when the spare time coming to you of course your answer will unlimited right. Then ever try this one, reading books. It can be your alternative inside spending your spare time, typically the book you have read is actually 8-week Menu Planner Based on 12 Steps to Whole Foods.

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