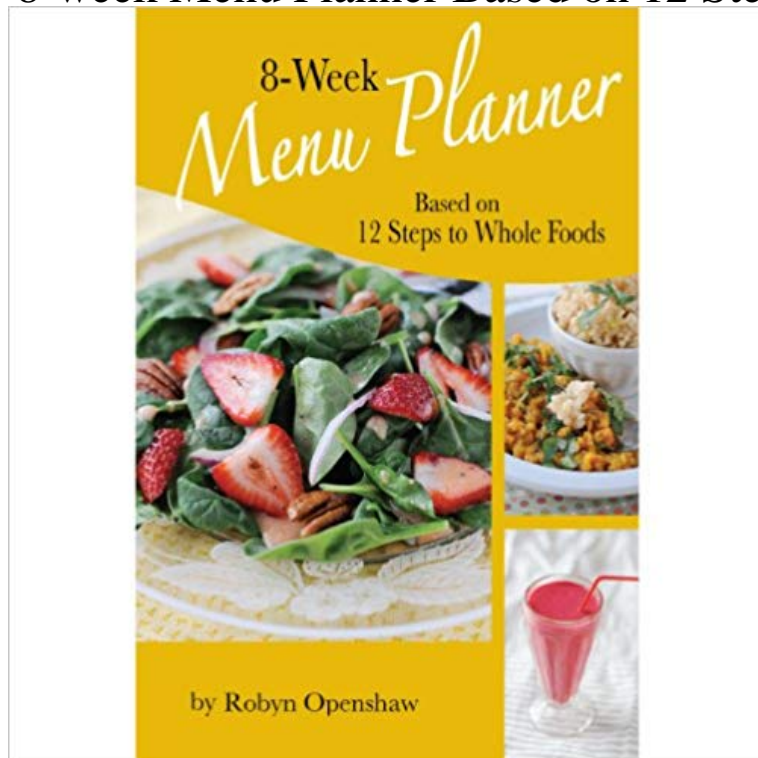


8-week Menu Planner Based on 12 Steps to Whole Foods



At long last, the 12 Steps to Whole Foods MENU PLANNER is done! Its 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 things for certain: youre 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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