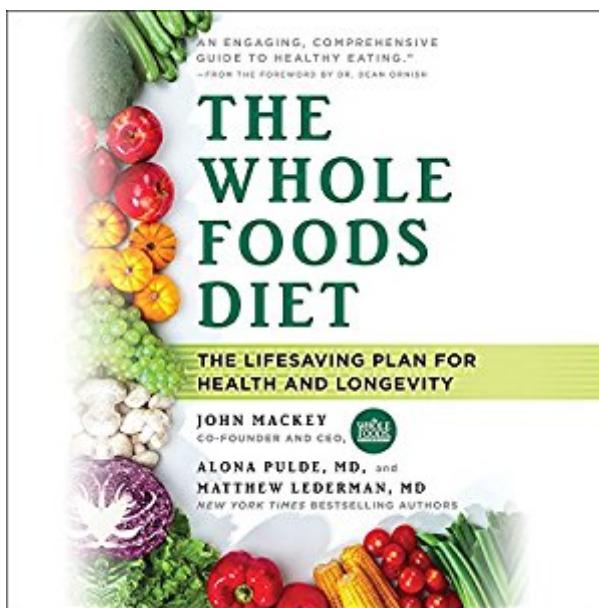


The book was found

# The Whole Foods Diet: The Lifesaving Plan For Health And Longevity



## **Synopsis**

The definitive guide to the optimum diet for health and wellness, from the founder of Whole Foods Market and the doctors of Forks over Knives. The Whole Foods Diet simplifies the huge body of science, research, and advice that is available today and reveals the undeniable consensus: A whole foods, plant-based diet is the optimum diet for health and longevity. Standing on the shoulders of the Whole Foods Market brand and featuring an accessible 28-day program, delicious recipes, inspirational success stories, and a guilt-free approach to plant-based eating, The Whole Foods Diet is a life-affirming invitation to become a Whole Foodie: someone who loves to eat, loves to live, and loves to nourish themselves with nature's bounty. If Whole Foods Market is "shorthand for a food revolution" (The New Yorker), then The Whole Foods Diet will give that revolution its bible - the unequivocal truth about what to eat for a long, healthy, disease-free life.

## **Book Information**

Audible Audio Edition

Listening Length: 9 hours and 31 minutes

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## **Customer Reviews**

I read this book over the weekend and feel truly inspired to improve my life by improving what I eat. John Mackey and his co-authors clearly show why a plant-based diet is the way forward for a healthier and more ethical life. The writing is excellent, the science is clear, and the stories and profiles make this book a joy to read. Highly recommended.

The Whole Foods Diet is an even-handed, engagingly written (and fast-paced), and thoroughly researched explanation of how to lead the most healthful life possible, by someone who has dedicated his life to improving the way society eats. John Mackey is a vegan, so it's intriguing that

his book argues that the healthiest diets contain 10% or less of their calories from animal products. And it makes this case based on the deep research of Mackey and his two co-authors, both of whom are medical doctors. The book is conveniently laid out:I. A distillation of the best that science has to offer on what makes for a healthy diet.II. How to lead a lifestyle that is based in the science of section one.III. A 28-day plan, which shows in practice--and with recipes--what section two looks like. If you read this book and implement its suggestions, you will feel better, look better, and be healthier. Highest recommendation.

As a strong supporter of Whole Foods Market through years of stock ownership and a uniquely wonderful shopping experience, I have admired John Mackey's emphasis on whole foods. His book explains (along with others of the same opinion) that this is the best diet for optimum health. There is so much evidence in the book why we should adopt this way of eating that my husband and I have asked and received our primary care physician's endorsement of choosing this route (our physician is now going vegan). Although my husband (now age 82) had a serious heart issue 7 years ago, he recovered quickly and we both exercise regularly. I remain healthy at age 72 and plan to keep it that way. This book is life-changing and we refer to it often. Thanks to and John Mackey for this great guide to optimum health!

I love this book! It is well researched, easy to read, and I love the words of many of the current nutritionists! This book is not dogmatic, but allows for some flexibility with eating, while at the same time, presenting the facts and interesting information on what constitutes healthy eating. Highly recommended!

Just the information I was looking for!

Highly motivating. I loved reading that the founder of Whole Foods would not eat some of the food products that his former company sold.

My doctor recommended this book for a healthy plant-based diet.

Fantastic book!!!

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Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes

Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Whole Food: The 30 Day Whole Food Challenge â “ Whole Foods Diet â “ Whole Foods Cookbook â “ Whole Foods Recipes (Whole Foods - Clean Eating) The Whole Foods Diet: The Lifesaving Plan for Health and Longevity HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook â “ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook â “ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet, Antioxidants & ... - weight loss meal plans) (Volume 73) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Whole: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) The Whole Foods Plant Based Diet: A Beginnerâ ™s Guide to a Whole Foods Plant Based Diet Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Whole Foods: 30-Day Whole Food Cleanse - Plant Based Whole Foods for Beginners, Including over 50 Delicious Recipes The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet, High Protein Diet, Perfect Protein Diet, Lose Weight, Protein Diet Plan) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook,

Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat)

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