



**It Starts with Good Food Cookbook: Whole 30
Inspired Plan: Amazing Recipes for Food Lovers
to Lose Weight and Reset Your Metabolism:
Whole 30 Cookbook**

Henry Brooke

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Note: This book is not authored by Dallas and Melissa Hartwig. This cookbook is authored by Henry Brooke Publishing and the recipes it includes were created based on food choices recommended in *It Starts with Food*.

This book has proven recipes guaranteed to help you lose weight fast!

We all know how busy life gets. Now, add trying to figure out what you need to eat to lose weight to the list of unnecessary things you no longer need to do. This diet approach, combined with the right exercises, is all you need to lose weight and reset your metabolism. Fancy meal plans, Fitbits, and calorie counting apps are not needed. You can save money on these, throw out your gym membership, and still get the results you want.

What if I told you there is a faster way to lose weight and prime your metabolism?

Have you ever wanted to kick-start fat loss for a special event or lose those extra 10 pounds? What if you could eat amazing food and still get the results you've been craving? What if you had a yummy meal plan and the top exercise tips at your disposal? This book explores a world where you can get the results you've always wanted; all you need is the *It Starts with Good Food Cookbook!* My goal is to give you the tools to lose weight fast and reset your metabolism in as little as 30 days by sharing the secrets to unlocking weight loss using the *It Starts with Good Food Cookbook* to get the exact results you want!

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