

**30-DAY**

# WHOLE FOODS

cookbook  
& MEAL PLAN

Eliminate  
Processed  
Foods and  
Revitalize  
Your Health

**LORI NEDESCU**  
MS, RD, CDE

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Lori Nedescu**

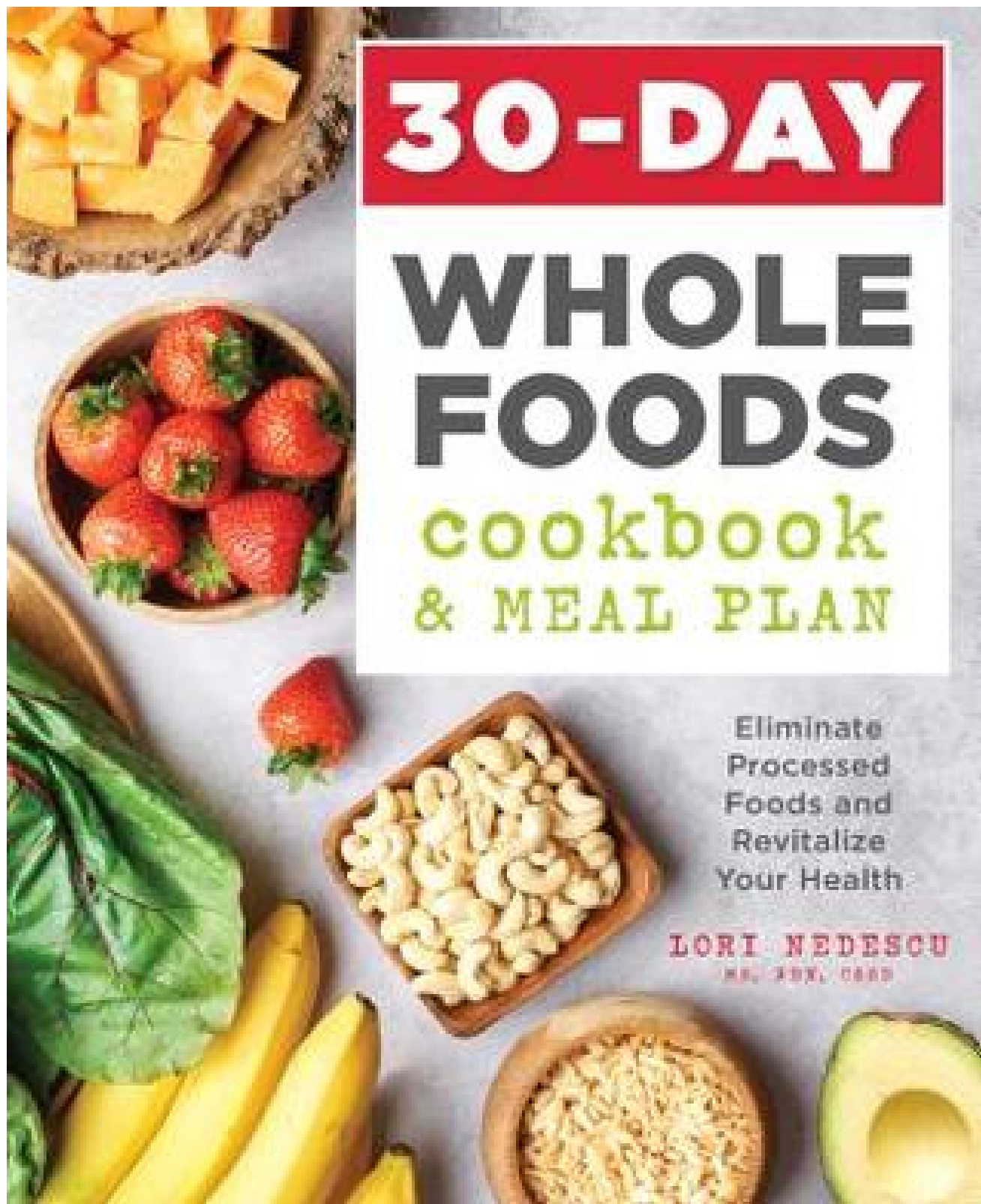
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