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# 30 Day Whole Food Slow Cooker Challenge: Quick And Easy Whole Food Slow Cooker Recipes For The Everyday Home – Delicious, Triple-Tested, Family-Approved Whole Food Recipes (Slow Cooker Cookbook)





## Synopsis

Are you thinking about changing the way you eat? Are you looking to eat better food and improve your overall health? The opportunity is here for you now, with 30 Day Whole Food Slow Cooker Challenge, a new book which is packed with chef approved whole food slow cooker recipes, all designed to help you cut out the bad foods and concentrate on eating just the healthy ones. Inside these pages you'll discover all the tips and tricks that you'll ever need to be able to eat and feel better, including chapters on: What whole foods are The benefits of using a slow cooker Tips on using your slow cooker The 30-day challenge Recipes for every meal A 30-day meal plan to get you started And more! You will feel healthier and happier when you adopt this amazing approach to eating and with dozens of recipes to choose from, you will never be stuck for something tasty to eat. Get a copy of 30 Day Whole Food Slow Cooker Challenge now and see how it can transform the way you eat!

## Book Information

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## Customer Reviews

Whether you're brand new to the program or returning after a long break, this track will take you from contemplation to action in just eight easy steps. Take as much time as you need to explore each step before moving on to the next, but we encourage you to review each step in order—even if you're impatient to get started. As you'll hear over and over again, when it comes to the Whole30, planning and preparation are key! It takes 30 days to push the reset button on your health and change your relationship with food.

For the past few days, I've been collecting whole food diet recipe that probably motivates me to a better diet plan. This book was actually one of my favorites because it will definitely change your lifestyle that may difficult at times, but you will notice the changes in your body “ physically and mentally. The recipes here are delicious and nutritious. This is worth to read book and I recommend this if you wanted to be physically fit and healthy!

This book can be a really good way to help ease you back into eating healthy if you're currently struggling. For most people now days, we are busier more now than ever and eating wholesome foods can be tough. Luckily this recipe book can help make starting new habits easier. It covers the benefits of the slower cooker and what whole foods are. Then it wastes no time jumping right into the recipes, which I found to be quite good. I know for me personally simplicity is key. If it's too hard to stick to a diet for example, I'll quit. This book really does a good job of eliminating that excuse, by making it super simple to follow through with eating healthier foods. This book is a great pick up if you want some easy recipes to help you start eating clean!

A well balanced book.although I disagree with some points.I've bought this cookbook a long time ago and had just finished the slow cooker challenge. I think this 30-day recipe worked pretty well with me and my family. These are basic recipes so it guarantees that anyone will have an easy time following the steps. Everything is clearly indicated in the book. I liked it! Highly recommended.

With the majority of the delectable formulas, I was prepared to begin eating! It sounds like a fun and delightful approach to enhance wellbeing. There is no calorie checking, nourishment weighing, nor strenuous exercise, simply getting ready solid suppers and making an air of bliss with companions a family!

Awesome book for a young bachelor who knows absolutely nothing about cooking. Also has great recommendations on how to meet your caloric goals for training. Highly recommended!

Like that it has a variety of recipes, beef, chicken, pork and even vegetarian. Slow cooker recipes are great for working parents(Mamas) that want dinner done when they come home. good book after all.

This is one of the best book which has delicious recipes, these recipes are instant made as well so these are your time saving. I found this book as I was expecting. I got this book to see its awesome cove. The book is awesome guide and much worthy than its price.

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Book 1) Nuwave Oven Cookbook: Easy & Healthy Nuwave Oven Recipes For The Everyday Home  
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Ketogenic Slow Cooker Recipes: 200 keto Slow Cooker (Crock Pot) Recipes, Chef Approved,  
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Slow Cooker Cookbook, ... Cooker, Simple Thai Cookbook, Thai Cooking) 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) 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  
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Over 200 Proven Whole Food Slow Cooker Recipes with Pictures for Every Recipe, Nutrition facts  
and an Easy to Follow 30-day Diet Plan to Lose Weight easily.

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