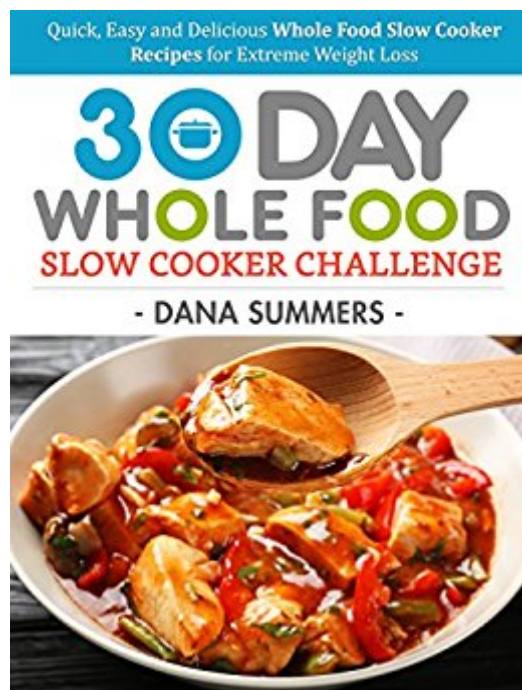




The book was found

30 Day Whole Food Slow Cooker Challenge: Quick, Easy And Delicious Whole Food Slow Cooker Recipes For Extreme Weight Loss



Synopsis

START YOUR 30 DAY CHALLENGE AND CREATE DELICIOUS WHOLE FOOD RECIPES MADE SPECIFICALLY FOR YOUR SLOW COOKER STARTING TODAY! When was the last time you had a real meal? Nothing packaged, canned, processed, or left to die in a freezer? And when was the last time you felt and looked your best? With this 30 Day Whole Food Slow Cooker Challenge, youâ™re forced to take stock of your diet: only putting vegetables, fruits, nuts, meats, and fish into your bodyâ”and tossing out the rest, including dairy, whole grains, and legumes. Your body, mind, and waistline will thank you. And youâ™ll wonder why you ever ate âœfakeâ• food in the first place. This book offers 47 step-by-step, slow cooker recipes, to help you save time, money, and calories. Each recipe offers serving sizes, calories, carbohydrate counts, fat counts, saturated fat counts, sodium counts, and protein counts to help you stick to your fitness and nutritional goals. The recipes offer incredible variety: from Asian-inspired to German and French cuisine, your kitchen has no bounds. And best of all? You can toss the ingredients into your slow cooker and literally forget about them for up to eight hours at a time. SCROLL UP AND CLICK âˆBUYâ™ TO ORDER YOUR COPY INSTANTLY

Book Information

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Customer Reviews

I enjoy making meals in slow cooker, as they taste more gentle and are much healthier than fried things, especially when it comes to meat meals. And the recipes from this book are mostly about meat and seafood meals, easy to make and not requiring any super chef skills. I have made several stews with beef already, and my husband liked all of them. And it's great that the book provides nutritional info, though I would not mind pics too.

With all of the scrumptious recipes, I was ready to start eating! It sounds like a fun and delicious way to improve health. It's simply about eliminating the unhealthy foods with scrumptious fresh, whole foods. There is no calorie counting, food weighing, nor strenuous exercise, just preparing healthy meals and creating an atmosphere of joy with friends a family!

I have loved every recipe so far and we have enjoyed 12 of them so far. Today I ran into one that makes no sense at all. It is in the slow cooker now and I think something has been left out of the recipe. On page 107 Whole 30 Cacao Chili, where is the sauce? All that is in there cooking now is a ton of meat with no tomato sauce. How can this be chili? It's just a big pot of meat with peppers in it. I have tried to figure out how to contact the author to ask but I can't find any contact info for her. Dana.. if you read this please let me know what's missing. Thanks!!

I like cooking in slow cooker so much and when I saw a book about 30 day whole food slow cooker challenge I decided to try it. I am only at the first part of this challenge, but I'm already happy that I started it. In this book you will find delicious and easy recipes that will help to make your challenge very pleasant.

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!

This was a welcome addition to the Whole30 book.

Wonderful diet, wonderful book! Easy to follow!

I take complete responsibility for this because I should have paid closer attention. However, I don't want you to make the same mistake I made. That mistake was believing that this book was by the authors of the actual "WHOLE 30" diet. This book "cleverly" uses similar colors and even the font looks the same. It is just a book of slow cooker recipes that uses "whole foods". If that's what you are looking for then this will work out just fine although it's very similar to ideas you can get from a quick Google search. I have made one recipe that my family liked (but I wasn't thrilled about). I was going to return it but I only paid \$10 for it and it would cost \$5 for shipping.

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