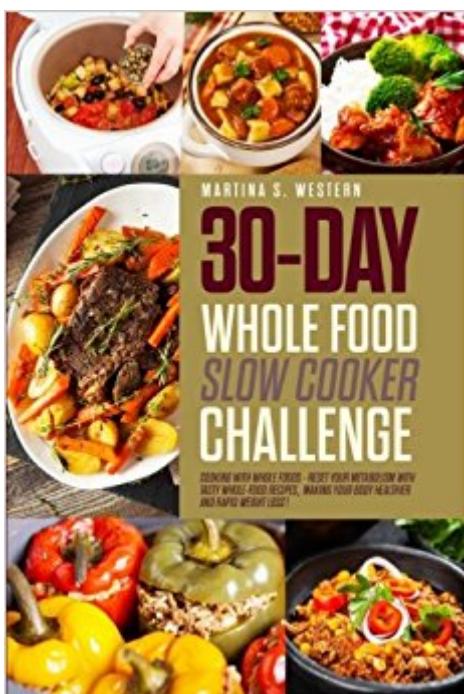


The book was found

30-Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker – Fast, Delicious And Easy Approved Whole Foods Recipes For Weight Loss!



Synopsis

Do you want to eat healthy and lose weight, but do not have time? The thing is, there are so many ways to lose weight through diet but if you want a sound and wholesome way of losing weight, then cooking whole foods in your slow cooker will maximize your weight loss benefits. This book will give you answers on how to achieve permanent weight loss. Eating healthy has always been the norm if you want to lose weight and enjoy other health benefits. By eating whole foods like unprocessed grains, vegetables, fruits, healthy fats, and lean proteins, your body will be able to get the most nutrients from food including fiber. Several studies have already proven the efficacy of consuming whole foods in weight loss as well as improving the blood sugar, cholesterol, and blood pressure levels. Contrary to what most people think, preparing dishes using whole food ingredients is easy and you don't need to slave in the kitchen especially if you have a slow cooker. By doing so, you will be able to enjoy eating healthy dishes without breaking a sweat. Let this book serve as your ultimate guide to whole food slow cooker cooking so you can prepare meals and enjoy them as you lose weight and reaping the benefits of healthy eating.

30 Day Whole Food Slow Cooker Challenge

Understanding the Benefits of Eating Whole Foods

Learn How to Use the Slow Cooker

The Advantages of Using a Slow Cooker

Helpful Tips on How to Make the Most Out of Your Slow Cooker

60 Recipes for Breakfast, Lunch, And Dinner

Make These Delicious Whole Food Recipes:

- Coconut, Cranberry, And Quinoa Crockpot Breakfast Slow Cooker
- Cauliflower Hash Brown Creamy Breakfast Yogurt Slow Cooker
- Thai Turkey Legs Mexican Pork Carnitas
- Chicken Tinga Tacos
- Boeuf Bourguignon
- White Bean and Bacon Maple Soup
- Chicken Tikka Masala

Book Information

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Average Customer Review: 4.7 out of 5 stars 16 customer reviews

Best Sellers Rank: #21,246 in Books (See Top 100 in Books) #8 in Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #62 in Books > Cookbooks, Food & Wine > Cooking

Customer Reviews

Love this book!! I have found some really good simple meal ideas in this. It is easy to follow and understand.

I was so excited to receive this cook book. There are tons of recipes that any person or family would love to try.

This cookbook is very user friendly and give many good ideas

Wonderful ideas for all meals. My husband will love them too.

I have everything i needed in this cookbook. I no longer need to rely on junk food or eat out anymore.

The set of recipes found in this book are awesome. I really enjoyed the once i tried out.

Great for me and to teach my father to prepare meals. He loves it!

I think this book has a wide variety of recipes that are very simple.

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