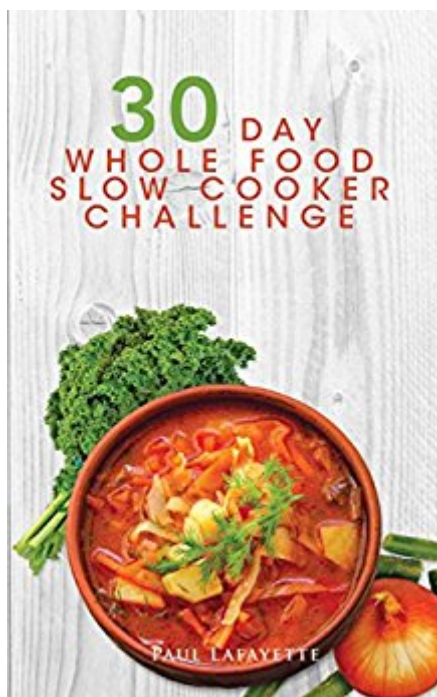


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# 30 Day Whole Food Slow Cooker Challenge: 100 Whole Food Slow Cooker Recipes With Photos And Nutrition Info For Every Meal; Approved Whole Foods Recipes For Rapid Weight Loss



## Synopsis

GET THE KINDLE EDITION FREE WHEN YOU GRAB THE PAPERBACK EDITION TODAY TOP 100 NATURAL, UNPROCESSED, APPROVED WHOLE FOOD RECIPES FOR YOUR SLOW COOKER! COMPLETE WITH PHOTOS AND NUTRITIONAL INFORMATION FOR EVERY RECIPE. REGULAR PRICE: \$19.99 | LIMITED TIME PROMOTIONAL PRICE

Research has proven that diet and lifestyle directly impacts health and wellbeing. Experts agree that eating real, natural, unprocessed whole food can help you lose weight rapidly and promote optimal overall health. Whole foods are not only delicious, they also help you to stay healthy by reducing your chance of suffering from acute and chronic diseases. Whole foods are the way we were meant to eat! Give it 30 days and you'll feel amazing – guaranteed or your money back! The secrets to a long, healthy, happy life is eating tasty home cooked whole food meals. By enjoying delicious whole food meals at home with friends and family, we can regain control over our health and prevent and reverse painful and debilitating diseases while losing weight and feeling better than ever. We can bring energy back into our lives just by following a simple food philosophy: EAT REAL FOOD. Food should not make you fat. It should not be full of chemicals, promote disease, or reduce the quality of your life. The recipes in this book will help your body to restore its natural, optimal health, guaranteed or your money back!. The evidence is clear and the solution to our processed food and obesity epidemic is simple. If we have an easy and effective way to promote health, wellbeing, boost energy, increase life expectancy and lose weight, why wouldn't we do it? We would be silly to ignore the facts when the meals are so easy to make and so tasty to eat! 100 Whole Food Recipes for your Slow Cooker! When you are sick and tired of being sick and tired, there is a simple way to say enough is enough: accept the 30 day challenge! Grab this cookbook and get 100 whole food recipes that you can make in your slow cooker! It doesn't matter how busy you are, or how unskilled you are in the kitchen. Anyone can make amazing, healthy meals in the slow cooker in no time at all! These recipes will change your life in and the way you see food for the better. This cookbook includes photos and nutritional information for each and every recipe. These recipes not only taste amazing but also promote your good health! Being healthy has never been so easy! Living the Whole Food lifestyle isn't about eating bland food or suffering with unreasonable restrictions. Many diets that are bland and boring but that is not what eating delicious whole food meals made at home in your slow cooker is all about. Instead, the whole food lifestyle promotes losing weight, living a healthy lifestyle, and giving your body the foods it really wants, instead of nasty processed garbage. Following a whole food diet using your slow cooker means that each recipe you make is full of flavor without being difficult to make and will promote optimal health and overall wellbeing.

You will feel proud as you serve up these dishes to your loved ones, and you will feel even better knowing the positive impact this has on their health. Delicious meals to improve your life Nutrition and weight loss expert Paul Lafayette has hand-picked his 100 most beloved whole food slow cooker recipes to share with you in this cookbook. These recipes are acknowledged by experts to improve health and promote rapid weight loss, and are celebrated by all for their great taste! Get yours now! This book is available at this discounted price for a limited time. Don't pass on good health. You are worth it! Grab this book today and change your life!

## **Book Information**

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## **Customer Reviews**

Whether you care about whole30 or not, you will love these slow cooker recipes for their taste and how easy to make they are. Nothing could be simpler for me after work then throwing a few things in the slow cooker and having a tasty dinner ready for me. I have a bunch of slow cooker recipe books and this is the one that is getting the most use in my kitchen right now

There is a lot to like about this book and a few things I don't like. I'll start with the things I like. First of all, this book is huge. 100 recipes is a lot of recipes, but more importantly each one of them looks like something I will actually enjoy eating. I know from past experience that cookbooks with a lot of recipes often have filler content and simple recipes that everyone already knows how to make, but that is not the case with this book. This book skips the filler and is just pure substance: 100 delicious

recipes my family can actually enjoy. Another thing I like about this book is that it includes pictures for every meal so I know how the dish should be presented when I serve it. The nutrition facts and serving size are a nice touch too. So what don't I like about this book? Well, every single recipe is made specifically for Whole 30 and follows the Whole 30 rules to the letter. If you're still on your initial 30 day challenge, then that is a good thing, but if you're like me and just don't see why you can't have the occasional bean burrito then the diet might be a little challenging to stick to from time to time. Ultimately, if you are up for a Whole 30 challenge and you like cooking with your slow cooker, then you can't go wrong with this book.

This is the cookbook I was waiting for to finally get serious about Whole30 again. I know Whole30 works because I've been on it before. The problem is with so many rules the meals can get quite complex and time-consuming to make. For me, I'd rather just throw some ingredients in the slow cooker when I come home. This book is the best of both worlds. It lets you cook meals fast and easy without a lot of prep or mess, and still eat delicious healthy meals at home. Everyone in the house loves the meals from this book and there is a lot of variety. Some slow cooker books are just full of soups and stews, but this book has 100 recipes of all varieties. I'd go as far as to say that this is really the only Whole30 cookbook you need, especially if you only have a limited amount of time you can spend making meals every day.

I bought 3 whole 30 books and so far this one is the best. I've only made a few recipes so far but flipping through the book I am impressed by the variety of recipes and I know I'm going to love making a lot of these meals. The book has 100 recipes with an index for different proteins so you can easily find what your options are depending on whether you feel like chicken, fish, veggie, etc. Every recipe has a photo and a nutrition facts sheet which I like a lot since I'm doing Whole 30 primarily to improve my health. All in all, this is a way better than average Whole 30 cookbook. Good buy for Whole 30 lovers.

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