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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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Methods > Slow Cooking #109 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#)

Customer Reviews

Love this book!!! 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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Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker
Quick And Easy Chef Approved Whole Food Recipes For Weight Loss (Slow Cooker Cookbook) 30 Day
Whole Food Slow Cooker Challenge: Whole Food Slow Cooker Recipes; Pictures, Serving, and
Nutrition Facts for Every Recipe! Fast and Easy Approved Whole Foods Recipes for Weight Loss
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) 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 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) Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook – Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook – Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Ketogenic Slow Cooker Recipes: 200 keto Slow Cooker (Crock Pot) Recipes, Chef Approved, Delicious Low Carb Slow Cooker Recipes, For Super Fast Weight Loss , Quick and easy Recipes for Healthy Living Whole Food: The 30 Day Whole Food Challenge – Whole Foods Diet – Whole Foods Cookbook – Whole Foods Recipes (Whole Foods - Clean Eating) 30 Day Whole Food Slow Cooker Challenge: Quick, Easy and Delicious Whole Food Slow Cooker Recipes for Extreme Weight Loss Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) 30 Day Whole Food Slow Cooker Challenge: 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. Whole: The 30 Day Whole Food Diet Cookbook – (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse) Slow Cooker Soup Recipes: 50 Most Delicious & Healthy Slow Cooker Soup Recipes for Better Health and Easy Weight Loss (Soup Recipes,Chicken Soup ,Soup Cookbook ,Slow Cooker Soup Recipes) 30 Day Whole Foods Challenge: Beginner's Guide with 150+ Compliant and Yummy Recipes Guaranteed to Lose Weight (Slow Cooker Recipes, Whole Food Recipes, Sugar Detox, Food Addiction) Thai Slow Cooker Cookbook: 51 Classic Thai Slow Cooker Recipes with Step By Step Procedure (Thai Recipes, Thai Slow Cooker Recipes, Thai Slow Cooker Cookbook, ... Cooker, Simple Thai Cookbook, Thai Cooking)

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