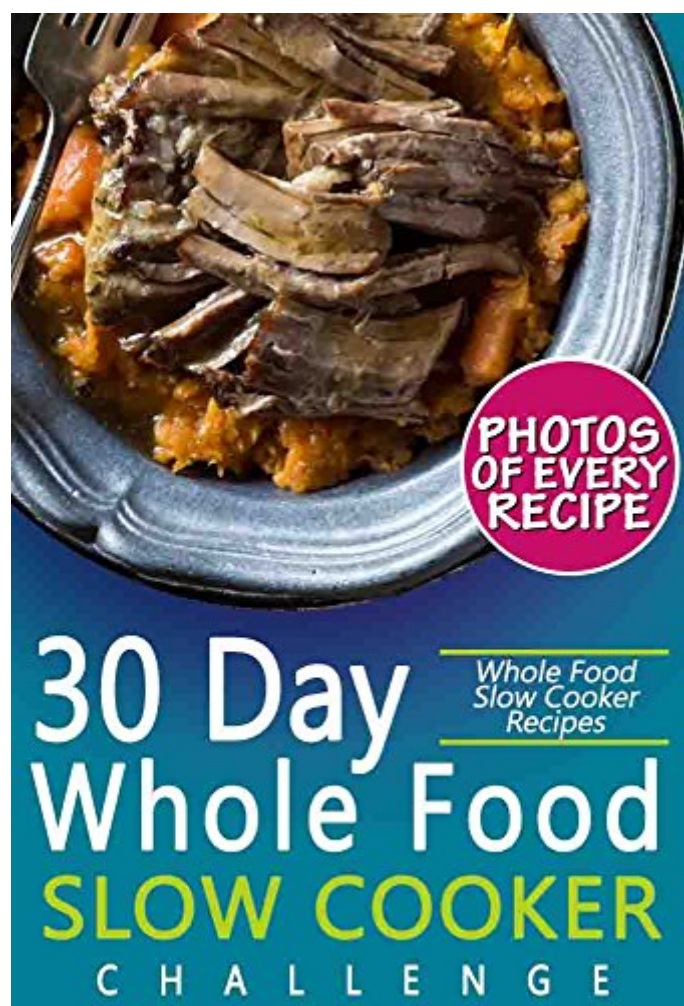


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# 30 Day Whole Food Slow Cooker Challenge: Whole Food Slow Cooker Recipes; Pictures, Serving, And Nutrition Facts For Every Recipe! Fast And Easy Approved Whole Foods Recipes For Weight Loss





## Synopsis

Kindle MatchBook: Buy the paperback edition and get the Kindle edition FREE! AWARD-WINNING WHOLE FOOD RECIPES MADE SPECIFICALLY FOR YOUR SLOW COOKER! INCLUDES PHOTOS, SERVING SIZES, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE! REGULAR PRICE: \$17.99 | LIMITED TIME PROMOTIONAL DISCOUNT

The Whole Food diet has already changed hundreds of thousands of lives across the world for the better. Are YOU ready to be next? Want to be sick, fat, and unhealthy? Then don't buy this book! The Whole Food lifestyle is a rapidly growing movement that is spreading throughout the world and it is not difficult to understand why eating natural, unprocessed whole foods is how we are meant to eat! So much of the food that fills the shelves at the local markets nowadays are just unhealthy, processed junk. Go back a few generations and people would not have even recognized much or mass produced, chemically laden foods as being food at all. That's because it isn't what we were meant to eat and the modern food dystopia is making us sick and reducing the quality of our lives as well as our longevity. But it doesn't have to be this way! NOW IS THE TIME for the freedom to enjoy real food again! By accepting the 30 day whole food challenge and committing to eating only the many delicious and healthy whole food approved ingredients, you will be taking one giant leap towards a new slim and healthy you! Dozens of recipes made specifically for your slow cooker using only 100% Whole Food Approved ingredients! Slow cookers are a supremely convenient appliance to have in your kitchen for cooking food in a way that is tasty, juicy, and most importantly, healthy. The flavors of all the ingredients, whether vegetables, meat, or herbs and spices all mingle together creating a finished dish that is bursting with flavor in a way that other cooking methods just can't achieve. Moreover, low temperature cooking allows minerals and vitamins to be preserved and consumed when you eat the food, instead of being destroyed the way they often are with other cooking methods. Not only is the slow cooker one of the healthiest ways to prepare meals, but it also eliminates the single most common reason people have for not enjoying healthy home cooked meals: lack of time. Not having the time to cook delicious and healthy meals at home is not just an excuse, it is an unfortunate reality for most of us. Technology, work, and society are changing in ways that have made us all busier than ever before. Finding the time to prepare healthy meals at home can seem like a luxury that is out of reach for so many people. This is tragic, but it doesn't have to be this way. The slow cooker is the one appliance above all others that makes healthy home-cooking accessible for anyone, regardless of how little time, money, or skill you may have in the kitchen. When you combine honest and healthy Whole Food ingredients with your simple and easy slow cooker, what you get is a sustainable way

to enjoy eating fresh, amazing, healthy meals for life. Don't believe it? Grab this book today and give the Whole Food diet just 30 days. It will change your life - GUARANTEED OR YOUR MONEY BACK!

## Book Information

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## Customer Reviews

This cookbook was great. I'm loving my slow cooker more than ever. I was worried that the Whole 30 diet had too many rules that would get in the way of making good meals in the crock pot but this cookbook proves otherwise. Love, love, love these recipes and they all follow the Whole 30 rules. Recommended to anyone, especially people doing Whole 30.

I was disappointed in this book as many of the dishes are sides or just a portion of a meal. There is way too much prep in several of the recipes. (and if you are on your first round having all of the 'strange' ingredients costs a fortune.) When I think of a slow cooker I think of dump it all in with little prep, cook all day and when you get home it's ready. This is not that kind of book. Also, many of the

Whole 30 recipes are online and in facebook groups so my over anticipation of buying this and 2 other books was not necessary. I gave 3 stars as I've only made one recipe Peach BBQ Chicken and it was ok at best and definitely will not make again. I'm keeping it as if I continue on Whole 30 as a permanent lifestyle then I will need new ideas and imagine I'll get it out again.

Ok, so I need to preface this review with the fact that I read all the other reviews and felt like people were being petty about no colored pictures. I have officially changed my mind. This is a self published book using the cheapest paper on the planet. Don't use it near your cooking area because if you get something on it more than one page will get destroyed. It feels a lot like the Manila paper that some of us old folks used in elementary school, so if you rubbed it with a pencil eraser you could easily rub a hole into it! I bet some of you know what I mean. The black and white photos should be just left out! 3 versions of butternut squash soup and you could seriously just be looking at the same pic. Nothing looks appealing or even remotely inviting to make. You have to really use your imagination. I am pretty sure that the author/publisher has recouped his cost and risk in putting out his book and it is time for a serious upgrade and overhaul.

Its ok. Don't be fooled by photos of every recipe it is all black and white and you can barely recognize the food. Im sure recipes are fine.

Good but not great recipes some were not strictly Whole-30 compliant. Helped ease me into "cricking " for Whole -30 life style.

I was not impressed, as a matter of fact I gave the book away. That being said the person I gave it two would probably rated higher they seem to enjoy it. Maybe it just wasn't for me.

The Whole 30 diet really diet works. I've seen some eye-popping results in myself and in friends who have done the challenge for a month and then stuck with the diet. The problem with Whole 30 is the time commitment it takes to produce the compliant recipes all the time. The slow cooker on the other hand, makes healthy cooking easy. I've relied on my slow cooker a lot over the years and while there are many recipes for the slow cooker, most of them unfortunately are not Whole 30 complaint. That's why I love this book. It combines my favorite time saving appliance and my favorite diet. There are so many recipes in this cookbook that I can't wait to make and the meals we've had so far have been a big hit with every member of the family. If you care about your health and can

stand to lose a few pounds, you will love this book.

Wasn't really what I expected but I guess you get what you pay for.

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