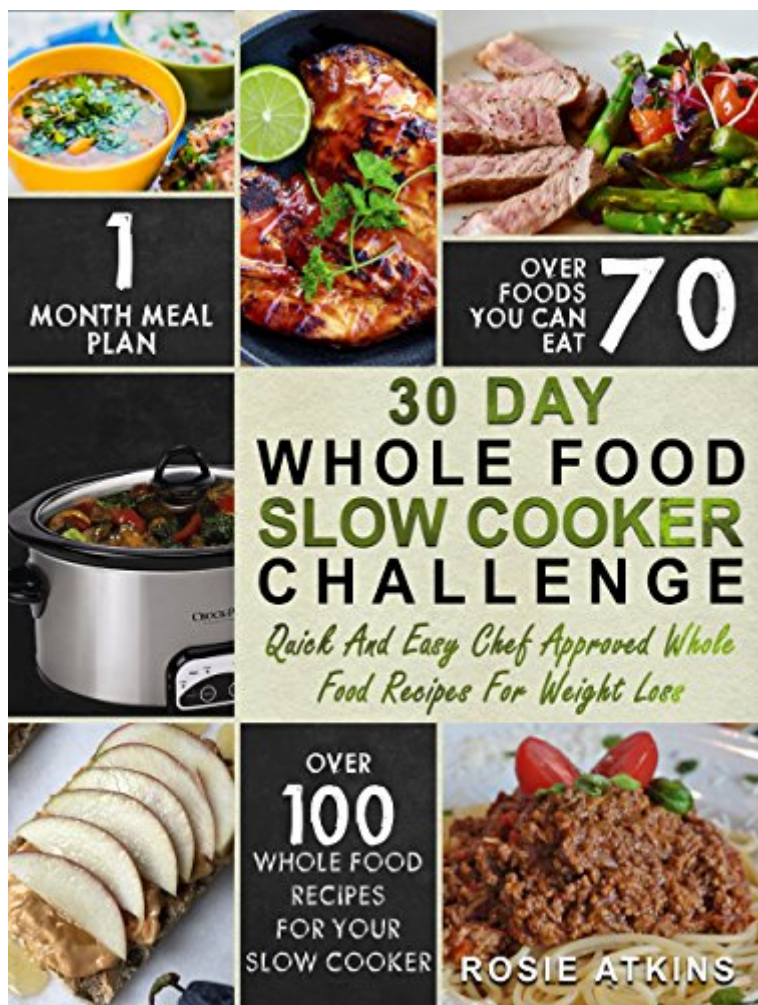


The book was found

30 Day 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)





Synopsis

Do you want to lose weight and feel great at the same time? Do you want to be able to achieve this in just 30 days? Most people think that a diet is a long-term challenge which puts many off the idea. The fact is that most people fail to see much of a difference in their weight quickly and so give up. This is the biggest reason for dieting failure. But what if you could see a difference in just a month? Now you can. With the 30 Day Whole Food Slow Cooker Challenge, you will see an enormous difference in your weight AND feel better, all in just one month. With in-depth chapters to help you at every stage, you will have all the motivation you will need when it comes to ensuring success, including: Knowing the types of food you can eat and the ones to avoid The benefits of the challenge The reason that slow cooking works best Enhancing the diet's output Great recipes A conversion table AND a 30-day meal plan so you can't go wrong Get your copy of the 30 Day Whole Food Slow Cooker Challenge now and see how it will transform the way you diet, without sacrificing the taste of the food you've come to love.

Book Information

File Size: 581 KB

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Customer Reviews

I can't wait to start trying out the recipes listed in the book. I appreciate all the health-related insights shared by the author that is easy to apply & follow. I recommend this book to those who are health conscious like me :)

These recipes are awesome delicious and easy to make. The book has a verity of delicious recipes. I get this book to serve delicious and healthy recipes to serve my family and my family is satisfied as well thanks.

most of the recipes seem good

love it . easy read.

I was under the impression this cookbook would be "whole 30" recipes. There is not a single recipe you can make that is whole 30 approved.

This book actually might be a scam. It advertises as a whole food cookbook, but it is not. The recipes do not follow the dietary restrictions at all. Processed foods, grains, and cheese are in nearly every recipe. The many 5 star reviews on this product appear to be fake, as they don't match what's actually in the book at all. Don't buy this if you are looking for a whole foods or Whole30 cookbook.

I feel like this was a bit misleading, just be warned this is not a Whole 30 cookbook and is not compliant.

I knew that this wasn't the actual Whole 30 whole foods cookbook, but I at least expected that we can agree upon what "whole foods" are. This book is NOT a whole foods cookbook. Most of the recipes call for canned, packaged, frozen or otherwise processed foods. It is not a whole foods cookbook by any stretch of the imagination.

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Recipes (Slow Cooker Cookbook) 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! 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 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 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 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 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) 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) 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. 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) Slow Cooker Cookbook: Chef Approved Slow Cooker Recipes Made For Your Slow Cooker – Cook More Eat Better (Crock Pot Book 1) Slow Cooker Cookbook: Chef Approved Slow Cooker Recipes Made For Your Slow Cooker – Cook More Eat Better (Crock Pot) 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) 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) 30 Day Whole Food Cookbook 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. 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)

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