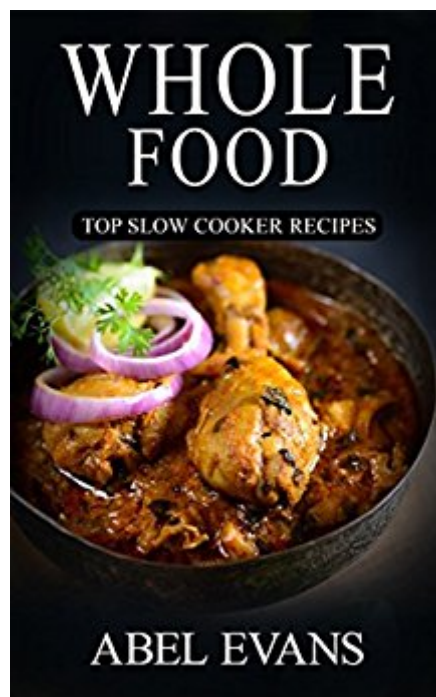


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# **Whole: The 30 Day Whole Food Diet Cookbook® (The Healthy Whole Foods Eating Challenge - 230+ Approved Slow Cooker Recipes For Rapid Weight Loss)**



## Synopsis

If Delicious Whole Food Slow Cooker Recipes are What You Seek, then Look No Further. Why Use a Slow Cooker? Using a Slow Cooker is the Best and Easiest way to save time and still prepare a nutritious Whole Food meal. Assemble the meal in the morning, add all ingredients into the Slow Cooker and at the end of the day Viola! Your Whole Food Dinner is ready without any mess or dishes to clean! By the same token, add one of these delicious breakfast slow cooker preparations before going to bed and wake up to a delightful meal in the morning that can be had as breakfast or brunch. The device requires only a very small amount electricity only to do its work and when compared with a standard oven, a slow cooker uses a lot less energy. And just because you're saving time and money doesn't mean you're sacrificing taste. Vegetables cooked in a slow cooker can absorb stocks, bone broths and spices, giving them fuller flavors. Finally, an easy way to prepare delicious meals without the extra time and effort! Some of the Profound Benefits You will Experience when consuming these Recipes: Accelerated Fat Loss Increase Energy Levels & Vitality Appetite Control Improved Mental Focus Lower Blood Sugar & Cholesterol Hormonal Balance This Book is split up into Three Sections sections: The First covers Simple Breakfast Slow Cooker Recipes The Second contains Sumptuous Brunch & Lunch Slow Cooker Recipes The Third contains Deliciously mouthwatering Dinner Slow Cooker Recipes The recipes in this book are like no other on the market, and careful attention has gone into pairing the simple yet intricate flavors. Here Is A Preview Of The Easy-to-Prepare Recipes you will find in this book: Sausage and Peppers Mix Omelet Summer Squash Casserole Chives and Bacon Breakfast Omelet Courgette Sausages and Bacon Casserole Breakfast Pizza Crockpot Turkey and Eggplant Braise Smoked Paprika Pork Tenderloin Soupe a L'oignon Crockpot Spinach-Feta Stuffed Chicken Breasts Slow Cooker Ground Beef and Pumpkin Chili Seafood Soup Slow Cooker Lobster Bisque Hungarian Rhapsody Cabbage Stew Braised Apple Cider Pork Peppermint Lamb with Green Beans Seafood Chowder (Crock Pot) Slow Cooker Grouper and Shrimp Soup Mediterranean Monkfish Stew Slow Cooker Lamb with Mushrooms Haricot Who says Whole Food meals are difficult to prepare? ... Let this book be your guide as you start your journey to a healthier, happier, fitter and more successful life! ...

## Book Information

File Size: 1677 KB

Print Length: 222 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 6, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01JWKPPTY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #164,756 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #34

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## Customer Reviews

Get into shape with these 30 days amazing diet book.The book contains over 250 recipes that you can enjoy using the slow cooker and the guidelines in this book.The slow cooker is the easiest way to cook whole foods and also save a lot of time.All you need do is put all ingredients in it and wait.This diet book contains different meals that can help help you boost your mental health,blood circulation,increase energy,lower your blood sugar among others.In one sentence,these meals will make you have a healthy life and a very attracting body weight.

Awesome! I like this book because it has a 30 days recipes from breakfast until dinner. It also mention the calories intake for every meal youâ™ve ate. This is very informative because even fats are listed here and the calories. This is great because you will actually know what the measurements intakes are. All the recipes are healthy and look good. This is good because you will have lots of options and at the same time you will learn to cook the food on your own. I would really like to try this cookbook challenge. Really worth recommending!

A lots of delicious and healthy recipes book.I found this book very easy to follow because the author gave all instructions very clearly.Basically this a complete diet guide.you will get here 30 days diet plan which will help you to maintain a effective plan.Only one thing is missing about this book there is no picture of those recipes.I would recommend this book to all who actually wants to a complete

diet.

Wow, I certainly wasn't prepared to find such a comprehensive cookbook and 30 day plan in one book. This book is amazing. The recipes are relatively simple and easy to make while tasting great and being healthy. And talk about plenty! I swear this is the only cookbook I need. My favourites were korean inspired ribs and thai curry peanut shrimp. The sections on soups alone is worth the price, you won't regret this purchase, believe me!

For me, time is very precious in every person living in this world. We always have a lot of activities in our daily lives that make us sacrifice the time, which is supposedly for cooking our meals. The aftermath of this, is that we always end up eating in a fast food chain. Working hard. Eating at fast food chains. Equals early death. We must avoid this routine now. By the help of this book, you will be able to enjoy your meal every day without sacrificing your health. I have discovered that it's not possible to cook whole foods in a slow cooker, in fact, it is more nutritional and doesn't require much effort and don't demand a lot of time. I love the recipes here. It all looks delicious to me. I'm so excited to cook the meals here and spend more time with my family.

This book helps me to find some alternatives to have a plant-based diet plan. Ideally I was not aiming for slow cooker recipes but after I got this and realized that I can make some delicious food creation using a healthy habit. It indeed change my point of view. Also This book explain on what is whole food all about. I've tried the Chives and bacon Breakfast Omelet and the Curried Chicken and it was amazing. I cant wait to try something new this coming weekend. Nice book indeed.

This useful book with unique recipes that are very easy to follow and understand is great for anyone. This book explains what happens to processed food to preserve it and its effect to our bodies when it is eaten regularly. In comparison, eating whole foods regularly has a good effect in bodies system. It's important to know this thing to prevent unwanted diseases or illnesses. The book gave some tips that are very useful for beginners like me. I think the recipes are very healthy and can really help me to lose my extra weight. I totally recommend this book if you are interested in whole food diet.

I see people go crazy about being vegetarian or vegan, yet many forget that it's not about not eating meat (if they turn to veggie diet for health reasons) but about eating balanced and healthy. Whole

food should come first and then you can add vegan/paleo/etc on top. Lots of soup recipes in this book which i like. Healthy and interesting dinners for the whole month.

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