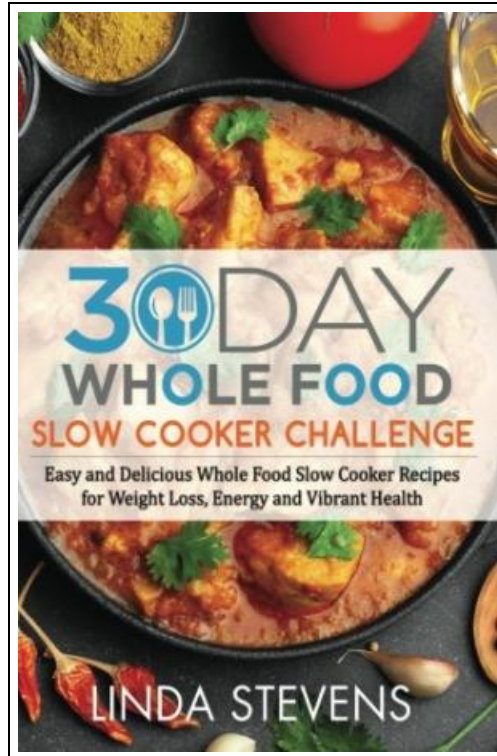


30 Day Whole Food Slow Cooker Challenge: Easy and Delicious Whole Food Slow Cooker Recipes for Weight Loss, Energy and Vibrant Health (Paperback)



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Reviews



Completely essential read ebook. It is among the most awesome book i actually have read. I am very happy to explain how this is basically the greatest book i actually have read in my individual existence and might be he best pdf for possibly.
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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.START ON THE 30 DAY CHALLENGE AND CREATE DELICIOUS WHOLE FOOD RECIPES MADE SPECIFICALLY FOR YOUR SLOW COOKER STARTING TODAY! Elevate your dining experience with over 50 whole food slow cooker recipes, each with its own dynamic flavor and incredible herbs and spices. What this book will do for you is take all of the benefits of whole food eating and make them more accessible through simple, easy and healthy slow cooker meals that take minimum time and effort on your part. Gone are the days of lengthy preparations of your favorite meals that seemed restrictive in terms of healthy ingredients. Here, they are replaced with simpler versions that highlight fresh and healthy flavors and ingredients. Remarkably, there s a little something for every taste in this extensive slow cooker cookbook. Each recipe receives an incredible flavored glaze: it s filled with vegetables, with olive oils and super packed with vitamins and nutrients. The 30 Day Whole Food Slow Cooker Challenge cookbook introduces mouth-watering flavors to blend perfectly with your busy lifestyle. It features slow cooked soups and stews, as well as spicy adventures such as Chili Powder Spiced Pulled Pork. Because nothing s better on a cold rainy day like a warm, layered, vegetable stew; nothing soothes your soul like the Lemon and Kale Chicken Soup or the delicious Marinara Meatballs. And nothing pairs as well with a game day brunch like the slow cooker prepared classic Pork Carnitas. Fortunately, this book focuses on wholesome ingredients to create healthy, superfood-heavy stews, chilies, and soups, chicken, seafood, and turkey main dishes, beef and pork main dishes, and vegetarian dishes. Super-charge your health and create flavorful, nutritive meals with the following fifty slow...

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