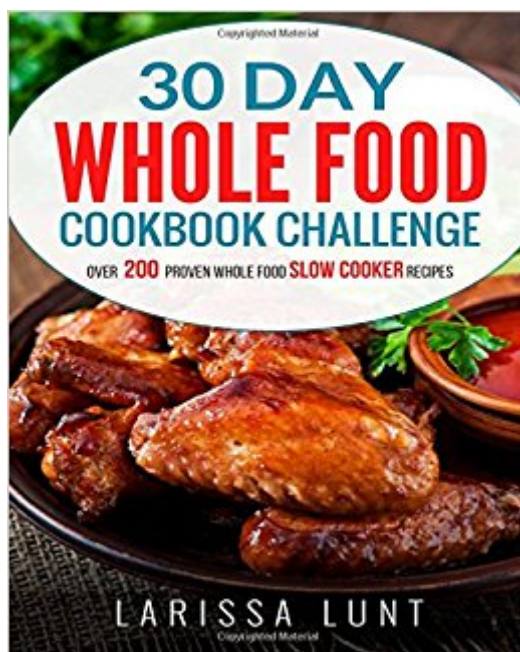


The book was found

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.



Synopsis

Over 200 Award-Winning Whole Food Slow Cooker Recipes. Includes a 30 Day Delicious Diet Plan to Lose Weight Easily and Feel Amazing! The Whole Food Diet has swept the country by storm, and it has already changed millions of lives. It's time you step on the bandwagon and work towards a healthier and all over better you. The cookbook includes over 200 delicious recipes, pictures for every single recipe, nutrition information and a 30 day easy to follow diet plan. Regular Price: \$18.77. Limited Time Discount Throughout June The kitchen-Tested Recipes Include Only Whole Food Approved Ingredients! You'll notice that after the 30 days, you will lose a significant amount of weight and you'll notice a very noticeable difference in your energy levels. You will have deeper sleeping patterns and better sleep altogether and consequently, you'll have more energy during the day. Just imagine how would it feel to feel lighter and have more energy to do everyday tasks. Keeping your body free of chemicals, added sugar, alcohol, and man-made fats will noticeably improve how you feel mentally throughout your day as well. Tired of Feeling Unhealthy and Being Overweight? So many of the foods we see in stores today wouldn't even be recognized a few generations ago. We are meant to eat natural whole foods but the sad reality is that many people eat unhealthy junk. Vast amounts of research show that the processed and unhealthy foods are one of the main reasons for cancer, digestive problems, and depression. Make a Decision and Take Control of Your Health! It may seem difficult to eliminate some of the most common food products, but you have an arsenal of over 200 delicious recipes at your disposal. The book is carefully designed to change your outlook on food in the long term and to make the diet as easy to follow as possible. We have compiled the best ingredients into recipes that are filling and taste delicious. You'll feel satiated after every meal, and eating only whole foods means you won't have an appetite again until it's time for your next meal. Using a slow cooker makes cooking your meals easier and faster, so your regular life won't be interfered with. You'll be amazed to see how conveniently my 30 Day Whole Food Cookbook Challenge fits into your life. Continuing the Whole Food diet will lead to impressive weight loss, increase in energy, better mood and a healthy metabolism and digestive system. If you're sick of feeling unhealthy, tired and being overweight we promise that if you follow this easy to follow recipes these things will be a thing of the past. Take Control of Your Life and Get This Book Today at a Discounted Price!

Book Information

Paperback: 114 pages

Publisher: CreateSpace Independent Publishing Platform (August 7, 2017)

Best Sellers Rank: #20,248 in Books (See Top 100 in Books) #61 in Books > Cookbooks, Food & Wine > Cooking Methods > Slow Cooking #161 in Books > Cookbooks, Food & Wine > Kitchen Appliances

Customer Reviews

This cookbook has changed my outlook on eating and in the last month I was able to lose weight so easily it's scary! I've stopped eating processed sugars and now only eat pretty much only healthy food. Besides losing weight I also noticed an increase in energy throughout the day. My husband wasn't a big fan in the beginning but now he absolutely loves it! What I love the most about the recipes in this book is that they TASTE GREAT! The book convinced me that healthy food can be extremely delicious and easy to prepare - 10/10.

Switching to a whole food diet was a challenge for me. I did a lot of research online and bought a couple of different cookbooks but all of them had a lot of complicated or bland recipes. I've read 60% of the cookbook and so far there is not one recipe that I didn't enjoy. I love it! The recipes are easy to follow and super tasty! The best thing is that I am losing weight like crazy! I should have started sooner so I would be more ready for the summer but I guess we can't have it all ã ã ã™ã Overall a very comprehensive

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Health and Easy Weight Loss (Soup Recipes,Chicken Soup ,Soup Cookbook ,Slow Cooker Soup Recipes)

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