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AF9 - DEVAN MYA

"Health is like money, we never have a true idea of its value until

we lose it." Do you want more energy throughout the day? Do you want to lose weight, feel better, and live longer? Are you looking to improve your health: mind, body, and soul? If so, then the

30 Day Whole Food Challenge is for you. The 30 Day Whole Food Challenge is a guidebook to better health in 30 days, a meticulously developed system for improving health, resetting your metabolism, and safely losing weight. The idea behind the challenge is to remove the unhealthy, toxic processed foods we eat throughout the day and replace them with whole foods. Whole foods refer to any foods that occur in nature and contain organic nutrients. These delicious and healthy alternatives remove toxins that are put into your body when processed foods are consumed. The idea behind the Whole30 Diet is to restructure your eating habits in a few simple, clear steps that will promote health, wellness, and weight loss. Here's what you can expect in this guide: A clear overview of the Whole Foods Diet Simple steps for starting (and sticking to) the system A sample Whole Foods-safe meal plan Tips and tricks for travel and social meals 90 award-winning and delicious recipes And much, much more! Push the reset button on your health, and start reaping the benefits of a healthy, whole-food lifestyle by applying this system to your daily regimen. This guide is filled with delicious recipes to help you enjoy the challenge and make it work for you. Breakfast, lunch, and dinner guides make it easy to plan ahead and stay on track with your diet. Here's a glimpse at some of these creative alternatives: Almond and Blackberry Smoothie Basil, Berry, and Cucumber Flavored Water Avocado Bake Creamy Chicken and Mushroom Curry Soup Chop Suey with Chicken and Shrimp Pineapple Pork Spicy Chili Roasted Quails with Carrots and Sweet Potatoes And so much more mouth-watering dishes to inspire you! So if you're ready to transform your mind, body, and soul, take the challenge and see what the Whole Foods Diet can do for you.

Grab your copy of *The 30-Day Whole Food Challenge: Complete Cookbook of 90-Award Winning Recipes Guaranteed to Lose Weight* right now!

An easy way to cook and eat that checks all the right boxes: healthy, wholesome, comforting, and convenient. *Whole Food Slow Cooked* is the solution to nourishing friends and family with ease and style. Each recipe offers cooking methods for both slow cooker and stovetop and is designed to fit in around a busy schedule. And, because slow cooking means you can make the most of cheaper cuts of meat by braising them to melting tenderness, it's economical, too. Just fire up the slow cooker in the morning and come home to a kitchen filled with the aroma of caramel pork belly, pea and ham soup, or the ultimate bolognese ready to toss into a pan of pasta. With curries, seafood, lazy weekend fare, and plenty of meat-free options, you'll never be short of ideas to keep everyone happy and well-fed. Healthy and convenient don't usually go together, but now you can really have the best of both worlds!

Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, *Skinnytaste*. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, *Skinnytaste* is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut

Cookies that are low in sugar and butter-free but still totally indulgent. The Skinnytaste Cookbook features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started “skinny-fying” her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, The Skinnytaste Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

30 Day Whole Food Challenge! In this book you will find over a hundred recipes that are 100% organic, easy on the budget and friendly on the waistline. Each weekly meal plan is a variety of whole food recipes ranging from soups and salads to chicken dishes, roasted meats, baked goods, and many others. It is guaranteed that the ingredients used in each dish are clean, chemical-free, and devoid of artificial flavors and preservatives. The term "whole foods" refers to ingredients that are organic and closest to their natural state, which means they have either sprouted from the ground or have been sourced from animals. These foods contain healthy doses of vitamins and nutrients such as carbohydrates, protein, fat, fiber, natural sugars, and sodium. Fruits, vegetables, lean protein, grains, eggs, dairy, oils, seeds and nuts are the main components of a whole food diet. Whole foods provide the human body with numerous health benefits such as lower health numbers, a stronger immune system, and healthier digestion. However, another major contribution of whole foods is its

fat-burning properties, making it a perfect weight loss partner. A regular intake of organic dishes helps boost metabolism, raises energy levels, and triggers ketosis, a fat-burning process that results in weight loss. This book provides us with basic know-how about whole foods, including their role in long-term weight loss and how eating them is a much better option than eating processed, unhealthy ingredients. You will likewise find tips, a whole foods list, and recipes that will guide you on your 30-day whole food challenge. Here is just a few of the amazing recipes inside this book: Slow Cooker Vegetable Soup Banana & Avocado Smoothie Arugula and Mackerel Salad Herbed Lamb and Romaine Wedges Cold Cucumber and Celery Soup Tangy Rosemary Chicken with Carrots Chicken Adobo with Coconut Cream Italian-style Braised Mussels Crockpot Chicken Stew Sweet Potato and Sorghum Porridge Beef and Cauliflower Rice Bowl Grilled Chicken with Green Herb Sauce Shrimp and Avocado Salad And Much, Much More... Get Your Copy Right Now!

150 TOTALLY COMPLIANT Whole30 prep-and-go recipes for your slow cooker

A New York Times bestseller featuring 150 all new, Whole30-compliant recipes—all fast and easy to prepare Millions of people have transformed their lives with Whole30, yet co-creator Melissa Hartwig wants to make it even easier to achieve Whole30 success—with delicious, compliant, fast, and easy recipes. This follow-up to the best-selling The Whole30 Cookbook is packed recipes designed to get you out of the kitchen fast, so you can enjoy all the benefits of your Whole30-inspired lifestyle. The Whole30 Fast and Easy Cookbook features: Recipes perfect for

weeknight cooking, lunches in a hurry, and hearty breakfasts that still get you out the door on time. Nearly effortless skillet meals, stir-fries, sheet-pan suppers, and slow-cook and no-cook meals, most of which can be made in 30 minutes or less. Creative, delicious meals using widely-available ingredients found in any supermarket. Melissa's favorite kitchen hacks, designed to save time and money while maximizing flavor. Whether you're doing your first Whole30 or your fifth, or just looking for some healthy, fast, and easy recipes to try, this collection is a must-have for any kitchen.

Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. Paleo Cookbook: 30 Best Paleo Recipes for Slow Cooker Paleo Low Carb Diet: 30 Delicious Low Carb And Paleo Recipes for Slow Cooker can be a good cookbook for you. These meals are easy to try to live a healthy life. This book has 30 delicious low carb recipes and these items are easy to prepare in the slow cooker. You can plan your meal plan for 30 days and prepare yummy items easily. With the help of these recipes, you can enjoy a variety of dinner, lunch, and dessert recipes. All food items taste great and 30 recipes are given with images. You have to exclude grains, dairy products, sugar, processed oils, legumes, salt, coffee and alcohol. You should avoid modern processed foods and harmful food that can increase your weight. It will be good to consume grass-fed meat, chicken, hen, duck and turkey, and wild fish. With the help of these recipes, you can enjoy a better health. This book will offer: Paleo Slow Cooker Breakfast Paleo Slow Cooker Snacks and Lunch Recipes Slow Cooker Soups, Stews and Casserole for Dinner Slow Cooker Dessert and Drinks. Download this book because it

has 30 recipes for all of you. If you want to increase the speed of weight loss, you can try these recipes. Download your E book "Paleo Cookbook: 30 Best Paleo Recipes for Slow Cooker" by scrolling up and clicking "Buy Now with 1-Click" button!

Quick weight loss that lasts--one-pot recipes and meal plans. Sustainable weight loss is about more than dieting--it's about changing your lifestyle. The One-Pot Weight Loss Plan has 85 mouthwatering one-pot recipes and four meal plans to help you lose weight quickly--and keep it off over the long-term. You won't feel like you're missing out on your favorite foods with recipes like Pesto Quinoa Bowl, Turkey Chili, Ground Beef Tacos, and Strawberry Cheesecake that take only one "pot" to make and are packed with flavor. You'll also get a brief exercise plan, handy grocery shopping lists, a helpful template for creating your own meal plans, and more. This weight loss guide includes: Diverse dishes--Try a variety of delicious one-pot recipes using everything from sheet pans to Dutch ovens, skillets, blenders, and beyond. Lifestyle tips--Get practical pointers for adopting a healthier lifestyle, including tips for reducing stress, getting plenty of sleep, and establishing an exercise routine. Macro-level info--Learn what macronutrients are and why they matter, plus get guidance on how to balance your macros for optimal weight loss that lasts in the long-term. Drop the pounds and keep them off. These delectable one-pot recipes and healthy meal plans are everything you need for quick, lasting weight loss.

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, SERV-

ING 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!**

Healthy, delicious meals have never been easier! The slow cooker, pressure cooker, and Instant Pot® meet freezer cooking in this all-new, beautifully photographed, and rigorously tested cookbook. It's dinnertime and, yet again, you're behind. The kids are cranky, the fridge is empty, the kitchen is a mess. Sound familiar? That was every night at the houses of popular bloggers and cookbook authors Polly Conner and Rachel Tiemeyer until they discovered freezer cooking. And once they realized that freezer meals could be made even easier with the hands-free magic of the pressure cooker, Instant Pot, or a slow cooker, dinn-

ertime drama became a thing of the past. From breakfast options like Peanut Butter Cup Steel-Cut Oats and Denver Omelet Casserole to dinnertime faves such as Fiesta Lime Chicken Bowls and French Dip Grilled Cheese Sandwiches, every recipe is made with recognizable, whole-food ingredients. You'll learn how to prep and freeze bright, flavorful food so that you're never more than a few minutes away from a hot, homemade meal.

Challenge yourself with better eating habits for 30 days! Give the Whole Food 30-day Challenge a try and regain your health and freedom from foods that can sabotage your well-being. Eliminating all foods that can harm your health from your diet is the best gift you can give yourself. Not only will you improve your health in general but also lose some weight, feel energized, boost metabolism, focus better, gain radiant skin, eliminate digestive problems, and much more. If you are interested in changing your life and taking charge of your health, then the Whole Food 30 diet is perfect for you. It is a dietary plan that is designed to eliminate many of the foods that could be causing health issues such as slow metabolism, acne, diabetes, and even heart disease and cancer. In the process, it will change the way you think and feel about food. What you feed your body matters, and you need a solid plan for resetting and reprogramming your metabolism and your health. The Whole Food 30 Day Challenge can help you do all of this, and make the journey delicious and exciting. It contains a complete 30-day meal plan, along with a recipe for every dish. If you have been wanting to devote 30 days to your health, but have been unsure how to start, this cookbook will take away all of the guesswork and provide you with unbelievably tasty, healthy, Whole 30-compliant dishes that will not only change

your attitude toward food, but will also change the way you prepare the meals you nourish your body with. To succeed on the 30-day Whole food challenge, you need a plan, and this book provides just that: a plan that guarantees delicious victory. Inside, you'll find: An introduction to the Whole Food 30 Day Challenge including the rules to follow, the health benefits, some frequently asked questions, and why you should do it. Keys to success with concrete tips to make your Whole food eating challenge easier. A 30-day meal plan with a different recipe for each meal for the whole 30-day challenge! 30 delicious breakfast recipes such as the Chili Lime Chicken Omelet, the Curried Mushroom Scramble, and the Creamy Sausage Salad. 30 tasty lunch recipes like the Hawaiian Pineapple Burgers, the Roasted Kale Salad with Spiced Pears and the Italian Sirloin Skewers. 30 delightful dinner recipes like the Spicy Stuffed Peppers with Guacamole Salad, the Rustic Meatballs with Stone Fruit Greens and the No Fuss Sheet-Pan Chicken. Amazing snack recipes such as the Zucchini Chips and the Sticky Blueberry Energy Nuggets. Simple natural treats such as the Frozen Banana Berry Cream and the Tropical Mint Popsicles. What are you waiting for, let get started now! Let's start cooking healthy meals today! Scroll back up and order your copy today!

This BUNDLE OFFER contains 3 BOOKS +PLUS 1 FREE ADDITIONAL BONUS BOOK: 1) KETO MEAL PLAN: YOUR COMPLETE 30 DAYS KETO-ADAPTATION RECIPE COOKBOOK (with macros & total carb/net carb calculation) 2) KETO SLOW COOKER COOKBOOK FOR BEGINNERS - YOUR EASY KETO RECIPES 3) KETO DESSERTS RECIPES - A year of sweet treats for ketogenic & low carb diets (with nutritional value calculations per recipe) 4) INTERMITTENT

FASTING: The #1 complete guide to fasting & long lasting weight loss Description: 1) KETO MEAL PLAN: - The complete monthly guide schedule for breakfast, snacks, lunch and dinner for your best and fastest adaptation to the Keto lifestyle! - Over 77 healthy and delicious whole-food recipes that will help your body burn fat and keep your cravings to zero For those who are brand-new to a ketogenic diet and those who are getting back on track after falling off the wagon, the first 30 days on a ketogenic diet can be challenging. Your 30-Day Ketogenic Meal Plan is not like most of the keto or recipes books you have read. It makes things simple, by eliminating confusion and some of the myths that exist in the low carb community and by laying out the milestones you must observe to have success on your keto quest. Offering a customizable approach that is tailored to the unique needs of the individual empowers everyone to develop a personalized nutrition plan, offering an incredible broad range of options for you to feel your everyday life can perfectly satisfy you even without (or at least with very low levels of) carbs. -Overview table of your 30 day Meal Plan - with macros & net carb calculations -Understanding your macros: how to deal with calorie and determine your right fat intake -How to manage protein intake so it is not too high or too low -How to deal with carbs: total carbs vs. net carb calculation -What to do to ensure you do not fall short on micronutrients -How to avoid Keto Flu -Breakfast recipes -Lunch recipes -Snack recipes -Dinner recipes ...each recipe is detailed with nutrition values and total and net carb calculation 3) KETO SLOW COOKER COOKBOOK FOR BEGINNERS - YOUR EASY KETO RECIPES - Slow cooking: all there is to know! - Pork keto slow cooker recipes - Beef and game slow cooker recipes - Poultry keto slow

cooker recipes - Fish & seafood keto slow cooker recipes - Soup & other original dishes keto slow cooker recipes - Sweet keto slow cooker recipes ...each recipe is detailed with nutrition values and total and net carb calculation 3) KETO DESSERTS RECIPES A year of sweet treats for ketogenic & low carb diets (with nutritional value calculations per recipe) (Ketosis cookbook) -Ketoessentials: the essential equipment to become a real ketochef -Getting to know the ingredients of the Keto dessert Chef: Sweeteners -Getting to know the ingredients of the Keto dessert chef: Flours -Fat bomb recipes -Keto cake recipes -Keto chocolate recipes -Keto mousses & cream recipes -Keto ice creams -Keto traditional festivity recipes -Nutrition facts of the Keto dessert chef's main ingredients...each recipe is detailed with nutrition values and total and net carb calculation 4) FREE BONUS BOOK INTERMITTENT FASTING Today, intermittent fasting has gained a lot of popularity and is becoming the modern and natural way of losing weight. Intermittent fasting is not just a simple diet; it is a healthy eating plan. The eating method is an efficient way of scheduling your meals so that you can get the most out of them. Download it now!

#1 NEW YORK TIMES BESTSELLER • The game-changing author of Tribe of Mentors teaches you how to reach your peak physical potential with minimum effort. "A practical crash course in how to reinvent yourself."—Kevin Kelly, Wired Is it possible to reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than a marathoner by bingeing? Indeed, and much more. The 4-Hour Body is the result of an obsessive quest, spanning more than a decade, to hack the human body using data science. It contains the collective wisdom

of hundreds of elite athletes, dozens of MDs, and thousands of hours of jaw-dropping personal experimentation. From Olympic training centers to black-market laboratories, from Silicon Valley to South Africa, Tim Ferriss fixated on one life-changing question: For all things physical, what are the tiniest changes that produce the biggest results? Thousands of tests later, this book contains the answers for both men and women. It's the wisdom Tim used to gain 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time. From the gym to the bedroom, it's all here, and it all works. You will learn (in less than 30 minutes each):

- How to lose those last 5-10 pounds (or 100+ pounds) with odd combinations of food and safe chemical cocktails
- How to prevent fat gain while bingeing over the weekend or the holidays
- How to sleep 2 hours per day and feel fully rested
- How to produce 15-minute female orgasms
- How to triple testosterone and double sperm count
- How to go from running 5 kilometers to 50 kilometers in 12 weeks
- How to reverse "permanent" injuries
- How to pay for a beach vacation with one hospital visit

And that's just the tip of the iceberg. There are more than 50 topics covered, all with real-world experiments, many including more than 200 test subjects. You don't need better genetics or more exercise. You need immediate results that compel you to continue. That's exactly what *The 4-Hour Body* delivers.

You've tried it all: Raw Food, Clean Eating, Low Carb - and so on. But you still haven't achieved your health and weight loss goals. Make this time different. Eating healthy Whole Food regularly has been shown to promote improved health and fat loss. Enjoy dozens of amazing, healthy whole food meals you can easily prepare at home tonight in your slow cooker! Each and every recipe

uses only 100% Whole Food-approved ingredients and includes key nutritional information so you can make informed choices. Most of us have an unhealthy relationship with food because we don't fully understand its effects. We eat things that hurt our bodies, like fast food and sugar, and struggle with health problems that range from obesity to high blood pressure to digestive distress. The 30 Day Whole Food Challenge is a reset that has transformed countless lives. By eliminating certain food groups and cutting out sugar and processed junk, Whole Food enthusiasts fuel their bodies with high-quality meats, vegetables, fruit, and fats, and feel better than ever! This book lays out everything you need to know about Whole Food, including what it is, why it works, and how to succeed for the full 30 days. You'll get to know the rules by heart and know what to expect in terms of the growing pains that accompany a significant change in diet, like headaches and fatigue. People also report feeling isolated and lonely because they can't eat out anymore, so we will walk you through how to find restaurants with Whole Food options. The book also contains a whole bunch of resources you can turn to as you begin your Whole Food journey. Author and Whole Food enthusiast Lauren Shelby was moody, overweight, lethargic, and suffering from numerous discomforts when she tried a whole food "challenge." 30 days later she could feel the incredible difference eating real food can make. she adopted the simple principles of the whole food lifestyle: eat real, honest food. not a factory processed imitation. Will you accept the challenge?

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.

Whole Food Slow Cooked is a collection of recipes for busy people who want to eat simply, but healthfully.

"Slow cooking and one-pot meals are the ultimate convenience food. Just fix and forget, then enjoy a nourishing meal when everyone gets home. Unfortunately, most slow cooker and one-pot recipes depend on processed, high-carbohydrate ingredients like noodles, potatoes, and other high-glycemic ingredients which aren't allowed on the ketogenic diet. Keto Slow Cooker & One-Pot Meals lets you enjoy your slow cooker while maintaining your ketogenic diet, too! Filled with 100 delicious recipes for everything from satisfying soups, to quick skillet meals, and savoury stews, you'll always be able to get a healthy ketogenic meal on the table with no fuss!"--Provided by publisher.

Delicious and Healthy Whole Foods Recipes to Lose Weight and Improve Health! In this book you will find: ● Breakfast ● Poultry ● Beef ● Pork ● Seafood ● Sides + Snacks ● Vegan ● Dips and Sauces ● Desserts Get a copy of this 30-Day Whole Foods Slow Cooker Cookbook for Easy and No-Fuss Meals!

Lose weight, feel great, stop the dinnertime stress! Are you tired, overweight, and low on energy? Join the millions of people who have lost weight and changed their lives by switching to a Whole Foods diet for 30 days. Ashley Wilmer is one of them. A busy working mother, Ashley lost 10 pounds by doing a 30 day Whole Foods challenge. But as soon as the 30 days were over, she couldn't seem to keep the weight off or dinner on schedule. Then, she discovered meal prep. With meal prep, Ashley found the secret to sticking to a Whole Foods lifestyle: delicious, insanely easy, totally compliant meal prep recipes. Once she had the right Whole Foods meal prep recipes, Ashley kept losing weight by sticking to a rotation of delicious, grain-free, dairy-free, sugar-free meals that she could have on the table in 5 minutes. Suddenly, hurried weeknight cooking and accidental cheating became a thing of the past. Now, for the first time ever, she's sharing those game-changing recipes in The 30 Day Whole Foods Meal Prep Cookbook: The Easiest + Fastest Whole Foods Compliant Meal Prep Recipes for Your 30 Day Challenge. In The 30 Day Whole Foods Meal Prep Cookbook, you'll find: Affordable, easy-to-find ingredients: The recipes in The 30 Day Whole Foods Meal Prep Cookbook have short, totally compliant ingredient lists, with an emphasis on bright vegetables and hearty proteins. The 50 best Whole Foods meal prep recipes: Don't waste time wading through hundreds of mediocre recipes. The 30 Day Whole Foods Meal Prep Cookbook

takes you straight to the 50 fastest and easiest Whole Foods meal prep recipes for your 30 day challenge and beyond. 7 Ingredient, 20 Minute, and Kid-Friendly recipes: Because who doesn't want a Whole Foods meal prep cookbook that fits in with real life? So don't stay stuck in the same unhealthy eating patterns. With The 30 Day Whole Foods Meal Prep Cookbook, you're just a meal prep away from a healthy, delicious, and insanely easy new way to eat. For each copy of The 30 Day Whole Foods Meal Prep Cookbook sold, one meal will be donated to a family in need through Feeding America.

Paleo and slow cooking go hand in hand because they both yield healthy and delicious food without much hassle and without sacrificing taste at all. It's simple and easy to cook your Paleo food in a crock pot and this book is designed to show you how it's done. It contains 30 Paleo recipes suited for your crock pot, split in 5 chapters: breakfast, main dishes based on three types of meat and dessert to finish off your meal on a high note. The idea behind this book is that combining any of these recipes, you can make up a full Paleo menu for various days in a row. Plus, don't forget that no recipe is set to stone and you can customize them all and make them your own creations by changing ingredients and removing or adding spices and herbs. All 30 recipes are healthy and delicious and only use ingredients that actually bring some nutrients into our system, from lots of vegetables to fiber loaded flours for dessert. So put your apron on and get cooking because healthy and skinny doesn't mean no food, but eating as healthy as possible and in moderation. And Paleo diet in a slow cooker offers you precisely that - healthy cooked food, loaded with flavors and without hassle or special cooking skills. Can it be

easier than that?!

Are you currently following a whole 30 diet or planning to in the near future? Do you want to get rid of the exhausting diets and adopt a diet that can help you lose weight in no more than thirty days? If you want to make changes and revert your eating habits to consuming natural whole foods, then this book is definitely for you. This Whole 30 slow cooker cookbook has been created and written based on your physical and health needs. Everything you will find in this practical recipe book is innovative and ready to use and put on the table!!! Here is a short preview of what you'll learn from this book: - What is the Whole30 diet - Foods to Eat and Avoid - Tips on how to lead a successful whole30 diet - What is a slow cooker - How to use a slow cooker - 80 Whole30 diet slow cooker recipes - And much more! Grab this book today and see for yourself what kind of amazing Whole 30 recipes you can make tonight in your Instant Pot!

Are you familiar with Whole 30 Diet? Do you have a slow cooker (Crock-Pot) or want to have one? Do you want to combine both to have delicious & easy recipes and have a better lifestyle? If yes for any of above questions, then this book is right for you! Keep reading... Whole 30 Diet program provides a healthy transformation that will enhance and improve your life in a positive way. Below are some of the benefits you will have: Have a more sound and relaxing sleep. Experience consistent energy through the day. Reduce digestive issues, such as gas, bloating, stomach rumbling. Anxiety levels will reduce significantly. Condition of your skin will improve. Hair will be healthier and shinier. Workout sessions will be more effective. Will help trim body fat. Slow Cooker/

Crock-Pot) is designed to produce mouthwatering and enticing meals by cooking them over low temperature for an extended period of time. By using a Crock-Pot Slow Cooker, we will have many benefits: Slow Cooker allows you cook a wide variety of meals with absolute ease. Slow Cooker helps enjoy summer and winter meals all the time. Slow Cooker tenderizes less-expensive cuts of meat, adding flavor. Slow Cooker helps save you time and money This book combines Whole 30 with Slow Cooker, providing you very simple, healthy and flavored recipes. Inside this book, you will find: Beef, Pork, Lamb, Goat, Seafood, Poultry, Salad, Soups, Broth, Stews, Appetizers, Vegan, Vegetarian, and Side Dishes Recipes. Anything you will find in it, which will help you with a sustainable and long-term Whole 30 Diet. Besides, you will also find many useful tips and information about whole 30 diet and slow cooker. Below is some essential knowledge you will know: How to have a successful whole 30 diet during and after 30 days. What food to eat or avoid. What symptoms may have during the process. Everything essential of Slow Cooker from purchasing, using to maintenance. With so many useful tips and delicious recipes, you will absolutely have a successful and comfortable Whole 30 Diet. Welcome to the healthy eating world! Scroll up to click the "BUY NOW" button to get this amazing and helpful book now!

Uncontrolled diabetes causes people to literally waste away, losing their mobility, eyesight, and independence. The authors inspire you to take control of your health and turn your condition around with conviction and daily commitment.

Have you ever heard about whole 30 diet but didn't know how to start this diet? Do you want to change your body health in just 30

days? Do you want to have a comfortable life meantime save your time regarding the cooking process? If yes of any questions above, then this book is really only for you! While writing this book, my core aim was to ensure that readers of all stages of Cook were able to grasp the concept of Whole30 diet and Slow Cooker. In doing so, I tried my very best to keep this book as simple and easy to understand as possible. Whole30 diet program provides a healthy transformation that will enhance and improve our life in a positive way. Below are some of the benefits: Eliminating sugar from your body, you will experience a more sound and relaxing sleep. Experience consistent energy through the day. Reduce digestive issues, such as gas, bloating, stomach rumbling. Anxiety levels will reduce significantly. Condition of your skin will improve. Hair will be healthier and shinier. Workout sessions will be more effective. Will help trim body fat. The whole book will show you all essentials about whole 30 diet, which is the ultimate guide of whole 30 diet! It has been divided into bite-sized sections. Each of those sections focuses on a single topic. It will be very easy for you to understand! The beginning of the book focuses on explaining the essentials of using a slow cooker, then the Whole30 chapter. And finally, you will explore the Whole30 slow cooker recipes. I hope you enjoy the book and live your Whole30 diet and slow cooker experience to the fullest. Grab this amazing whole 30 slow cooker cookbook now to have a healthy happy living!

Follow The Path To Unlimited Health And Vitality By Getting Your Whole Food Diet Challenge Underway Today By Making Use Of These Nutritious Recipes Do you want to look younger by losing

some weight? Or do you desire to develop a superior immune system and enhance your energy levels? The Whole Food Diet Program is a distinct, step-by-step blueprint that teaches how to break harmful eating habits, reduce cravings for food, enhance digestion and fortify your immune system. It has helped millions of individuals around the world to transform their lives in just four weeks and has changed their mindset about food, their bodies as well as their lives. This program addresses the consumption of fresh fruits, poultry, vegetables, seafood, eggs and free range meats for the most part. The approach implemented in the diet program results in better health and natural weight loss accompanied by striking improvements in the area of sleeping, enhanced energy levels, sense of worth as well as your mood. This book contains a meal plan for 30 days along with the recipes. You will find many tips as well as clarifications on what to eat and which food to avoid. You may be saying, 'What makes whole foods different from other types of foods?' Whole foods have the ability to fill you up and are nothing like other types of foods that will leave you craving for snacks to stop hunger pangs. In addition to the healthy recipes covered in this book, you'll find topics like: Introduction to the Whole Food Diet Program The Rules of the Whole Food Diet Program Helpful tips for surviving the Whole Food Diet Program as a beginner Eating whole foods help you to lose weight. This will not happen overnight, for it takes about 21 days before you start to see the effects of eating whole foods. To tell you the truth, you will be enjoying the same type of diets that the cavemen of old enjoyed. If your plan is to save a lot of money, then go through the meal plan. Take notes and then make purchases in bulk. You will be able to save some money anytime

you make bulk purchases. You can also go the same way with the veggies, too. Buy enough vegetables that will last for as long as two to three days to cover the recipes. So, feel free to come in, relish the food, and learn a little more about whole foods even as you lose some weight. I'm confident that you will let your friends know all about how you got your new look as well as the feel-good factor bubbling inside you. Scroll up and click the BUY button to add this amazing book to your collection

#1 New York Times Bestseller The creator of the 100 Days of Real Food blog draws from her hugely popular website to offer simple, affordable, family-friendly recipes and practical advice for eliminating processed foods from your family's diet. Inspired by Michael Pollan's *In Defense of Food*, Lisa Leake decided her family's eating habits needed an overhaul. She, her husband, and their two small girls pledged to go 100 days without eating highly processed or refined foods—a challenge she opened to readers on her blog. Now, she shares their story, offering insights and cost-conscious recipes everyone can use to enjoy wholesome natural food—whole grains, fruits and vegetables, seafood, locally raised meats, natural juices, dried fruit, seeds, popcorn, natural honey, and more. Illustrated with 125 photographs and filled with step-by-step instructions, this hands-on cookbook and guide includes: Advice for navigating the grocery store and making smart purchases Tips for reading ingredient labels 100 quick and easy recipes for such favorites as Homemade Chicken Nuggets, Whole Wheat Pasta with Kale Pesto Cream Sauce, and Cinnamon Glazed Popcorn Meal plans and suggestions for kid-pleasing school lunches, parties, and snacks "Real Food" anecdotes from the Leakes' own experiences A 10-day mini starter-program, and much more.

Kindle MatchBook: The Kindle edition is FREE when you buy the paperback edition today! 30 Days of Paleo slow cooker recipes (90 individual recipes in total - 30 for Breakfast, 30 for Lunch, and 30 for Dinner) to promote rapid weight loss, increased energy, and optimal health so you can feel better than ever. Accept the Paleo slow cooker challenge! Some of the most respected authorities on nutrition, weight loss, and overall wellness have recognized that a Paleo lifestyle is one of the most effective ways to not only lose excess body fat quickly, but promote maximum overall health in order to improve your quality of life! When combined with your slow cooker, the Paleo lifestyle is easily accessible for anyone no matter how little time or extra money you have! 30 Days of Healthy, Amazing Paleo Recipes You Can Cook in Your Slow Cooker! This cookbook is specifically made for doing a Paleo slow cooker challenge. Each and every day for 30 days you will have three delicious, healthy, fully Paleo recipes at your fingertips. There are 30 energy-packed breakfasts to get your day started, 30 tasty lunch recipes that you can look forward to, and 30 satisfying dinners that you will fill you up as the extra weight comes tumbling off of your body. Together they form an amazing collection of fresh, healthy recipes for Paleo enthusiasts! Even after your 30 day Paleo challenge is complete, you will want to make these recipes over and over again, not just because of the dramatic weight loss you'll experience, but because they taste so good! 100% Paleo-Compliant Slow Cooker Recipes - The Ultimate Weight Loss Method! 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 all of the vitamins and nutrients to be preserved and consumed when you eat the food, instead of being destroyed the way they often are with other cooking methods. Losing Weight Can Be Easy! Losing weight can be a struggle, but it doesn't have to be! When you have recipes you love for a meal plan that works, weight loss becomes both easy and fun! Paleo has helped thousands of people to lose 30 pounds per month. How would your weight loss efforts improve if you had a full month worth of delicious Paleo Slow Cooker recipes at your fingertips? Accept the 30 Day Paleo Challenge! Grab this cookbook today and discover why those in the know are raving about Paleo. Enjoy amazing, fresh, tasty Paleo Slow Cooker meals every day for 30 days! Don't take a pass on these Paleo Slow Cooker recipes that your family will love and that will make you look thinner and feel healthier and better than you have in years! Accept the challenge!

A guide for healing the body with a high-fat, moderate-protein, low-carbohydrate diet offers a thirty-day meal plan with corresponding shopping lists and ketogenic recipes to reset metabolism, shed weight, and increase energy levels.

This BUNDLE OFFER contains 3 BOOKS +PLUS 1 FREE ADDITIONAL BONUS BOOK: 1) KETO FOR BEGINNERS: THE #1 COMPLETE GUIDE TO KETOSIS AND THE KETOGENIC DIET 2) KETO MEAL PLAN: YOUR COMPLETE 30 DAYS KETO-ADAPTATION RECIPE COOKBOOK (with macros & total carb/net carb calculation) 3) KETO SLOW COOKER COOKBOOK FOR BEGINNERS - YOUR EASY KE-

TO RECIPES 4)INTERMITTENT FASTING: The #1 complete guide to fasting & long lasting weight loss Description: 1)KETO FOR BEGINNERS: -What is Ketosis and how does your body work -How do Keto diets achieve rapid weight loss -Which are the main differences between a Keto and other known diets -How to start and when to stop a ketogenic diet -Keto diets and sport and exercise -The effects of a Keto diet on pregnancy -How does a Keto diet help you squash migraines -A perfect Keto complete meal plan -The Keto meal Formula: how to create a keto meal plan -Keto recipes: breakfast, lunch and dinner with nutritional factsand much much more 2)KETO MEAL PLAN: - The complete monthly guide schedule for breakfast, snacks, lunch and dinner for your best and fastest adaptation to the Keto lifestyle! - Over 77 healthy and delicious whole-food recipes that will help your body burn fat and keep your cravings to zero For those who are brand-new to a ketogenic diet and those who are getting back on track after falling off the wagon, the first 30 days on a ketogenic diet can be challenging. Your 30-Day Ketogenic Meal Plan is not like most of the keto or recipes books you have read. It makes things simple, by eliminating confusion and some of the myths that exist in the low carb community and by laying out the milestones you must observe to have success on your keto quest. Offering a customizable approach that is tailored to the unique needs of the individual empowers everyone to develop a personalized nutrition plan, offering an incredible broad range of options for you to feel your everyday life can perfectly satisfy you even without (or at least with very low levels of) carbs. -Overview table of your 30 day Meal Plan - with macros & net carb calculations -Understanding your macros: how to deal with calorie and determine your right

fat intake -How to manage protein intake so it is not too high or too low -How to deal with carbs: total carbs vs. net carb calculation -What to do to ensure you do not fall short on micronutrients -How to avoid Keto Flu -Breakfast recipes -Lunch recipes -Snack recipes -Dinner recipeseach recipe is detailed with nutrition values and total and net carb calculation 3) KETO SLOW COOKER COOKBOOK FOR BEGINNERS - YOUR EASY KETO RECIPES Here's a preview of what you'll have.... - Slow cooking: all there is to know! - Pork keto slow cooker recipes - Beef and game slow cooker recipes - Poultry keto slow cooker recipes - Fish & seafood keto slow cooker recipes - Soup & other original dishes keto slow cooker recipes - Sweet keto slow cooker recipeseach recipe is detailed with nutrition values and total and net carb calculation 4)FREE BONUS BOOK INTERMITTENT FASTING Recent scientific studies on intermittent fasting have confirmed that fasting not only helps to lose weight but also lowers risk of developing diseases, including heart disease, high blood pressure, type 2 diabetes and some cancer. This book gives you a full proof plan to lose weight without needing a major lifestyle change. You will start to enjoy a variety of health benefits as soon as you start fasting. Today, intermittent fasting has gained a lot of popularity and is becoming the modern and natural way of losing weight. Intermittent fasting is not just a simple diet; it is a healthy eating plan. The eating method is an efficient way of scheduling your meals so that you can get the most out of them. Download it now! Easy, nourishing, plant-based recipes for your slow cooker Your slow cooker holds the key to creating healthy, plant-based meals that are affordable, flavorful, and practically effortless. This plant-based cookbook is packed with slow-cooker recipes that help

you serve up tender, hearty whole-food dishes even on your busiest days. Brush up on the basics of the three most common plant-based diets and the fundamentals of slow cooking before diving into recipes for breakfasts, soups, entrées, desserts, and more--no kitchen experience required. Simplify your life with a plant-based cookbook that includes: Quick prep--Discover a variety of hands-off options that only take a few steps of prep before your slow cooker finishes the work for you. Flexible flavors--Explore recipes that are full of flavor without salt, oil, and refined sugar and many that include options for using faux meats or dairy alternatives. Nutritional info--Fit your lifestyle with a plant-based cookbook that includes nutritional information for each recipe, as well as plenty of options for soy, gluten, and nut-free dishes. Set and forget your slow cooker to create delicious, nourishing meals with this plant-based cookbook.

Have you found that your family has been eating all the wrong food lately? Would you like to be able to provide nutritious and healthy food that is easy to prepare? You can do that now, save time, eat better and still have all the delicious taste that you want, with The 30 Day Whole Foods Slow Cooker Challenge: Delicious, Simple and Quick Whole Food Slow Cooker Recipes for Everyone. Inside the pages of this book, you will discover a new way to feed your family that is healthy and provides them with all the nutrition they need, with chapters on: An explanation of the challenge The benefits of using a slow cooker The rules of the challenge A guide to the food you can eat A selection of delicious recipes to try And more... With ideas for filling breakfasts to set you up for the day, soups and sides, main meals, vegetarian options, snacks and even a holiday dinner menu that is perfect for a

little indulgence, this book will make eating healthier a joy rather than a chore. Get a copy of The 30 Day Whole Foods Slow Cooker Challenge now and change the way you eat forever!

The best-selling authors of It Starts With Food outline a scientifically based, step-by-step guide to weight loss that explains how to change one's relationship with food for better habits, improved digestion and a stronger immune system. 150,000 first printing.

Living healthy and staying fit is a necessary prerequisites to long life in this world. And we cannot be healthy if we continue to consume foods that will impact negatively on our health. Most of the foods being sold out there are laden with food additives and chemicals which experts has warned has not be confirmed to be safe for our body. Hence a need to watch what we consume and go on a program that will restore our body food relationship in a healthy way. Whole Food Diet emphasizes eating of whole natural foods. This book "30 Day Whole Food Challenge: Over 100 Delicious Whole Food Recipes to Lose Weight and Stay Fit" is written to guide you by explaining the basics of this type of diet, the benefits and how you can prepare these dishes that are not only delicious but also healthy. You cannot compromise your health and life at the expense of just anyhow food, be it fast foods, junks etc. Learn how to live healthy by going on Whole Food Diet. It will definitely change your life.

Are you thinking about changing the way you eat? Are you looking to eat better food and improve your overall health? The opportunity is here for you now, with 30 Day Whole Food Slow Cooker Challenge, a new book which is packed with chef approved whole food slow cooker recipes, all designed to help you cut out the bad

foods and concentrate on eating just the healthy ones. Inside these pages you'll discover all the tips and tricks that you'll ever need to be able to eat and feel better, including chapters on: What whole foods are The benefits of using a slow cooker Tips on using your slow cooker The 30-day challenge Recipes for every meal A 30-day meal plan to get you started And more... You will feel healthier and happier when you adopt this amazing approach to eating and with dozens of recipes to choose from, you will never be stuck for something tasty to eat. Get a copy of 30 Day Whole Food Slow Cooker Challenge now and see how it can transform the way you eat!

Over 80% of Americans have a slow cooker. If you're one of them, you need this cookbook, and you need to start cooking healthy whole-food recipes with it! The slow cooker as we know it has been around since the 1970's, and has yet to go out of fashion. It's convenient, easy to use, easy to clean, and as you'll soon learn, the perfect way to prepare whole-food meals for the whole family. What are whole foods? It is food as nature intended it - unprocessed and unrefined. So many foods in stores today have had their nutrients stripped out, and are built back up with artificial add-ins, sugar, and other junk to make them bigger and taste "better." If you eat this food, the results are poorer health, weight gain, and vulnerability to diseases as serious as diabetes and cancer. With whole foods, however, all the nutrients have been preserved, so you're getting the real deal. It's grass-fed beef, butter, wild-caught fish, organic vegetables and fruit, whole-grains, and so on. You'll be getting all the nutrients like fiber, calcium, and fatty acids that your body craves. The slow cooker is one of the best ways to prepare whole foods, because the nutrients are pre-

served better than other cooking methods, thanks to the low temperatures. The slow cooking process also creates rich flavors, which are made richer when you add in spices and herbs, so you'll never have to worry about healthy food being tasteless. This book walks you through everything you need to know about slow cooking, from good brands to how to troubleshoot common problems. You'll also find a chapter on how to stock a pantry full of whole foods and what you can expect to feel like after a month of eating well. The heart of the book is, naturally, the recipes. You'll find good eats like: Ham and spinach frittatas Sweet 'n sour chicken Spicy sloppy joe's Dijon and apple pork chops Clam chowder Butternut squash and bean chili Homemade pizza sauce Almond banana bread You'll even find a section just for vegan food, if that's more your style. Whether you're a pro at the slow cooker and want to eat more whole foods, or you're familiar with whole foods and want to use your slow cooker more, or you're new to both, this cookbook will be a great resource you'll return to again and again.

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 cooker recipes. Calm yourself, lose weight, and amaze friends and family with the incredible recipes you create! Each recipe offers serving sizes, calories, carbohydrate counts, fat counts, saturated fat counts, sodium counts, and protein

counts to help you stick to your fitness and nutritional goals. Allow the 30 Day Whole Food Slow Cooker Challenge cookbook to guide you through those dismal winter months and sunny spring days, through summer evenings and rough afternoons of rain and snow. Allow it to feed you, to warm you from the inside out. And allow the intricate flavors of each vegetable and every oil to assimilate together into a delicious, mouth-watering feast. You need something to keep you going; and these recipes can do the trick. One spoonful at a time. **SCROLL UP AND CLICK 'BUY' TO ORDER YOUR COPY INSTANTLY**

"The creators of the popular website The Modern Proper show home cooks how to reinvent what proper means and be smarter with their time in the kitchen to create dinner that everyone will love."--Provided by publisher.

Are you thinking about changing the way you eat? Are you looking to eat better food and improve your overall health? The opportunity is here for you now, with this new book which is packed with chef approved whole food slow cooker recipes, all designed to help you cut out the bad foods and concentrate on eating just the healthy ones.