

150 Totally Compliant Prep-and-Go Recipes for Your Whole30

# THE WHOLE30<sup>®</sup>

# SLOW COOKER

MELISSA HARTWIG

Co-author of the New York Times best-selling *The Whole30*

with  
**Instant  
Pot<sup>®</sup>**  
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## **Book details**

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## **Synopsis book**

A New York Times Bestseller! Since 2009, millions of people have transformed their lives with the Whole30. Now, co-creator Melissa Hartwig is making it even easier to achieve Whole30 success with delicious slow cooker recipes that turn ingredients into delicious, hearty meals while you're out and about. This follow-up to the best-selling *The Whole30 Cookbook* is packed with 150 recipes designed to get you out of the kitchen fast, so you can enjoy all the benefits of your Whole30-inspired lifestyle. *The Whole30 Slow Cooker* features delicious, no-fuss dinners that cook while you work; roasts that transform into tacos, salads, and soups, for easy meals throughout the week; and satisfying one-pot meals that make prep and cleanup a breeze. These creative meals use whole-food ingredients found in any supermarket, and as an added bonus, feature recipes and directions for making your meals Instant Pot-friendly!

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150 Totally Compliant Prep-and-Go Recipes for Your Whole30

# THE WHOLE30<sup>®</sup> SLOW COOKER

MELISSA HARTWIG

Co-author of the New York Times best-selling *The Whole30*

with  
**Instant  
Pot<sup>®</sup>**  
recipes!



A New York Times Bestseller! Since 2009, millions of people have transformed their lives with the Whole30. Now, co-creator Melissa Hartwig is making it even easier to achieve Whole30 success with delicious slow cooker recipes that turn ingredients into delicious, hearty meals while you're out and about. This follow-up to the best-selling *The Whole30 Cookbook* is packed with 150 recipes designed to get you out of the kitchen fast, so you can enjoy all the benefits of your Whole30-inspired lifestyle. *The Whole30 Slow Cooker* features delicious, no-fuss dinners that cook while you work; roasts that transform into tacos, salads, and soups, for easy meals throughout the week; and satisfying one-pot meals that make prep and cleanup a breeze. These creative meals use whole-food ingredients found in any supermarket, and as an added bonus, feature recipes and directions for making your meals Instant Pot-friendly!

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## **Description**

A New York Times Bestseller! Since 2009, millions of people have transformed their lives with the Whole30. Now, co-creator Melissa Hartwig is making it even easier to achieve Whole30 success with delicious slow cooker recipes that turn ingredients into delicious, hearty meals while you're out and about. This follow-up to the best-selling *The Whole30 Cookbook* is packed with 150 recipes designed to get you out of the kitchen fast, so you can enjoy all the benefits of your Whole30-inspired lifestyle. *The Whole30 Slow Cooker* features delicious, no-fuss dinners that cook while you work; roasts that transform into tacos, salads, and soups, for easy meals throughout the week; and satisfying one-pot meals that make prep and cleanup a breeze. These creative meals use whole-food ingredients found in any supermarket, and as an added bonus, feature recipes and directions for making your meals Instant Pot-friendly!



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