



Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb!: (Low Carbohydrate, High Protein, Low Carbohydrate Foods, Low Carb, Low Carb) (Paperback)

By Pamela Cook

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after the conclusion. Low Carb Dump Meals (FREE Bonus Included): 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb! If you are looking for some low carb, easy and healthy Dump meals that will take you minimum time and effort on your part then this is the book that you are looking for. Inside this book you are going to find a wonderful selection of easy to follow healthy Dump recipes that you and your loved ones will look forward to enjoying at the end of a long hectic day. Eating these low carb recipes will help you to lose weight and improve your overall health, adding new life and vibrancy to your lifestyle. The Dump style of preparation is basically where you add all of your ingredients into one pot or vessel such as a crockpot. They require no or little attention during the cooking process, making them...



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