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Low Carb Dump Meals: 30 Delicious Low Carb Dumb Meal Recipes for Weight Loss, Energy and Vibrant Health

By Linda Stevens

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.ENJOY FRESH, MOUTH WATERING LOW CARB DUMP MEALS WITH MINIMUM EFFORT AND MAXIMUM FLAVOR STARTING TODAY! How many times have you come home frantic and frustrated when it comes time to think about dinner. You crave a delicious home cooked meal, but time makes it practically impossible. You either reach for a convenience food or head out to eat for yet another night. Not only does this lifestyle wear on your spirit and budget, it can be right down detrimental to your dietary needs, especially if you are striving to live a low carbohydrate lifestyle. The good news is that now it is possible to eat low carb, in your own home and stress free. Welcome to the world of dump cooking. Dump cooking is the simplest of preparation methods that involve little more than dumping the ingredients and going about your day. Fresh, wholesome and low carbohydrate healthy ingredients come to life in your slow cooker, with minimal effort and maximum flavor. The recipes in this book will help you achieve not only your health goals, but...



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