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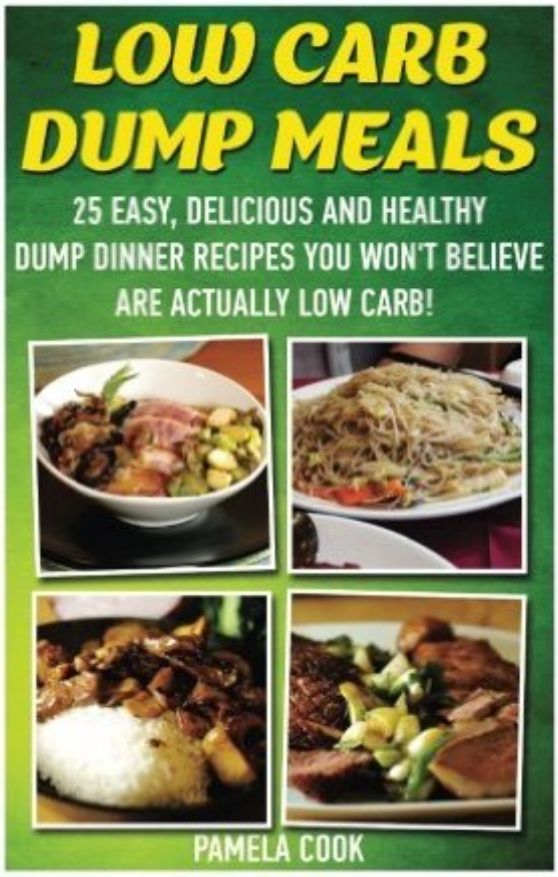

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Synopsis

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 â œDumpâ • 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 â œDumpâ • 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 â œDumpâ • 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 an ideal choice for those that are out working all day. You can come home walk in the door from a hard day at work to smell the sweet aroma of your low carb dinner ready for you to sit down and enjoyâ "not preparation or cooking for you to doâ "just serve it up and enjoy! Using this way of preparing your meals is going to cut down on the time that you spend in the kitchen preparing meals. We all know that time is very precious in this fast paced world that we live in. Here in this book you have a collection of 25 Low Carb â œDumpâ • recipes for you and your family to enjoy. You can feel good in knowing that you are providing this low carb meal that is going to keep your families overall health great! Why not treat yourself and your loved ones to some yummy low carb â œDumpâ • meals starting today! Download your E book "Low Carb Dump Meals: 25 Easy, Delicious and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb! " by scrolling up and clicking "Buy Now with 1-Click" button! Tags: low carb diet books, low carb, low carb cookbook, low carb diet for beginners, low carb recipes, low carbohydrate foods, low carb slow cooker chicken recipes, low carbohydrate, low carbohydrate living, low carbohydrate diet, lchf diet, lchf cookbook, lchf recipes, low carb high fat, low carb high fat cookbook, low carb diet manual, low carb high fat diet, low carb diet for dummies, low carbohydrate cookbooks, low carb quick and easy

Book Information

Series: How to Lose 7 Pounds in 7 Days with Low Carb & High Protein Diet Without Starving, Ketogenic Diet to Overcome Belly Fat
Paperback: 34 pages
Publisher: CreateSpace Independent Publishing Platform (December 10, 2015)
Language: English

ISBN-10: 1519779771

ISBN-13: 978-1519779779

Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 3.5 ounces (View shipping rates and policies)

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Customer Reviews

Great recipes! I tried a few of the recipes and must say they're easy,fast and delicious!

Fun to read and also fun to make recipes from for my family! They love it when I make new things they haven't tried before! Thank you!

Very disappointed with this book. Overpriced for the quality of the book itself.

Very disappointed in recipes. Nothing I would fix. Will be returning.

very GOOD money saving tips and recipes!

I enjoy putting together slow cooker menus. Set it and forget it until they are done. One pot to clean!

Great book

yummy

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