



Low Carb Dump Meals ***Large Print Edition***: Easy Healthy One Pot Meal Recipes (Paperback)

By Sarah Spencer

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. large type edition. Language: English . Brand New Book ***** Print on Demand *****. Let get our slow cookers, crock pots, casseroles, baking dishes, salad bowls and our baking sheet ready! You are just a few steps away from some full of flavors, healthy and nutritious one-pot dump meals the whole family will love and will make your life so much easier. *** LARGE PRINT EDITION*** Low carb dump meals highlight flavor and ease. All of the dishes included in this book contain 20 grams or less of net carbs per serving. You will also find a range of calorie content to suit various dietary needs. Some dishes are light and refreshing, while others are rich and comforting. Each and everyone uses fresh, wholesome ingredients, including bright, luscious produce that you may have felt shy about using in the past. The freshest of ingredients bring the richest nutritional value to your table, and it is suggested that you always use the freshest and best ingredients that are within your budget. Dump meals have become popular in recent years as our busy lifestyles have left little time for the simple pleasures...



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