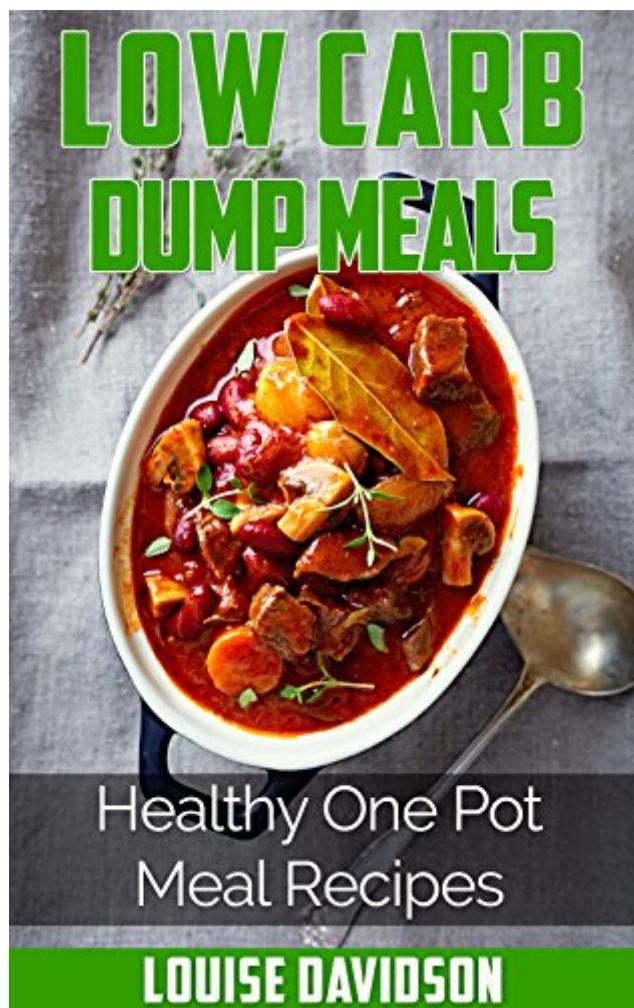


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# Low Carb Dump Meals: Healthy One Pot Meal Recipes



## Synopsis

No-Stress Low Carb Healthy One-Pot Meals the Whole Family Will Love and Ask You to Make It Again and Again!Download FREE with Kindle Unlimited!We often have crazy busy lives and are not always in the mood to cook an elaborate meal for our family. It is with this in mind that this book was designed with simple, easy to put together in one pot meals. And since the meals are low carb, they are healthier for your family. Avoiding eating process food and high sugar content ingredients that are harmful for your health, you might even lose weight and definitely feel more energized.Dump meals in this cookbook are prepared in 30 minutes or less in 3 easy steps: 1.Prepare, often ahead of time, your ingredients,2.Literally dump them in one pot, be it a slow cooker, Dutch oven, stir-frying pan, bowl, ect.,3.And then, all you need to do, is let your dump meal cook and you are done! This cookbook contains lots of delicious low carb healthy recipes including:Ã¢ ¬Ã¢ Mouth-watering chicken dump meals like the Rosemary Chicken with Zucchini Noodles;Ã¢ ¬Ã¢ Irresistible beef recipes as the Lime Zing Fajitas,Ã¢ ¬Ã¢ Luscious Pork dishes like the Ginger Pork and Veggies,Ã¢ ¬Ã¢ Easy to prepare seafood and fish one-pot meals such as the Louisiana Crab Boil,Ã¢ ¬Ã¢ Memorable vegetarian dump recipes like the Cauliflower Coconut Curry.With so many advantages, dump meals are a practical, quick and easy solution for all your family meals to let enjoy more time and be healthier.Read on your Kindle, IPhone, IPad, Android Cellular phone, tablet, laptop or computer with 's free Kindle reading App.Scroll back up and click the BUY NOW button at the top right side of this page for an immediate download!

## Book Information

File Size: 1680 KB

Print Length: 108 pages

Simultaneous Device Usage: Unlimited

Publisher: Slow Cooker, Dutch oven, Low carbs, One pot meals; 1 edition (May 24, 2015)

Publication Date: May 24, 2015

Sold by:Ã ª Digital Services LLC

Language: English

ASIN: B00Y928124

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #193,918 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #82 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #162 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #239 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Carb

## **Customer Reviews**

great recipes !

Hoping to use this one in new home.

Following a keto diet these recipes have too many non keto ingredients too low in fats and use molasses and honey . they are probably fine for paleo low carb but would lose much in taste and texture it converting to keto

Apples and carrots are examples of too many carbs. Recipes not very interesting nor do they wet my appetite. But it was free.

A good starter cook book for going low carb keto diet. A good introduction to low carb eating. Or so it is called keto woe. Keto way of eating.

Great just dump and you got it!

Low- carb eating requires meal planning and prepping . A Dump meal is a meal you can dump in a single pot, dish, or bowl and then forget it. The Thai Beef Curry and the California Chicken sound delicious.

Yum

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