



Low Carb Dump Meals: Easy, Delicious and Healthy Dump Dinner Recipes for Busy People (Paperback)

By Linda H Harris

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Crock Pot Dump Meals, Dump Dinners Low Carb Recipes If you want to lose weight, eat a healthy diet and save yourself time and effort, Low Carb Dump Meals is the best book for you. A low carb diet restricts the amount of carbohydrates you eat, asking you to focus instead on lean proteins, healthy fats and high fiber vegetables that have little sugar. Most people choose to adopt a low carb eating plan to lose weight, improve heart health and lower blood sugar. Dump meals are meals that are simple to cook. The idea is to combine a number of ingredients into one pot, or a slow cooker, and then leave it alone until the food is finished cooking. There s no marinating, braising, stirring or excessive preparation. It s a great way to save you time and effort. The dump meal recipes in this book are healthy, easy and absolutely delicious. By reading this book you ll learn: - How to follow a low carb diet - Low carb slow cooker dump recipes - Low carb salad recipes -...

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