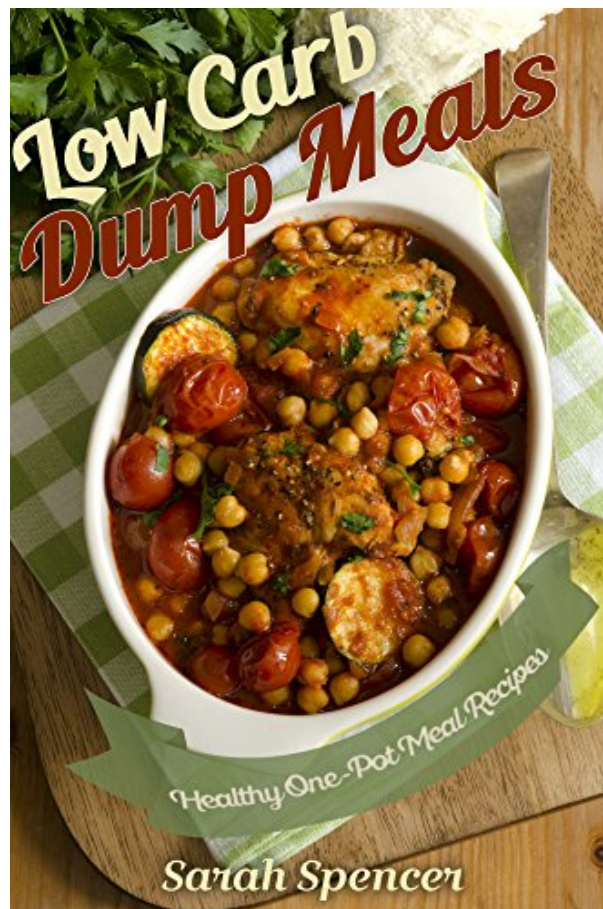
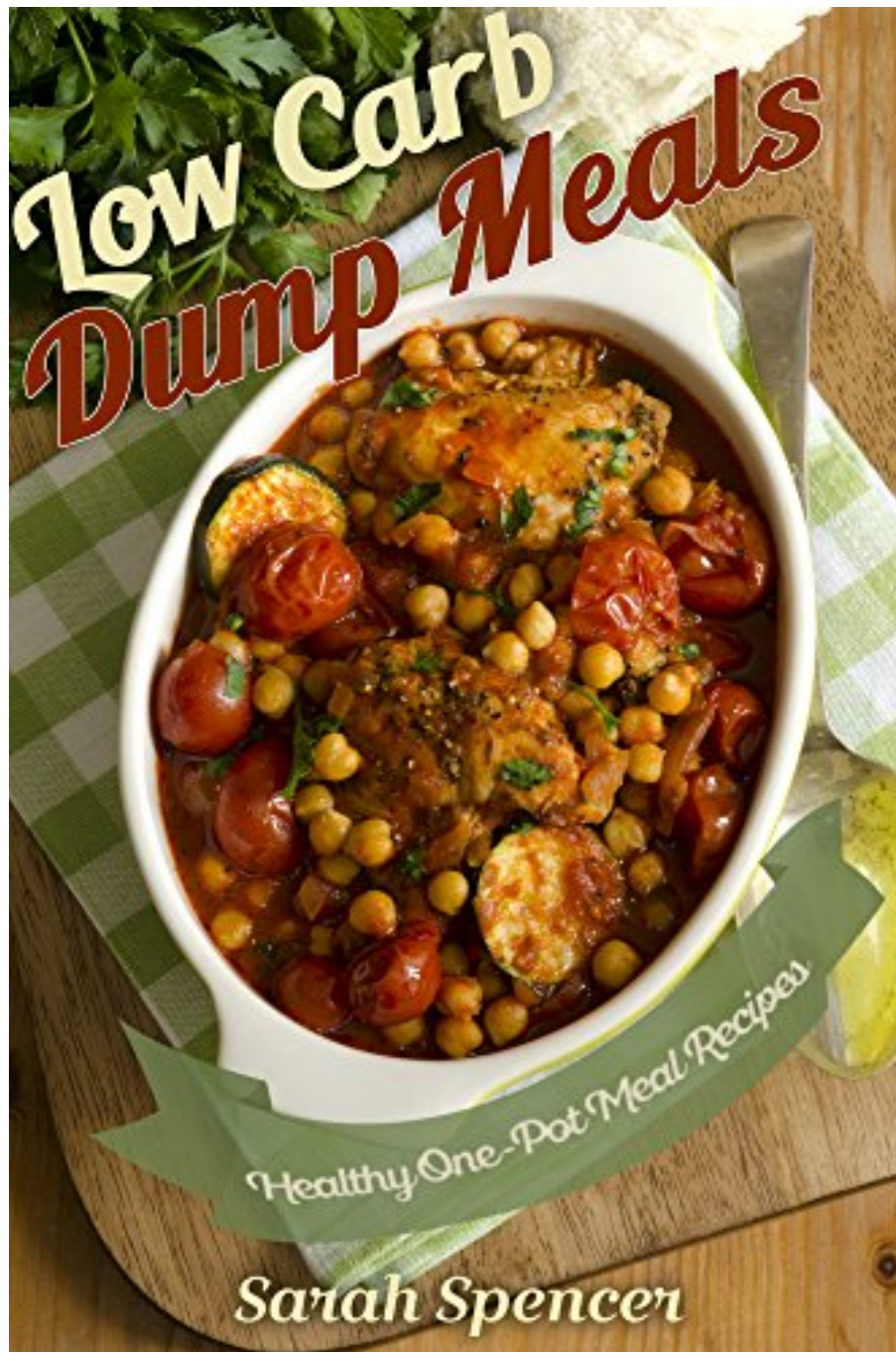


LOW CARB DUMP MEALS: EASY HEALTHY ONE POT MEAL RECIPES BY SARAH SPENCER



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Review

Delicious recipes...

By Ann

This is a great recipe book about low grab dump meals. It contains 20 grams or less of net carbs per serving. These recipes are very easy to prepare and really good for our body. It will change your lifestyles. It's really delicious. I found so many new low crab dump meal recipes in this book. Great book to try your hand at dump meal recipes, it's just as the title reads! Try it out, you won't regret it! I love it. Highly recommended.

Five Stars

By Linda

Easy and good. Low carb is easier with this book.

About the Author

Sarah Spencer, who lives in Canada with her husband and two children, describes herself as an avid foodie who prefers watching the Food Network over a hockey game or NCIS! She is a passionate cook who dedicates all her time between creating new recipes, writing cookbooks, and her family, though not necessarily in that order! Sarah has had two major influences in her life regarding cooking, her Grandmother and Mama Li. She was introduced to cooking at an early age by her Grandmother who thought cooking for your loved ones was the single most important thing in life. Not only that, but she was the World's Best Cook in the eyes of all those lucky enough to taste her well-kept secret recipes. Over the years, she conveyed her knowledge and appreciation of food to Sarah. Sarah moved to Philadelphia when her father was transferred there when Sarah was a young teenager. She became close friends with a girl named Jade, whose parents owned a Chinese take-out restaurant. This is when Sarah met her second biggest influence, Mama Li. Mama Li was Jade's mother and a professional cook in her own restaurant. Sarah would spend many hours in the restaurant as a helper to Mama Li. Mama Li showed Sarah all about cooking Asian food, knife handling, and mixing just the right amount of spices. Along the way, Sarah developed her own style in the kitchen. She loves to try new flavors and mix up ingredients in new and innovative ways. She is also very sensitive to her son's allergy to gluten and has been cooking gluten-free and paleo recipes for quite some time. Other Books from Sarah Spencer Some other books from Sarah include: Best Wok Recipes from

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Let's get our slow cookers, crock pots, casseroles, baking dishes, salad bowls and our baking sheets 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.

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 every one 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 such as cooking a meal from scratch. Here, you will see that the days of wholesome real food are not gone forever, but instead made all the easier to achieve. Each dish in this book can also be prepared ahead of time and placed in a container or food storage bag, so that all you need to do is dump and go when you are ready. There is no longer the need to choose between your health and your schedule. And one of the best part of preparing dump meals, is its convenience: great healthy delicious one-pot meals , easy clean-up, and appetizing left-overs.

Inside find delicious easy to prepare low carb dump meal recipes:

- Easy slow cooker wonder recipes like Chicken and Sage Creamy Casserole or Balsamic Brisket.
- One bowl salads and chilled dishes like the seven layer Italian Salad or the Chilled Garlic Shrimp and Spring Vegetable Bowl.
- Dump in the oven and go casserole like the low carb deep dish pizza and the Hawaiian Island Bake
- Dinner on a baking Sheet such as the Baked Flounder with Roasted Tomatoes or the High Protein Vegetable Medley.

Let get cooking!

Scroll back up and grab your copy today!

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Most helpful customer reviews

1 of 1 people found the following review helpful.

At last, dump meals that don't ruin my low carb diet!

By Cynthia Dagnal-Myron

I've wanted to try dump recipes for a long time, but I just couldn't use most of the ones I found because they were either sweets or carb laden casseroles full of noodles and such. This is a great cookbook for those of us trying to go low carb without feeling deprived. I want to try everything I've seen so far, and I tend to be a bit picky, usually. Thanks for letting the low carb crowd get in on the dump meal craze. Very helpful book!

1 of 1 people found the following review helpful.

Five Stars

By Karessa Holbert

Always looking for easy meals, but be careful they are not all low carb.

0 of 0 people found the following review helpful.

Easy low carb food!

By Reality tourist

Easy to follow. Most have many of these ingredients at home! It's nice there are recipes for crock pots and Stove top.

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