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By Pamela Cook

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carb, easy and healthy Dump 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 Dump 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 Dump 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...



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