



# Low Carb Dump Meals: Easy Healthy One Pot Meal Recipes

*Sarah Spencer*

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**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.** 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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