



## Ketogenic Dump Diner Recipes: 75 Quick and Easy Dump Dinners for Healthy Weight Loss (Paperback)

By Ashley Peters

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Finally Stress Free Healthy Dinners with these Delicious Easy Ketogenic Diet Dump Dinner Recipes \*\*\*PURCHASE TODAY AND RECEIVE A FREE BONUS! \*\*\* If you want to prepare quick easy meals and then this recipe book is for you. THIS RECIPE BOOK was created for people like you who are BUSY but still want to have a homemade Ketogenic meal for dinner and not spend hours preparing it. The best part about these recipes is that each recipe can be prepared and cooked with very little time and effort ! Dump dinners are the solution to that problem, and in this book you will have the opportunity to select from 75 different dump dinner recipes. Dump dinners have a few things in common: to start, all of the ingredients are put in crock pot, slow cooker, pressure cooker or casserole dish - this is where the idea of dumping comes into play. Then all you have to do is heat the ingredients according to your device, and walk away. That s it! When you come back, you have a...



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