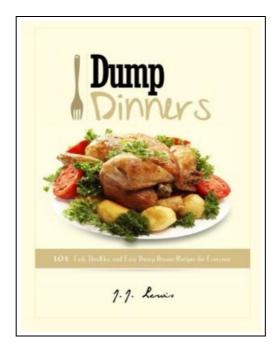
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(Dr. Porter Mitchell)

DUMP DINNERS: 101 FAST, HEALTHY AND EASY DUMP DINNER RECIPES FOR EVERYONE (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. No time to cook for your family? Are you afraid that your kids always eat fast-food? JJ Lewis Dump Dinners cookbook will solve your problem! JJ Lewis is a highly decorated chef and author of several cookbooks. She s published bestselling cookbooks and contributed to countless recipe collections. Her recipes focus on healthy dishes that promotes physical wellness. She s an innovator who loves to try out new combinations of flavors and nutrient mix, while targeting specific physical conditions. Dump Dinners will allow you to cook healthy meals with very little work! JJ s cookbook is full of lighting quick skillet recipes and day-long slow cooking crockpot recipes. You simply add all the ingredients on a crockpot, turn on your stove, then eat-hence, the name. You just dump everything inside the pot and wait. All the dishes are literally one-step recipes! Here s a preview of the dished you Il find: Creole Dump ChickenFisherman StewTeriyaki Dump ChickenSlow Cooker Dump and Go Cheesy ChickenChinese Pork Vegetable Hot PotYou Il be serving your family healthier meals while having more time for them! The Dump Dinner recipes will allow your family to shift from fast-food and microwave dinners to nutrient-rich natural dishes. Aside from that, you Il be able to enjoy more playtime with your kids thanks to all the time you Il be saving because of the short preparation time needed for the cooking. Download NOW by clicking the orange BUY NOW button. You need the extra time and your family needs more nutrients. So there really is no arguing. You have to get JJ s Dump Dinners cookbook! Don t lose your chance and join thousands of readers today before...



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