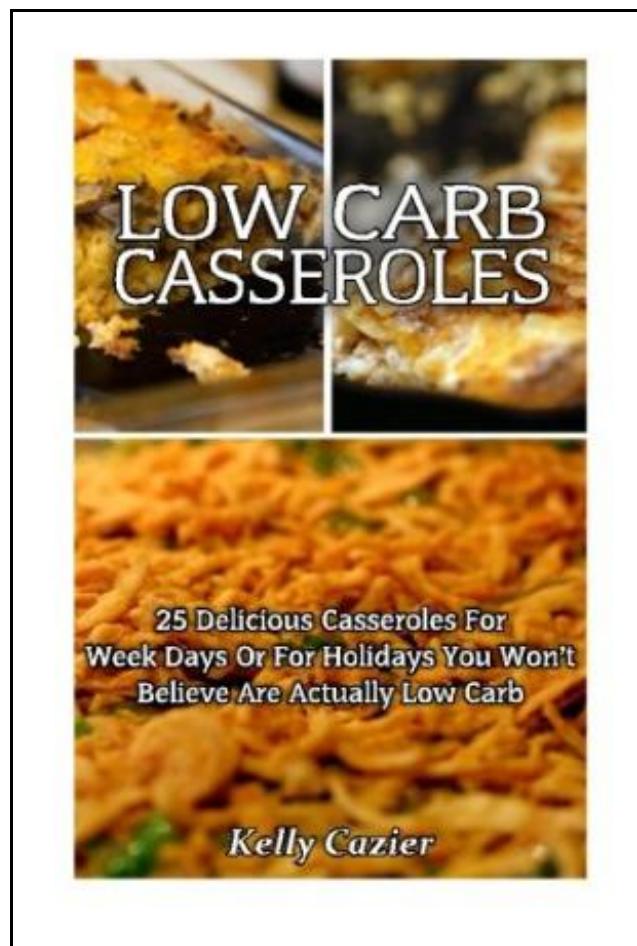


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after the conclusion. Low Carb Casseroles (FREE Bonus Included): 25 Delicious Casseroles For Week Days Or For Holidays You Won t Believe Are Actually Low Carb! Casseroles are the cure all of dinners. Whether you have a bunch of left overs sitting in your fridge, have picky eaters, or don t know how to get veggies into your meals more, casseroles are the answer. They are fast, easy to make, and can be made in advance. They are easy to clean up after, and you can freeze them for a rainy day. There really is no end to the ways casseroles can help you out. There does tend to be one drawback, however, if you are searching for recipes. most casseroles contain carbs. And I m not talking about just a few carbs. most casseroles are loaded. Whether it be from all that pasta that is inside or that breading on top, casseroles and carbs tend to go hand in hand. So what are you to do? You have been doing your best to stay on that low carb diet, and you religiously follow the rules you have set. so does that mean you have to forego eating casseroles? Not at all! This book is your personal hero when it comes to low carb casseroles. Featuring enough casseroles to last you nearly a month, you aren t going to have a problem finding one that suits your hungry needs. and stay on your diet all at the same time! These casseroles are perfect for any occasion. a normal weeknight...

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