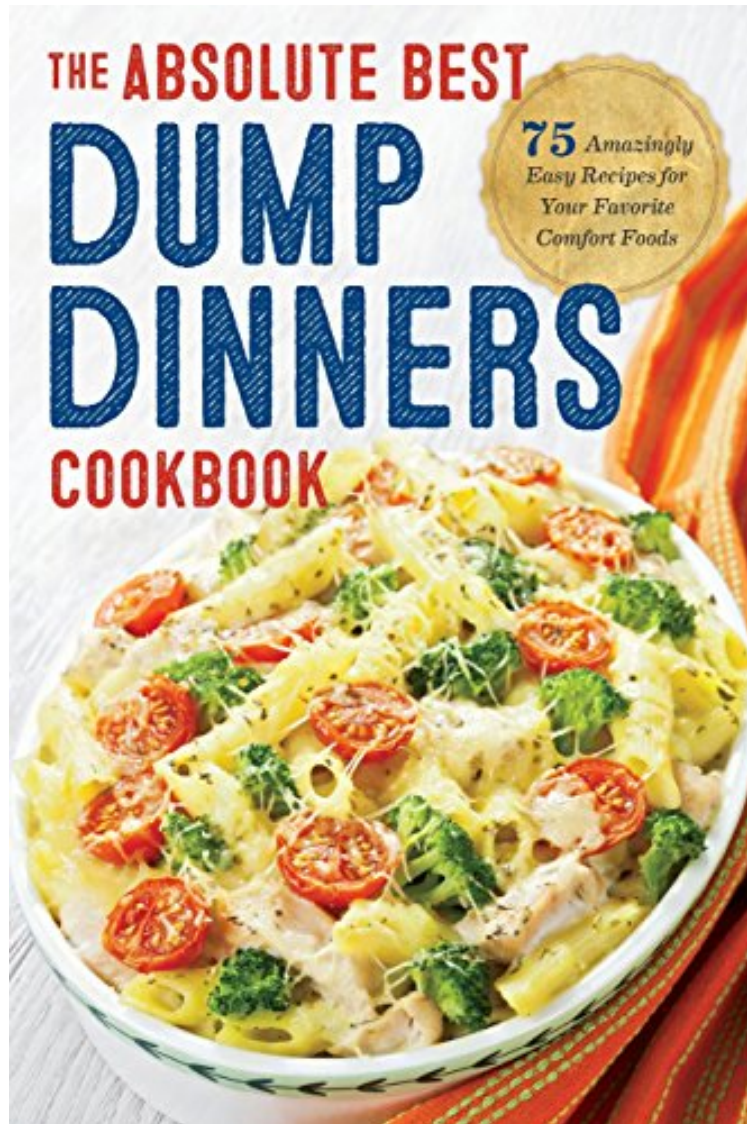


[Pdf free] Dump Dinners: The Absolute Best Dump Dinners Cookbook with 75 Amazingly Easy Recipes

## Dump Dinners: The Absolute Best Dump Dinners Cookbook with 75 Amazingly Easy Recipes

Rockridge Press

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**Rockridge Press : Dump Dinners: The Absolute Best Dump Dinners Cookbook with 75 Amazingly Easy Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Dump Dinners: The Absolute Best Dump Dinners Cookbook with 75 Amazingly Easy Recipes:

102 of 107 people found the following review helpful. Heavily reliant on high-sodium, high-fat processed foodsBy JenniferI appreciate the sentiment behind this book--easy, fast dinners for families with little time to cook--but the

"healthy" part is something it lacks. Velveeta-type cheese, canned creamed soups, and various highly processed foods form the backbone of many of these recipe. Also--I find it curious that "cooked ground beef" and "cut up cooked chicken" are among the other heavily-relied-on ingredients, and the cooking time and effort is not factored into these recipes. I do not expect I will ever use this cookbook, and I would encourage anyone who might to explore some of the many options for actual HEALTHY fast recipes, the ones that use fresh meats, flash-frozen veggies, fresh or dried herbs, and so forth. 3 of 3 people found the following review helpful. Kitchen favorite for this busy mom! By Kindle Customer This busy mom loves dinners that are quick, healthy and delicious! I love this because it's a very versatile cookbook. Whether you're a meal planner or a last minute, grab it at the store on the way home kind of cooker... A lot of these recipes can be prepared a head of time or prepared so quickly it won't cut into the short time you have in the evening to get everything else done! Another thing I like about dump dinners is that I can substitute ingredients and make entirely different meals. After you have made a few dump casseroles or crock pot meals, you learn that you can make changes to these recipes without worrying. If you sit down and evaluate the cost of shopping and preplanning meals versus impulse buying on your way home you will find that it is much better to plan ahead as often as possible. My advice is to have a few meals froze that don't take long to cook from frozen. I always have 2-3 of these meals in my freezer at all times. I can't say enough good things about this book, I refer to it often! I was able to get this ebook for free in exchange for my honest and unbiased opinions and review. 14 of 15 people found the following review helpful. Dump Dinners..... Meh By Shanna The Absolute Best Dump Dinners Cookbook was okay. It had some decent recipes, if you are a grown up without children. My little ones would not be impressed with some of the options the book gave. However, if you did not have to worry about feeding tiny humans than these recipes might be right up your alley. A lot of the recipes called for things you probably would not have sitting in your pantry. The book was easy to read and follow. I did appreciate the conversion tables in the back. Those are always helpful. I did get this book for free.

Home cooked meals have never been easier!

About the Author ROCKRIDGE PRESS is a trusted voice in health and diet publishing a wide variety of lifestyle guides and cookbooks, including The New York Times best seller Paleo for Beginners, The Wicked Good Ketogenic Diet Cookbook, The Mediterranean Diet Plan and the Instant Pot Electric Pressure Cooker Cookbook. Our authors take pride in publishing thoughtful, well-researched books that help readers make positive lifestyle changes and build permanent healthy habits. Headquartered in Berkeley, California, Rockridge Press is situated in the heart of one of the healthiest regions in the world, the San Francisco Bay Area.