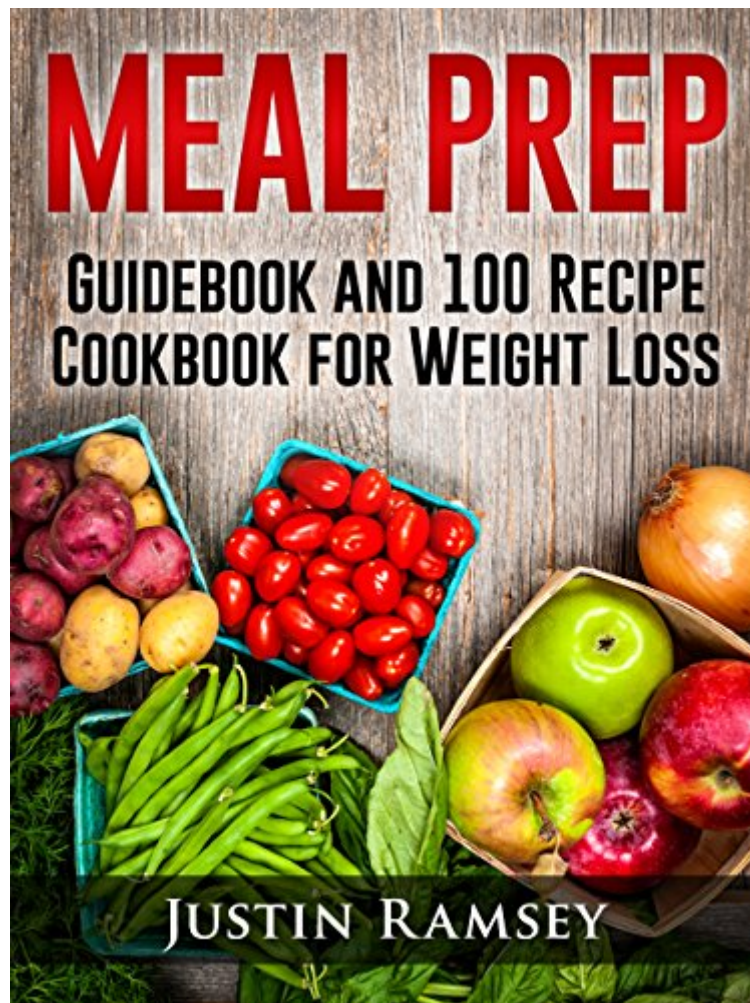


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MEAL PREP: Guidebook And 100 Recipe Cookbook For Weight Loss (Healthy Eating, Meal Prep Cookbook, Meal Planning, Low Carb Diet, Freezable Recipes, Meal Plan, Batch Cooking)





Synopsis

***BONUS Freebie! My Food Hacks Book download inside** Do you struggle to avoid the temptation of take out and processed foods? Is your poor diet impacting your weight loss and health goals? Are you looking for a sustainable, healthy, and non-fad way to eat right? Would you also like to save more time and money on your meals? If yes, then this comprehensive Meal Prep Guidebook and 100 Recipe Cookbook is for you! This book will show you the incredible benefits of meal prep, including: How Meal Prepping Supports Weight Loss Meal Prepping Hacks and Essential Tools Food Safety 101 Choosing the Right Ingredients and Foods to Avoid Healthier Preparation Methods Speedy Meal Prep Tips Freezer Storage Tips & Expiry Guide Reheating Do's and Don'ts And Much More! This text also doubles as a guidebook of meal prep concepts as well as a standalone recipe book with 100 freezable meal ideas. These include delicious breakfast, lunch, dinner and dessert recipes which cater for all tastes. This all in one book aims to give you amazing value and is worthwhile to add to your list of frequently used practical cookbooks! **TAKE ACTION TODAY! CLICK ON "BUY NOW" TO LEARN HEALTHY PREP HABITS**

Book Information

File Size: 3658 KB

Print Length: 159 pages

Publication Date: July 13, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B073XCRJM5

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #80,674 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #35 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters #48 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Reference #79 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

Customer Reviews

I love this cookbook! It contains a large variety of recipes. Recipes are delicious and really quick to

prepare. Most of the recipes will take less than hour to prepare. They are simple enough to make, but delicious enough to impress your friends and family. All recipes in this book are saved with simpler ingredients with easy cooking directions. Your family followers will absolutely request you to prepare these dishes again and again.

Along with having a healthier lifestyle, meal prep is giving me time back which I would have spent mindlessly aisle hunting. I've learnt to be structured in planning my meals and as a result, I use up all the ingredients purchased. Saved me an additional \$50 a week and I seem to be eating much tastier meals! Good motivational book.

Meal prepping had saved me some of the cooking time that I usual do. This book contains quite a huge collection of healthy recipes that are fairly easy to prepare. Most of the ingredients are easily accessible, and the directions are clear and easy to follow. I enjoyed this book very much because this presents exactly what it claims.

A girlfriend of mine recommended this book as she also has 3 kids and little time. So far it's been a great read and I've tried quite a few of the recipes. I wait till the little ones are asleep and spend a few hours cooking so I can have the rest of the week off. Loved the concept!

Although I've seen a lot of articles about meal prep, I never thought to try until I stumbled upon this book. The chapters take you through end to end what you need, how to speed prep, what not to do, and show you some easy recipes. I feel healthier after eating more meals at home.

Existing recipes are easy to make specially who have limited time to prepare dishes. Every man is trying to fit and in this present situation you have to choose a perfect criteria for living healthy life. This book contains good tips and well food recipes.

This book is one of my favorite cookbooks now. All the recipes here are very healthy. Moreover I have already tried some they were very delicious. By the way all my family was satisfied with food I cooked with this guidebook.

Good cookbook! This book is more than just a guide to revolutionizing your cooking schedule - it also contains a bucketful of healthy recipes that will help you become a happier, more

energetic person!

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