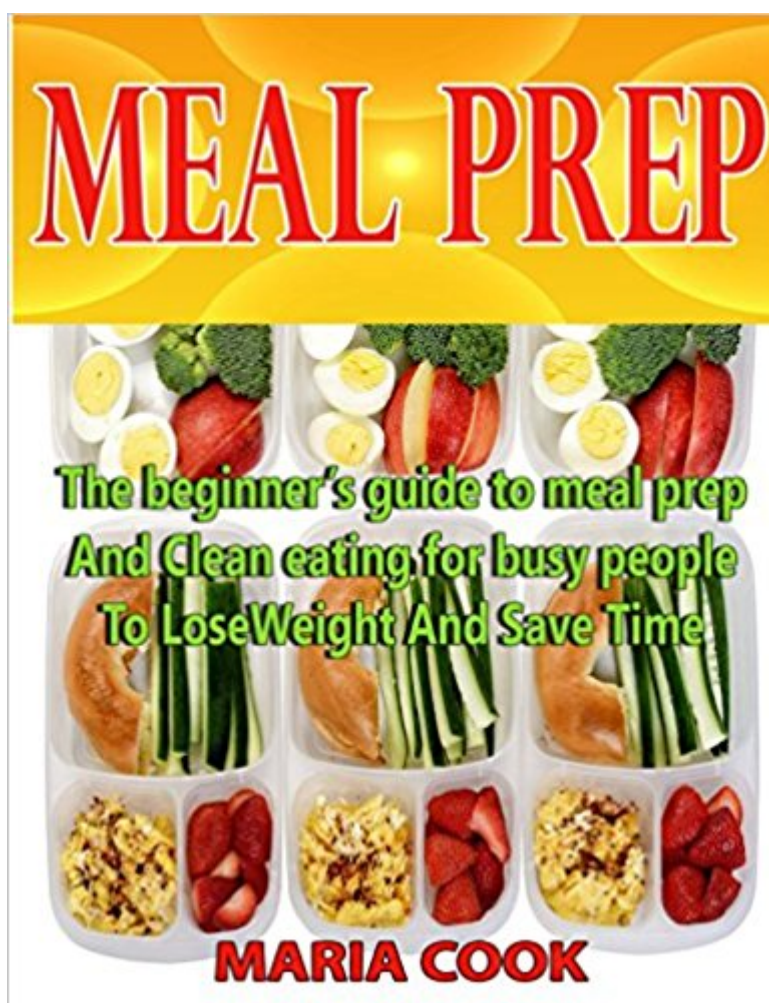


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# MEAL PREP: The Beginner's™s Guide To Meal Prep And Clean Eating For Busy People To Lose Weight And Save Time.



## Synopsis

Are you too busy to spend many hours in the kitchen daily? Would you like to lose weight naturally with every single meal? Would you like to save time and money for the gym or other activities? If yes, then the Meal Prep book is what you need! This book, Meal Prep: Beginner's Guide to meal prep and clean eating, will be your go-to book for 100 delicious clean eating recipes. None of the recipes are complicated with fussy ingredients or lengthy directions; they all help promote the healthy menu of a low carb rapid fat burning diet. We will give full explanation and usefulness of meal-prepping, including a list of tools that are helpful. This beginner's guide on meal-prep for people with a clean eating will be invaluable for you. You will learn a new way of cooking and serving meals that are portion controlled and healthy. Some of the benefits of Meal Prepping: Lose weight easier naturally Save time and energy daily Save money everyday Greater portion control with eating Control over nutrition intake And much much more... This book include delicious recipes for: Breakfast, Lunch and Dinner With detail nutritional information With complete lists of ingredients Cooking instructions And lots more...! So what are you waiting for, grab it now and have plenty of time to have fun

## Book Information

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## Customer Reviews

This is a great book on MEAL PREP. All of the things, tips and recipes that I need to know about meal prep and Clean eating for busy people to lose Weight and save time are already included and well written inside. Maria Cook has done an incredible awesome job in compiling and creating this

book. Also the unique part of this book is the compilations of the parts "Save money everyday & Greater portion control with eating". Very informative, useful and well explained. This book is really a great resource for those who want to learn more about MEAL PREP.

We have a slight problem in our family. I'm always on the look out for anything that my grandson might eat. I tweak the recipes just a little bit and so far he has eaten the parm - chicken tenders and one of the granola bars. Thanks Maria for all the beautiful ideas.

Excellent book. I like this book. I hope that this book could help you to being on healthy and smarter prepared journey. This book is intended to enable you by giving fundamental step by step methods with the best formulas to. By the way, I have enjoyed this book.

Poor editing! No nutritional info for each recipe as it states on cover. No instructions for beginners considering the title of book is called meal prep for beginners!

This book is fantastic. It's good because it give full explanation and usefulness of meal-prepping, including a list of tools that are helpful. It also has plenty of delicious and mouth watering clean eating recipes that I really like. Most of all, it helps me to lose weight naturally with every single meal. This is truly great. I highly recommend this book to everyone.

A helpful read but not life or death.

Pretty poorly done. Doesn't really talk about meal prep or clean eating. It is basically a bunch of recipes that do not even include full nutrition listings. Not worth the money at all.

Works great love the meals

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