



The Meal Prep Book: The 101 Recipe Cookbook For Beginners to Clean Eating And Staying Healthy. (Meal Planning, Low Carb Diet, Plan Ahead Meals, Meal Plan)

By Amanda S Kennedy

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 140 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Upgrade your health and feel amazing with Meal Prepping! Would You Like To Have Unlimited Energy Do you want to lose weight and be healthier without wasting a fortune on expensive meal plans and fancy ingredients Do you have a busy schedule and end up eating fast and unhealthy food You have clicked on the appropriate book! This book contains all the right information that you need to help you ditch the convenience that fast food provides and start minding your health and preparing your own meals. This book is filled with easy to prepare meals that are filling and are guaranteed to help you lose weight. Making your own meals ensures that carbohydrate, salt, and sugar intake are carefully monitored to lessen unwanted hunger pangs or incessant food cravings throughout the day. This comprehensive guide will give you all the tips and tricks of meal prepping so you can eat healthy, manage your portions, save time and money! These recipes will help trigger your fat burning mechanism and boost your energy levels. Each recipe indicates the recommended serving sizes,...

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