



## Meal Prep: Best Clean Eating Recipe Cookbook to Lose Weight and Feel Great (Paperback)

By Simon Donovan

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Use These Guidelines Of Healthy Meal Prep Recipes And Start Treating Your Body How It Deserves Today! Many of us, in our journey of becoming fitter and leaner probably came across meal prepping. It s one of the biggest food trends on Instagram and rightly so, since Instagram also hosts a huge community of fitness enthusiasts, trainers and the ones looking for inspiration, sharing videos and gym selfies. Meal prepping is a not a new fad. It has been used by trainers and coaches for a long time to get athletes on the optimum level of performance; it has been used to get celebrities and clients to be in the best shape they can be in. Essentially, meal prep is different to every person because of the different fitness goals or different routines and personal requirements. Meal prep is a short form for meal preparation and what it entails is a process of planning, preparing and packaging meals in advance usually covering the entire week or upcoming weeks. The primary reason for meal prepping is for clean eating and portion control. But...



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