



Meal Prep Cookbook for Beginners: Best 120+ Clean Eating Weight Loss Recipes - Batch Cooking Healthy Make Ahead Meals (Paperback)

By Joey McCoy

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ****** Print on Demand *****. Work, school, assignments, schedules and responsibilities can be really demanding on a day to day basis - making you wish you had more hours in your day. Meal Prep, otherwise known as Meal Preparation helps you achieve living healthy, clean eating, rapid weight loss and more. In this book, you will learn how to meal prep, cut your cooking time appreciably, eat delicious meal prepped meals and lose weight rapidly. This book includes 120 meal prep recipes written with a simple, clear yet detailed approach - you will find -Breakfast lunch dinner recipes -Rice pasta recipes -Vegetable recipes -Chicken recipes -One pot recipes -Snacks nibbles dessert recipes -Beverage recipes -Salad recipes -Cups mugs muffin recipes -Soup recipes and more Enjoy the limitless possibilities of meal prepping; stay healthy, eat clean and lose that weight.



Reviews

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