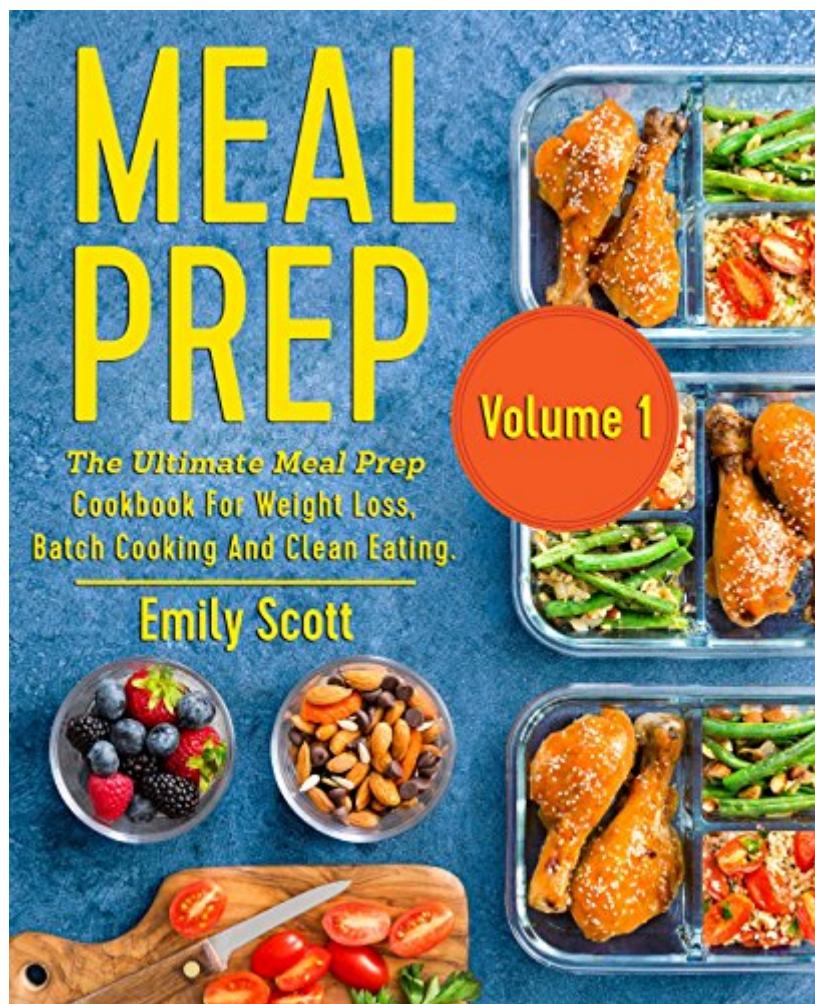


The book was found

# Meal Prep: The Ultimate Meal Prep Cookbook For Weight Loss, Batch Cooking And Clean Eating.



## Synopsis

Ã¢ “Your health should be the number one priorityÃ¢ . You know that. So do I. But if you are like me, working all day long in a job that consumes every ounce of your energy, the last thing you would think about is probably coming home after a long day and prepare a healthy meal! A nightmare, right?The good news is that it doesnÃ¢ ¯â„¢t have to be.Look,You donÃ¢ ¯â„¢t have to give up on your job nor your health. You can keep both and still rock! Sounds great. But how?The answer lies right in the pages to come. With the meal prep recipes outlined in my Meal Prep Cookbook, you no longer have to trade your health for your job or vice versa. Here is the deal,The Meal Prep Cookbook you are about to see contains some of the yummiest meal prep recipes that your teeth canÃ¢ ¯â„¢t help but fall head over toe in love with. These are not only healthy but also so yummy and super easy to make. Here is a sneak peek of some of the recipes in the book:Breakfast clean recipesPotato PiePasta and bean saladSoft boiled eggs and green peas saladTex-Mex frittata corn breadGarlic fried potatoesLunch clean recipesReduced fat chicken and dumplingsDeconstructed green plateBarbecued beefOven Swiss SteakPork Loin Roast with Asian VegetablesDinner clean recipesPan fried noodlesBroccoli and Tofu fryCaribbean Grilled PorkHawaiian Portobello BurgersOmelet PizzaHere is what you will get out of this book:Over 50 yummy, healthy and time friendly recipes, spread over breakfast, lunch and dinner. For every recipe, you will have full access to its exact nutritional value, for you to easily track your daily calorie intake. Storing temperature for every recipe, to keep it fresh and healthy for many days to come. A built-in Ã¢ “Back To MenuÃ¢ ¯â„¢ button to easily navigate the recipes. And so much more!Now,If you are serious about getting and maintaining a vibrant body, I am here to help. Grab your copy and let me be your private cook!Cheers!

## Book Information

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