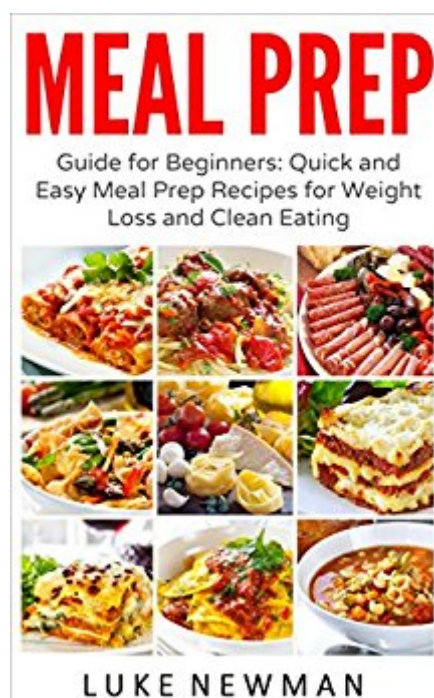




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# Meal Prep: Guide For Beginners: Quick And Easy Meal Prep Recipes For Weight Loss And Clean Eating (Meal Prep Cookbook Book 1)



## Synopsis

Do you want to free up your time and still eat delicious and healthy homemade meals? In this must-have book for successful meal prepping, you will discover how to unlock the absolute key for healthy living. This book is your ultimate guide to preparing nutritious meals in the most efficient way possible to help you with your health and weight loss goals. Throughout this book, you will learn tips on working efficiently in the kitchen, using the right tools, creating your own meal plan, and setting a schedule for meal prepping. You will see how easy it is to stick to your weight loss plan with the aid of meal prep know-how. Here is what you will get from Meal Prep Guide for Beginners: Quick and Easy Meal Prep Recipes for Weight Loss and Clean Eating: An essential guide to meal prepping  
Easy to Follow Meal Prep Breakfast Recipes  
Simple Meal Prep Lunch Recipes to Replicate in Your Kitchen  
Meal Prep Dinner Recipes That You Can Quickly Prepare  
Meal Prep Snacks You Could Whip Up Without Batting an Eyelash  
Here are just some of the delicious recipes you will find inside: Heavenly Banana Muffins  
Breakfast Burritos  
Yummy Smoothie Packs  
Honey-Lime Chipotle Chicken Bowls  
Stir-Fried Chicken Curry  
Greek Salad in Mason Jars  
Chicken and Butternut Squash Soup  
Chicken and Broccoli Rice Quinoa  
Black Bean Quinoa with Salsa  
Chicken Mouthwatering Pepperoni Panzanella  
Red Pepper and White Bean Hummus  
Nutty Energy Bars  
Choco Granola Bars  
Tasty Green Tacos  
Healthy Zucchini Chips  
And Much, Much More! Take Action Now and Get Your Copy of this Amazing Cookbook Today!

## Book Information

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## Customer Reviews

I put on my favorite jeans the other day (you know, the ones you feel like make you look your best)... Sadly, I changed shortly after because they were so uncomfortably tight:(I am in my 40's and for the first time in my life, live alone (single and kids away at college). I love to cook and have always taken pride in preparing heathy and good family meals. However, I have discovered that I have ZERO motivation to cook for one! Messing up the kitchen, taking the time, and most of all nobody to appreciate it just has not appealed to me. So, find myself grabbing a tub of hummus and pita chips, half a bag of cookies, cheese and crackers...whatever for meals. It has caused me to gain weight and feel sluggish.I have recently heard the term "meal prep" numerous times. Cooking healthy "clean" food one day and having meals for the entire week sounds like the answer! I just have no clue where to start. I have never been a freeze a casserole for a later day kinda gal. So how on earth would I be able to freeze several days of completely made meals. How much goes in each container? Do you put an entire meal in one container? Do you put the meals for the beginning of the week in the refrigerator and end of the week in the freezer? Portion size? Amounts? Oh the stress!! Loll know there is google, but I wanted all the information in one printed for me, not on my phone place...A book!"Meal Prep Guide for Beginners: Quick and Easy Meal Prep Recipes for Weight Loss and Clean Eating" seemed PERFECT!! will say I had a difficult time only giving this book 3 stars.... Someone gifted and intelligent enough to write a book puts their time and passion into it, who am I to say it's not good. That is absolutely not what I am saying, the recipes in this book look FABULOUS!!! It's the title that is bad and misleading! Nothing, I mean nothing in this book caters to a person who is not a meal prep pro! Chapter 1 consists of not even 5 full pages on meal prep.Each and every recipe ends with something like "serve and enjoy," or even worse "serve immediately." Whaaaat!?!\*Addition to review: Aftet posting this review, I started thinking surely I can't be the only one to think these things and how did I miss it in the reviews. So, I went and read all 24 reviews on this book... Either the e-book is different than the paperback, my book is missing a bunch of pages, or these reviews do not go with this book!!! One review refers to the author of thus book as "she." The author of this book is Luke. Others mention specific things they learned from their book... like how to "batch cook," "not freezing until room temp," and one that talks about

placing "wax paper" on....Ok my book mentions NOTHING on batch cooking or how to freeze or store for that matter!Second addition:THIS BOOK IS A SHAM!It is published by !THE 5 STAR REVIEWS ARE FAKE!!!!!!SHAME ON ! This is FRAUD!Check the publication date, then check the date of the submitted reviews...Really, somebody purchased the book, received it, and posted a review within days of release!!???They have lost sight on what matters and allowed GREED to take over (no this is not my only bad experience!)BBB? Ripoff? Yep!

Not what I was looking for. Yes, it has easy and healthy recipes. But there's one chapter with small blurbs about meal prep, nothing useful.The description actually says, "Throughout this book, you will learn tips on working efficiently in the kitchen, using the right tools, creating your own meal plan, and setting a schedule for meal prepping."There aren't tips throughout the book, just the blurb in the front that says basically start cooking food that takes longer first and use airtight containers. Groundbreaking. A lot of the recipies also say, "serve immediately." Okay, so then....Am I prepping the batter and keeping it in the fridge? For how long will it last? For the other recipies, would have been helpful to have storage and reheating tips. Maybe put in freezer immediately or let cool first? I still know nothing about meal prep. Can find better tips on Instagram for free, so I guess that's my next move.

Precious book! The book has so many delicious recipes that I am only cooking recipes that are in the book these days this book is really awesome, so are the recipes in the book , guys if you want to have delicious meal today pick this book up and I am sure you will enjoy your meal. This is really worth buying!

This book is my ultimate guide to learn preparing nutritious meals in the most efficient way. This book taught a lot of tips on working efficiently in the kitchen, using the right tools, creating my own meal plan and setting a schedule for meal prepping. In this book I have learn how to do meal prepping and some useful tips to keep in mind.

This will help me prepare food for my family. I am looking for a book that will give me recipes that is easy to cook. I have one recipe that i have prepared, veggie and bacon egg muffins tasted good and i didn't have hard time cooking it. A good start for my cooking.A great recipe book.

So interesting book about meal prep. This gives awesome information on how to prepare nutritious

meals in the most efficient way possible. Perfect read.

Great book about clean and healthy meal preparation ! I need to lose couple of pounds, so I bought this book and I was amazed how easy and delicious can some meals be. This Meal Prep book will help me as I venture on preparing something healthy and less time consuming too. But what is more than enough is that the quick and easy recipe ideas given here. This is just awesome. So, grabbing this book has been worth it.

I've been wanting to try clean eating but the books I've read are just too overloaded with details I didn't really understand. A friend recommended this book, said she's been following this guide ever since, so I gave it a try. Loved how everything was organized and the recipes were delicious. Been following a clean eating diet since then and I've definitely seen the result of it. Lost a significant amount of weight and I'm so happy that I'm reaching my weight goals faster than I hoped.

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