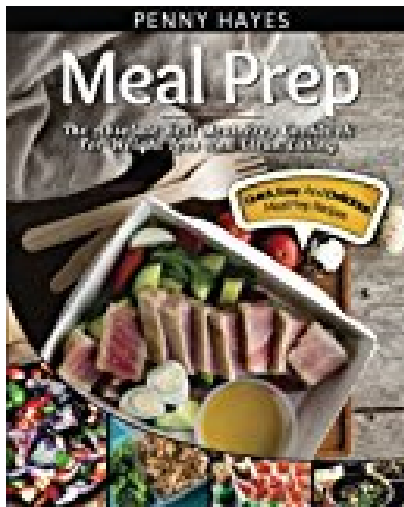


# Meal Prep The Absolute Best Meal Prep Cookbook For Weight Loss And Clean Eating - Quick Easy And Delicious Meal Prep Recipes Volume 1

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## BOOK DETAILS

- Author : Penny Hayes
- Pages : 134 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1543248713



## BOOK SYNOPSIS

Are you too busy to spend countless hours in the kitchen daily? Would you like to lose weight with every single meal? Would you like to save more money and time for the gym or fun activities? If yes, then healthy low carb Meal Prepping might be what you need! This book, Meal Prep: Beginners Guide to 60 Quick and Simple Low Carb Weight Loss Recipes, will be your go-to book for 60 delicious low carb diet recipes. None of the recipes are complicated with fussy ingredients or lengthy directions; they all help promote the healthy menu of a low carb rapid fat burning diet. The first chapter is dedicated to the explanation and usefulness of meal-prepping, including a list of tools that are helpful. This beginners guide on meal-prep for people with a low carb diet will be invaluable for you. You will learn a new way of cooking and serving meals that are portion controlled and healthy. Some of the benefits of Meal Prepping: Lose weight easier Save time and energy Save money Greater portion control Control over nutrition And much much more Within this book are delicious recipes listed: Alphabetically By meal type With complete nutritional information With complete lists of ingredients Cooking instructions Storage instructions And lots more! Take charge of your health today and get this book for a limited time for FREE!

### **MEAL PREP THE ABSOLUTE BEST MEAL PREP COOKBOOK FOR WEIGHT LOSS AND CLEAN EATING - QUICK EASY AND DELICIOUS MEAL PREP RECIPES VOLUME 1**

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