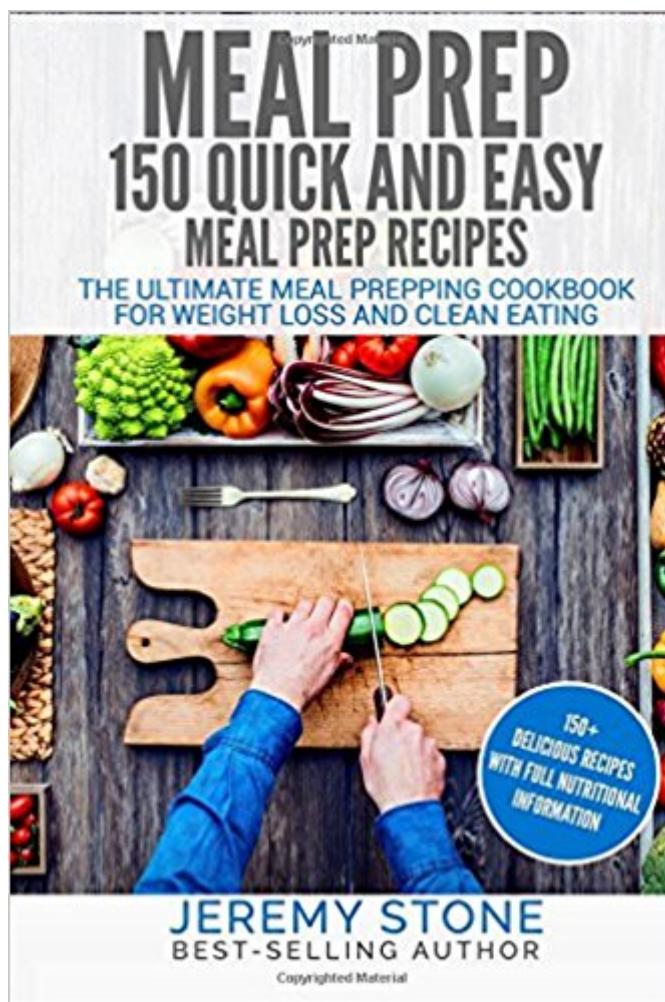


The book was found

# Meal Prep: 150 Quick And Easy Meal Prep Recipes - The Ultimate Meal Prepping Cookbook For Weight Loss And Clean Eating



## Synopsis

Are You Looking For Delicious Easy To Make Meal Prep Recipes That Saves You Time and Money? This book could be the answer you're looking for... Meal Prep: 150 Quick and Easy Meal Prep Recipes - The Ultimate Meal Prepping Cookbook For Weight Loss and Clean Eating

We all know that eating healthy is hard and cooking healthy food every day is even harder! Meal Prepping has taken off in popularity because it solves both issues at once. By making large healthy meals in one setting, you can have nutritious and delicious meals throughout the week without having to waste time cooking and cleaning every day! This book is designed to empower you by providing essential meal prepping techniques along with tasty recipes to help you make healthy meals that last you throughout the week.

Meal Prep: 150 Quick and Easy Meal Prep Recipes - The Ultimate Meal Prepping Cookbook For Weight Loss and Clean Eating

You Get ... Over 150 Healthy Meal Prep Recipes For EVERY Meal - Breakfast, Lunch, Dinner and Snacks! FULL Nutritional Information For Each Recipe - so you know EXACTLY what you are eating

Cooking And Preparation Times To Find The QUICKEST And EASIEST Recipes To Make

The Benefits of Meal Prepping

Learn How To Make These Awesome Recipes:

- Lentil and Zucchini Burritos
- Banana Zucchini Oatmeal Cups
- Baked Cinnamon Apple Oatmeal with Raisins, Walnuts, and Flax Seeds
- Bacon and Cheese Quiche
- Lasagna Roll-Ups
- Chicken, Black Bean, and Cheese Enchiladas
- Slow Cooked Veggie Lasagna
- Beef Kebabs, Almonds , and Roasted Green Beans
- Sweet and Savory Salmon
- Cheeseburger
- Meatloaf with Mashed Potatoes
- Baked Protein Peanut Butter Chocolate Oatmeal Cups
- No-Bake Peanut Butter, Chocolate, Date, Oat Bars
- Blueberry-Banana Buttermilk Bread
- And much, much more!

Don't miss out on these delicious recipes and your copy today!

## Book Information

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## Customer Reviews

I bought this book based on the good reviews that I had read about the tasty recipes, the meal prep instructions, and the easy to follow "simple" recipes. These recipes may or may not be tasty, but unless you are already into clean eating or keep an incredibly well stocked kitchen (i.e. chia seeds, almond flour, coconut flour, a huge variety of spices) you aren't going to have a lot of the ingredients needed for these recipes lying around your kitchen. At least I didn't; which would make buying all the necessary ingredients a pricey endeavor. There are no meal prep instructions, just a blurb at the beginning of the book about why meal prepping is so great. To me meal prep means making everything ahead of time and being able to "grab and go" from pre-made items the rest of the week. The recipes in this book are all over the place, some you make the night before then have to finish and bake the day of, or portion out later, and the instructions for storing are hit or miss w/ how specific they are. The recipes are full of spelling errors and inconsistent instructions. For example one quesadilla recipe tells you to use 1/2 the egg mixture on 1 tortilla when you have 5 tortillas to fill. All in all, I'm highly disappointed in this book, will not be using it, and do not recommend it.

Book is loaded with delicious recipes, and it comes with nutritional facts as well. A few minor errors in the printing, but the only reason I'm not giving 5 stars is because this advertised recipes for weight loss and clean eating, and talks about a low carb diet, yet a lot of the recipes that are included are loaded with carbs.

This book Meal Prep is the beginners guide to 150 quick and simple low carb weight loss recipes after I finished reading this book I found out all the fundamental information you need to learn to understand the importance of the following the anti-inflammatory diet. This cookbook also provides you healthy, clean and tasty food that you and your family can enjoy. This cookbook is exactly what I need nowadays.

I am a big supporter of meal prep. You don't have to be a bodybuilder to partake, and it saves heaps of time in the week when you normally have little to spare. I know it seems like an arduous task, but it's importance in achieving your goals really can't be underestimated. Knowing what to eat, how much to eat, when to eat and then preparing your meals is one of important aspects of achieving a healthy, balanced diet. This book offers tips and strategies on how to have a great meal preparation. My friends always ask me how I meal prep. I also like to ask whoever does meal prep what they do for their routine. What I have learned is that

there is no right or wrong way to meal prep. There is NO ONE right way, there is only the right way for you.

Its an ebook, no pictures and poorly laid out. I could have saved money and just searched these online

Recipes have been good, but PLEASE let me proofread before you print again... chicken fajitas saying to store for up to a month at room temperature? You're going to make some well-intended (but unintelligent) person sick! Seriously...email me. I'll do it.

This book gives ingredients that is on our garden. Good thing that I have found this book. I have been looking at this book and it gave me an addition to cook a new recipes. I cooked some recipes and i did cooked it delicious. This is a good book for new recipes.

I gave the book a rating like this because I find it helpful. I like it because easy to read and understand and not frustrating to find things I'm looking for.

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