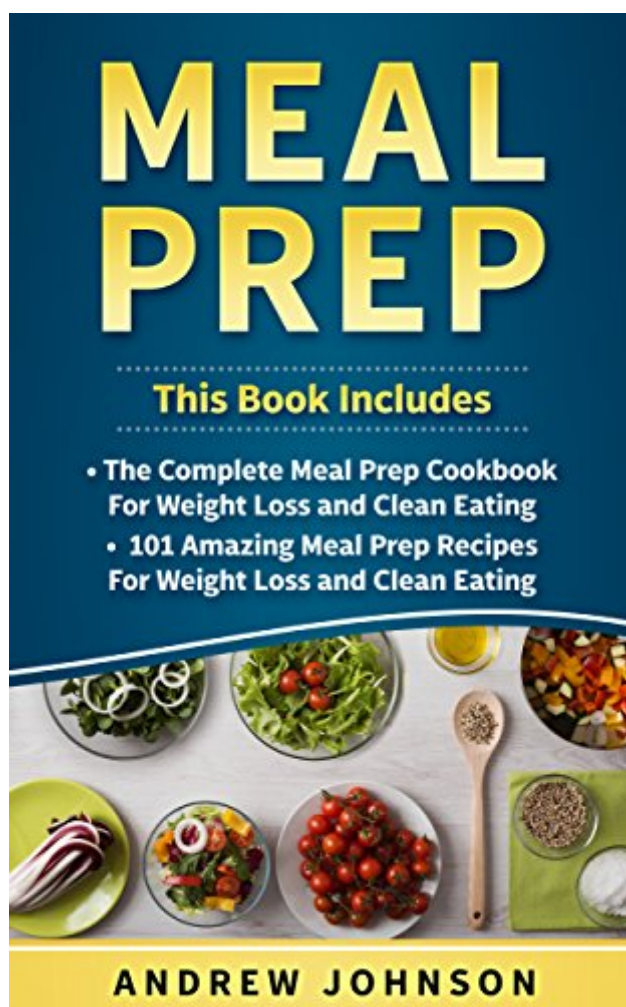


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# Meal Prep: The Complete Meal Prep Cookbook For Weight Loss And Clean Eating, 101 Amazing Meal Prep Recipes For Weight Loss And Clean Eating





## Synopsis

In this fast paced society of ours, we are always on the run. And as a result we can't always make the healthiest of choices. In the midst of our rush we often find ourselves trapped between the option of fast and unhealthy food or in running late for work, school, and life's other engagements. Many wish they could find some other way, but they have quite a hard time trying to find it. But I'm here to tell you that there is another way through this stressful and unprepared wilderness and it is called "Meal Prep". This ingenious strategy allows you to take the little bit of time that you have and make the most of it to prepare quality meals for the whole busy week ahead of you. All you need, for example, is just a little bit of free time once a week, maybe as little as 30 minutes, in order to make preparations of your meals in advance. These strategically focused preps take care of the hard work such as chopping vegetables and cooking meat in advance so that when it comes time to eat the only work that is left for you is the most basic of tasks, such as heating up the prepped meal in the microwave for 30 seconds. That's right, by taking 30 minutes out of your schedule sometime during the end of the week, you can successfully prep and pack fully made meals that can be finalized in less than a minute when it is finally time for you to eat. The only thing you need is some good Tupperware containers and perhaps a few plastic bags and you can have a fully made home cooked meal stocked up for when you need it. These wholesome meals will be much healthier for you than their quicker and more processed counterparts. They will also end up saving you a lot of money. Even if health wasn't an issue, just think of all the money you waste each and every time you go through the drive thru to get burgers and fries, when you could have clean and delicious food made from scratch right out of your home. In making homemade meals you are using a set amount of recipes that you can buy in bulk and use for the long haul. By the end of the month you will have saved a ton of money in the process. This book clearly explains that process to you, and further elaborates how you can make the most of the benefits that meal prepping can offer. In this book you will find: Detailed Meal Prep Strategies Meal Preps for Breakfast, Lunch and Dinner Specially Made Meal Preps for Vegetarians and Vegans Meal Preps for Homemade Desserts And a whole lot more!

## Book Information

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## Customer Reviews

Make your dieting life a whole lot easier with my meal prep tips for people who are new to the world of preparing healthy food ahead of time. In an ideal world, we'd all have most of our meals prepped and packed on Sunday night. We'd rest easy knowing that we could grab healthy, tasty options as soon as we walked in the door before the hanger sets in. You'd set a pot of stew to simmer on the stove, and cook a big batch of grains to be transformed into bowls through the week. Vegetables would be roasted, greens washed and prepped, salad dressings made and oatmeal cooked and pre-portioned. It's great in theory, but a real pain in the neck for many (even for the professional cooks among us). What you hope is two hours of prep often turns into an all-day affair, what with the shopping and clean up tacked on to either end. But you can meal prep to make your life a whole lot easier in no time and the book shared a few ideas here to show you how to get started with meal prep.

I love this cookbook! It contains a large variety of recipes. There are also several different recipes for different cooking methods (slow cooker, oven, etc.). I have tried several of the recipes so far with success. The meals that I made were delicious. The best part is that all the recipes in this book are

extremely simple and quick to make. It saves me a lot of time on busy days.

It is a wonderful cookbook and furthermore dieting book !!! Make your counting calories life a mess simpler with my feast prep tips for individuals who are new to the universe of getting ready sound sustenance early. In a perfect world, we'd all have a large portion of our suppers prepared and stuffed on Sunday night. We'd sit back and relax realizing that we could snatch sound, delectable choices when we strolled in the entryway before the holder sets in. You'd set a pot of stew to stew on the stove, and cook a major clump of grains to be changed into bowls as the week progressed. Vegetables would be simmered, greens washed and prepared, plate of mixed greens dressings made and cereal cooked and pre-portioned..I truly cherish it...

Although the idea is good, this book has incorrect measurements in the recipes. Or at least I hope that they are incorrect. The oatmeal recipe calls for a cup of oatmeal, 1/4 cup of cinnamon and 1/4 cup of salt. Other recipes called for 1/4 cup of black pepper which is a lot of pepper for one recipe. Of course, with these measurements you would lose weight because you wouldn't be able to eat the food!

By perusing this book I have gained more from this book. The writer not exclusively made a great showing with regards to and furthermore composed exceptionally well. This book could provide me insight into things to do or putting at the top of the priority list before beginning. That book contains is truly extremely supportive for every one of them who needs to think about that. I trust in the event that you read this book you can take in more. I simply eager to recommend every one of you to peruse this book everybody.

Truly a decent book.I think this is an incredible book! It is super valuable on the off chance that you are into feast preparing. This book underlines supper arranging and preparing for ideal wellbeing, yet additionally for sparing time. Dinner preparing can spare you an enormous measure of time, and diminish worry around supper times. This is an extraordinary book for individuals are quite recently beginning, or the individuals who require some help en route. It will enable you to choose what your objectives are, and how to place them into center as you pick your suppers. It's not the principal book I have on fast cooking, yet the first with such a significant number of adjusted formulas and dinner plans.I have officially arranged a few dishes. Flavorful! This is a decent book for individuals are quite recently beginning to cook

I agree with the author that in our time it is very difficult to eat healthy food. From malnutrition, there are health problems especially overweight. In the book the author describes how to properly choose a diet to cope these problems. An exemplary meal plan is written and a lot of recipes for tasty and healthy food are given. I put 4 stars because the recipes could be described in more detail and indicate the amount of calories.

Being prepared is what gets us on the right track. Meal prep is basically just creating 2 or 3 meals at one time and then sealing them up in plastic containers so that they can be easily reheated for our meals the next day. That's what I like about meal prep it gives me enough time to prep and saves me time when I'm on a very hectic schedule.

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