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# Meal Prep: Delicious, Healthy Recipes & Tips (Meal Prep Cookbook, Vegetarian Meals, Breakfast, Chicken, Beef, Pork & Seafood, Meal Prep Tips)



## MEAL PREP

Delicious, Healthy Recipes & Tips



BY MICHAEL RAE



## Synopsis

**MEAL PREP: DELICIOUS, HEALTHY RECIPES & TIPS** Michael Rae's Meal Prep Cookbook is one you don't want to miss out on! Michael is a health & fitness junkie who really wants to motivate and encourage a healthy lifestyle for everyone! Meal prep is the start of an amazing transition in you and your families lives. Having healthy meals ready at your finger tips is the key to maintaining your healthy eating, fitness and any weight loss you wish to achieve. Available in eBook format or paperback! Meal Prep. The words can sound daunting if you haven't tried it before. But I promise you, it seems like a lot more work than it is. In fact, it actually saves you a lot of TIME & MONEY! During our busy lives, work, soccer practice, meetings, Netflix, the last thing we want to do after we get home after a long day is start cooking. Or before you go to bed at night, stressing about what you're going to pack yourself for lunch the following day. And then there's the dreaded breakfast in the morning which most people skip altogether because of how rushed our mornings can be. Enter: MEAL PREP. This amazing lifestyle change can really do wonders for your time, health and waist line. It allows you to keep up your healthy eating all week long because you're not skipping meals or scrambling together a last minute unhealthy meal or snack after work. Simply set aside a few hours on Sunday before your week starts, and cook! One clean up, breakfast, lunches, dinners and snack for the whole week ahead. So that way when you get up in the morning, a delicious healthy grab and go breakfast is there for you. Your lunch for the day is already in a container and your dinner is a simple 1 minute microwave away from being on the table and in your mouth! Michael Rae created this cookbook filled with the most delicious, simple and healthy recipes for your meal prepping! You can find delicious breakfasts such as Overnight Oats, Mini Egg White Omelettes, and Egg Turkey & Sweet Potato Stuffed Peppers. There is a section of Meat Lover's Recipes such as Greek Chicken Bowls, Turkey Egg Roll in a Bowl, Steak & Feta Cobb Salad, and Teriyaki Chicken & Broccoli. Michael also loves Meatless Mondays all week long! Includes vegetarian meals like Meatless Zucchini Burrito Boats, Power Protein Stuffed Sweet Potatoes, Feta & Tomato Mushroom Caps and Avocado & White Bean Salad. Can't forget your omegas in our Catch of the day Section. Recipes include meals such as Honey Garlic Shrimp & Broccoli, Blackened Tilapia with Avocado & Cucumber Salad, and Honey & BBQ Baked Salmon with Spiralized Zucchini Noodles. Michael Rae's Meal Prep Cookbook Includes: Introduction: Benefits & How-To Of One Of The Trendiest Ways To Eat And Get Healthy And Fit Grab & Go Breakfast Meal Preps For Busy Mornings Meat Lover's Chapter: Chicken, Beef, Turkey & Pork |Need I Say More? Vegetable's Are Your Body's Best Friend: All Vegetarian, But Packed

With All The Protein You Need To Get You Through The Day Catch Of The Day: Fish, Salmon, Shrimp & More! Bowl Meal Building 101 Don't miss out! Download your copy today!

## Book Information

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## Customer Reviews

This book is a good choice for the busy individuals. This helps me learn how to make quick and easy meal recipes that is delicious and good for weight loss and clean eating. This book can also help you prepare healthy and delicious meals for your family. Well written and organized.

This book has some delicious sounding recipes and I can't wait to try them! Meal prep can be a little overwhelming but this book breaks it down nicely. Definitely recommend

Very good book helped me a bunch to change my eating habits

This is a nice book on meal prep. meal prep is a really good idea because these days most of us are so busy that it makes sense to prep our meals as otherwise we end up eating on the run, which

means bagels, donuts, Latte's , cheese burgers and French fries. So the great thing about meal prep is that it helps keep our diet on track, which is vital as unless we try to organise our food intake the natural default position will always be to pig out! Regarding this book the author provides a good overview of how to go about meal prep and then provides a really wide range of tasty, nutritious and easy to prepare meals! So if your busy and want to get into meal prepping this is a good place to begin!

Love this book very helpful for food ideas. Thank you

Great read, easy recipes and healthy new spin on creating bowls. This book is good for beginners and novice. I bought kindle version to carry with me for shopping ideas.

Don't buy, waste of money. Cheaply made and recipes aren't great.

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