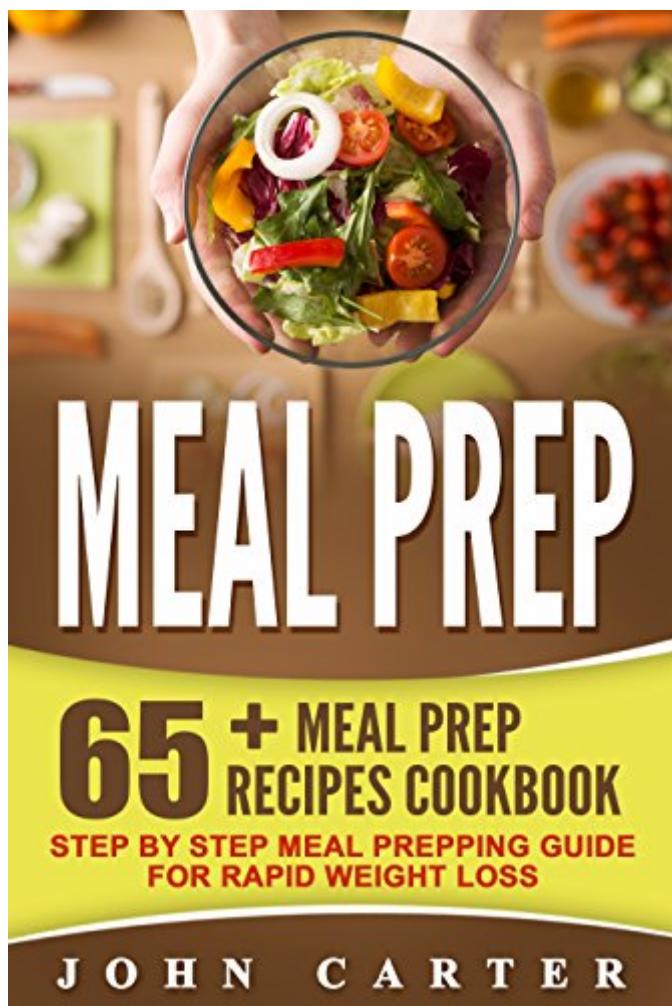


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# Meal Prep: 65+ Meal Prep Recipes Cookbook â€“ Step By Step Meal Prepping Guide For Rapid Weight Loss (Free Bonus Included) (Meal Prep, Ketogenic Diet, Low Carb, Ketosis)





## Synopsis

Lose Weight Fast with these Fun and Simple Recipes! Click the READ MORE button to start your healthy new life! Are you tired of looking in the mirror and seeing the same old you? Is it time to take charge of your body and your health? Would you like your family to enjoy the many benefits of eating well? If so, this is the book for you! You'll also get a special FREE Bonus: 'Weight Loss Made Easy' - The guide that will teach you the secrets to lose weight! Inside Meal Prep 65+ Meal Prep Recipes Cookbook, you'll discover a huge variety of delicious dishes your family will love: Loaded Breakfast Stuffed Peppers, Kale Chips, Seared Salmon, Beef and Broccoli Stir-Fry, Creamy Butternut Squash Risotto, Avocado Chocolate Mousse and many more! You'll even learn about all the meal prep tools and essentials you need to be an ace in the kitchen! Don't spend another day wishing you could lose those pounds! Get your copy of Meal Prep 65+ Meal Prep Recipes Cookbook today and start enjoying your beautiful new body! It's fast and easy - just scroll up and click the BUY NOW WITH ONE CLICK button on the right side of your screen.

## Book Information

File Size: 2208 KB

Print Length: 126 pages

Page Numbers Source ISBN: 1545104654

Publication Date: March 25, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B06XVN3ZY9

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #555,986 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #29

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International >

Canadian #74 in Books > Cookbooks, Food & Wine > Regional & International > Canadian

#450 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Ketogenic

## Customer Reviews

This book contains a fabulous gathering of delightful recipes, with clear headings, and effectively using ingredients which can be bought in any market. The formulas are intended to lessen weight and furthermore support vitality, not to advance an exchange off between the two. The author was very easy to relate to when it comes to meal prepping. He clearly shows you how to walk your own path to clean, healthier lifestyle plan. Subsequent to experiencing the formulas and the fixings utilized for arrangement of clean nourishment, everything sounds good to me now. My wife loved this book. she discovered some secrets which she didn't know about and of course we are having great meals at home right now. I recommend this book to everyone who wants to lose weight or just prefers eating healthy food.

A well balanced book, although I disagree with health impacts. I was actually impressed by how much useful information is squeezed in such a short book. By reading this book I've learned some delicious recipes. Author has described every single thing very clearly with some proper explanations. Such an excellent book. Highly recommended.

This is a great book on Meal Prep. All of the things, tips and recipes that I need to know about step by step meal prepping guide for rapid weight loss are already included and well written inside. John Carter has done an incredible awesome job in compiling and creating this book. 65+ recipes are very informative, useful and well explained. This book is really a great resource for those who want to learn more about Meal Prep.

One of the main advantages of prepping for a meal in advance is that you will be able to achieve good health. Take away foods are one of health's biggest enemies. Even if you end up eating at a "healthy joint" you will still be subjecting yourself to chemicals and toxins that are bad for your body. It would, therefore, be a good idea to prep for a meal in advance. You will also be determined to prepare healthier meals for yourself. You will make it a point to prep for salads, soups, stews etc. in a bid to improve your health.

Very good book

Impressive! This book is a great guide for beginners like to know more about prepping for some says it contains low carb that can be useful for my diet. This book contains a fantastic collection of delicious recipes, with clear directions, and easily accessible ingredients which can be purchased in

any grocery store! I strongly recommend this book to anyone interested in preparing healthy meals and following a clean lifestyle!

This is a great book on MEAL PREP..This book is really a great resource for those who want to learn more about MEAL PREP.Great book about clean and healthy meal preparation.

There are no Macros or Calories in recipes

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