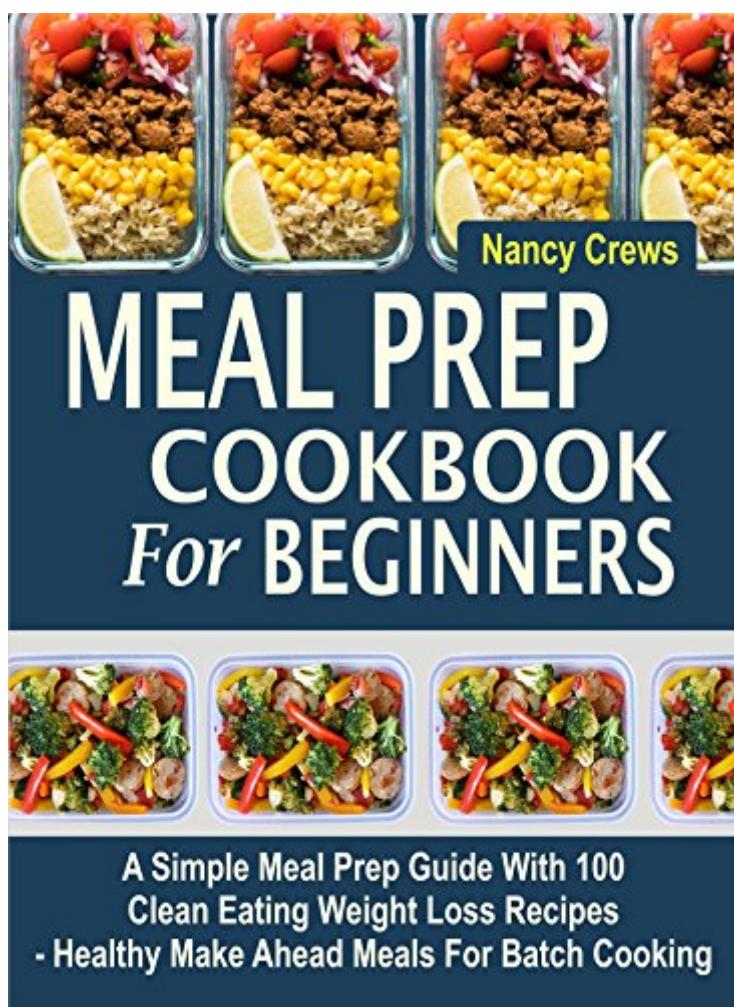


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# Meal Prep Cookbook For Beginners: A Simple Meal Prep Guide With 100 Clean Eating Weight Loss Recipes - Healthy Make Ahead Meals For Batch Cooking





## **Synopsis**

**Eat Healthy Meals On Autopilot Every Week** The Meal Prep Cookbook For Beginners contains all you need to start preparing clean eating approved meals ahead of time every week. Many people who want to eat clean foods and lose weight are too busy to cook their own meals every day. Meal prep is the solution you need to ensure that every food that you eat contains only wholesome ingredients that will support your health and fitness goals. This guide and cookbook provides 100 recipes with easy-to-follow, step-by-step instructions and several tips for beginners. Whether you are a student, a mom or very busy professional, the Meal Prep Cookbook For Beginners will help you to find a meal preparation routine that will work for you and help you to enjoy the benefits of meal prepping. The Clean Eating recipes in this book are made with whole foods, without adding processed ingredients. Instead of reaching for prepackaged meals or snacks, you have your own home-cooked clean eating meals that are ready to eat. This works incredibly well towards meeting your health and total wellbeing goals. Just some of what you will learn are:- Meal prep benefits- Meal prepping beginners guide- Tips for making meal prep easy- 100 carefully selected meal prep clean eating recipes- Recipes grouped conveniently into breakfast, lunch, dinner and snack- Each recipe has clear instructions for cooking, Storage (freezing) and Usage (reheating) All you need is to write out a meal prep plan, get the necessary ingredients and equipment, choose any of the 100 recipes then start prepping! The first few tries may not work out exactly as planned but it gets easier once you do it a couple of times. Use the first few weeks to find a routine that works for your lifestyle and preferences. Soon you will become a meal prep expert! Download your copy today and step into a new and rewarding adventure!

## **Book Information**

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