



Meal Prep: 101 Superfast and Easy Prep-And-Go Healthy Whole Food Recipes to Lose Weight and Heal Your Body (Picture Cookbook, Meal Planning, Meal Prep Recipes, Meal Prep Cookbook) (Paperback)

By Michelle Dorrance

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Cook Once and Eat Clean All Week Unless you re a professional chef, we re betting that one of the most stressful and frustrating parts of your week/day is meal planning. Finding a recipe, shopping for ingredients, chopping and prepping, not to mention the actual cooking part - it sounds exhausting before you ve even started. That s one of the reasons why so many time-starved people are starving for home-cooked meals. It s all just so time-consuming. But wait, it really isn t if you do just a little bit of advance planning. What a difference it makes when you have a meal figured out, even better - have it already prepared and ready to eat! In The Meal Prep Cookbook Michelle brings her make-ahead know-how to your kitchen, proving that you really can eat healthier and reduce stress while saving money and time. Simple and fun. The Meal Prep Cookbook offers: More than 100 healthful, simple, and straightforward recipes made with real foods and without heavily processed, artificial ingredients Meal plans for when there s even less time including back-to-school,...



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