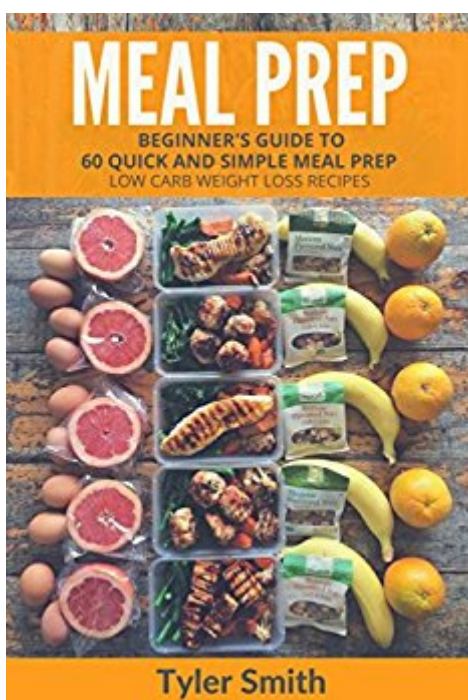


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# Meal Prep: Beginner's Guide To 60 Quick And Simple Low Carb Weight Loss Recipes (Low Carb Meal Prep Book 1)



## Synopsis

Are you too busy to spend countless hours in the kitchen daily? Would you like to lose weight with every single meal? Would you like to save more money and time for the gym or fun activities? If yes, then healthy low carb Meal Prepping might be what you need! This book, *Meal Prep: Beginner's Guide to 60 Quick and Simple Low Carb Weight Loss Recipes*, will be your go-to book for 60 delicious low carb diet recipes. None of the recipes are complicated with fussy ingredients or lengthy directions; they all help promote the healthy menu of a low carb rapid fat burning diet. The first chapter is dedicated to the explanation and usefulness of meal-prepping, including a list of tools that are helpful. This beginner's guide on meal-prep for people with a low carb diet will be invaluable for you. You will learn a new way of cooking and serving meals that are portion controlled and healthy. Some of the benefits of Meal Prepping: Lose weight easier Save time and energy Save money Greater portion control Control over nutrition And much much more... Within this book are delicious recipes listed: Alphabetically By meal type With complete nutritional information With complete lists of ingredients Cooking instructions Storage instructions And lots more...! Take charge of your health today and download this book for a limited time for 2.99!

## Book Information

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## Customer Reviews

I've been needing to lose weight for a while and I love this book!! There's great tips on starting to prep and even tells how to use a spreadsheet for a total list of grocery items. Nice tips on time saving tips for prepping is my favorite part. Very nutritious recipes that look good with lots of variety and shows nutritional information and calories. At the end of each recipe tells how to prep and store it. Overall this is a helpful book for beginning preppers!!

I love this cookbook! It contains a large variety of recipes. Recipes are delicious and really quick to prepare. Most of the recipes will take less than hour to prepare. They are simple enough to make, but delicious enough to impress your friends and family. All recipes in this book are saved with simpler ingredients with easy cooking directions. Your family followers will absolutely request you to prepare these dishes again and again.

I have spent most of my majority of my adult life eating at McDonald's and the pizza parlor, and I was looking for a way to eat healthier without having to become a gourmet chef. This book has me very optimistic about my future eating habits. It contains a very simple yet effective schedule for meal prepping, along with a wide variety of healthy meals that even I feel comfortable preparing. This is a great book for someone looking to make major changes to their eating habits.

This is an amazing guide book for weight loss and a healthy life. In this book you will find a lots of recipe for leading a healthy life. From this book you will get some benefits like lose weight easier, save time and energy, save money, control over nutrition and much more. I hope you must find this book helpful.

A nice comprehensive read. The recipes are really beginner level and are easy to follow. The book contains nutrition info which was especially important to me. Recommended read.

I grabbed this book for my mom who is already retired and enjoying much of her time in the kitchen. This book is helpful guide for her because in here she will learn the the proper meal preparation as well as the usefulness of it, Absolutely she would love to try the recipes.

The recipes contained in this book are very easy to make and taste very good as well. This book is perfect for anyone who doesn't have much time to prepare their meals. This book teaches you how to prepare delicious meals in under 5 minutes.

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.

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