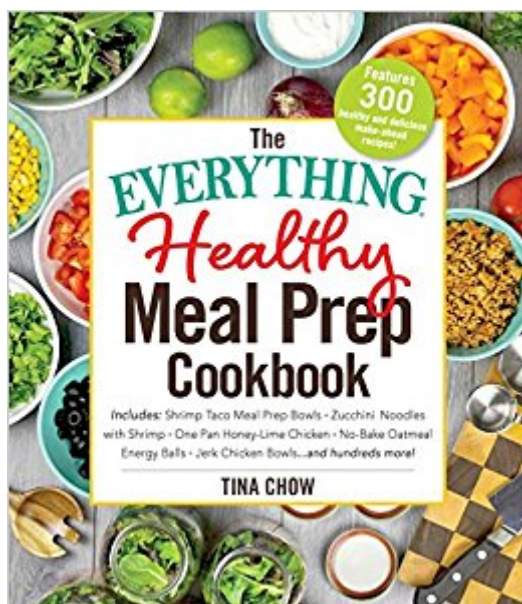


The book was found

The Everything Healthy Meal Prep Cookbook: Includes: Shrimp Taco Meal Prep Bowls * Zucchini Noodles With Shrimp * One Pan Honey-Lime Chicken * No-Bake ... * Jerk Chicken Bowls ... And Hundreds More!



Synopsis

Learn to prepare healthy, portion-controlled meals for the week with this easy-to-follow cookbook that saves time and can help you lose weight. Meal prepping has quickly become one of the best ways to control what you eat and organize your eating habits. In *The Everything Healthy Meal Prep Cookbook*, you'll learn how to plan out portion-controlled, nutritious meals and prepare them in advance so when the time comes for dinner, it's a breeze to whip it all together. You'll discover the benefits of meal prep and learn how to do it effectively so you are always eating something different and never bored. With 300 delicious recipes included, *The Everything Healthy Meal Prep Cookbook* can help you have more control over what you eat and provide a clear, focused path for dinner.

Book Information

Series: Everything®

Paperback: 304 pages

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Customer Reviews

Tina Chow is the founder of the popular Instagram page @FitChicksCook, where she features her weekly meal preps along with tips on healthy eating and quick and easy homemade recipes. After struggling to achieve her fitness goals while working full-time, she began meal prepping on the weekends to save time and stay healthy. Now almost four years later, her fan base has grown to more than one hundred thousand followers. She continues to prep her weekly meals and share her meal plans with the goal of helping others like her achieve their goals. One of her Mason Jar meals was featured in the Spring 2017 edition of *Hers Muscle & Fitness*. She is the author of *The Everything Meal Prep Cookbook*.

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