



## Meal Prep Cookbook: Plan, Prepare, and Portion Your Whole Food Meals

By Julia Schulte

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 204 pages. Dimensions: 11.0in. x 8.5in. x 0.5in. How much time a day do you spend worrying about what you and your family will eat tonight? Are you tired of coming back home at the end of the day and then having to cook? And we all know how difficult it can be to find the time and inspiration for home cooking. However, being too busy doesn't mean you can't have delicious and well-balanced meals. Learn simple meal prep strategies for achieving your diet goals, saving time and money. Even more importantly, food prep helps to maximize your energy and optimize general health. Focusing on the process rather than on the goal is a modern and popular trend. This approach is effective because to reach your goal, you should perform repeated actions. In other words, you need process. This way you form good, healthy, and beneficial habits. For example, in order to lose weight, you should eat whole foods. And meal prep is a really helpful tool here! When you prepared most of your meals yourself, you eat much better and healthier foods in the proper portions! Planning...

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