



Meal Prep: A Beginner's Guide

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mind over munch

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Welcome!

Hello Friends!

I'm so excited for you to dive into my newest eBook, *Meal Prep: A Beginner's Guide*! Everyone wants to find success with their healthy lifestyle, but many of us struggle to make those lifestyle changes and stick with them. For many people, meal prepping is the answer! This book will guide you through making your meal prepping experiences as efficient, effective and easy as possible! If you've never meal prepped before, or if you've tried and found it difficult to organize or maintain, you'll find tons of tips and tricks here to help you succeed.

It's important to keep in mind that there is no "right" or "wrong" way to meal prep. Meal prepping doesn't HAVE to look like the photo on the cover of this book, even though that's what many of us think of when we hear "meal prep." This book doesn't cater to one type of meal prepper, but rather aims to accommodate various styles of prepping, as well as personalities and preferences. This book is not a meal plan, and does not promote a specific diet or lifestyle—people following a vegan or gluten-free lifestyle can find this information just as useful as a meat eater. The information provided will help you with learning how to prep meals, including planning, organization, cooking techniques, basic recipes, packaging essentials, labeling tips and much more! At the end of the guide you'll find a recipe book that I've included to give you some ideas for getting started on your own meal prep journey! All of the recipes are portable, easy to make and of course delicious!

Please modify any of the information to fit your lifestyle as needed. Following this basic plan while making it specific to you is what will lead you to meal-prepping success!

I couldn't be more excited to add this into the mix of everything Mind Over Munch™ aims to offer, and I can't thank YOU enough for the support.

Remember that you can always head to www.mindovermunch.com for all of my easy recipes! For comments, questions, recipe requests, or anything else, please feel free to email me at hello@mindovermunch.com!

Let the meal prepping begin!

Cheers!



Alyssia Sheikh



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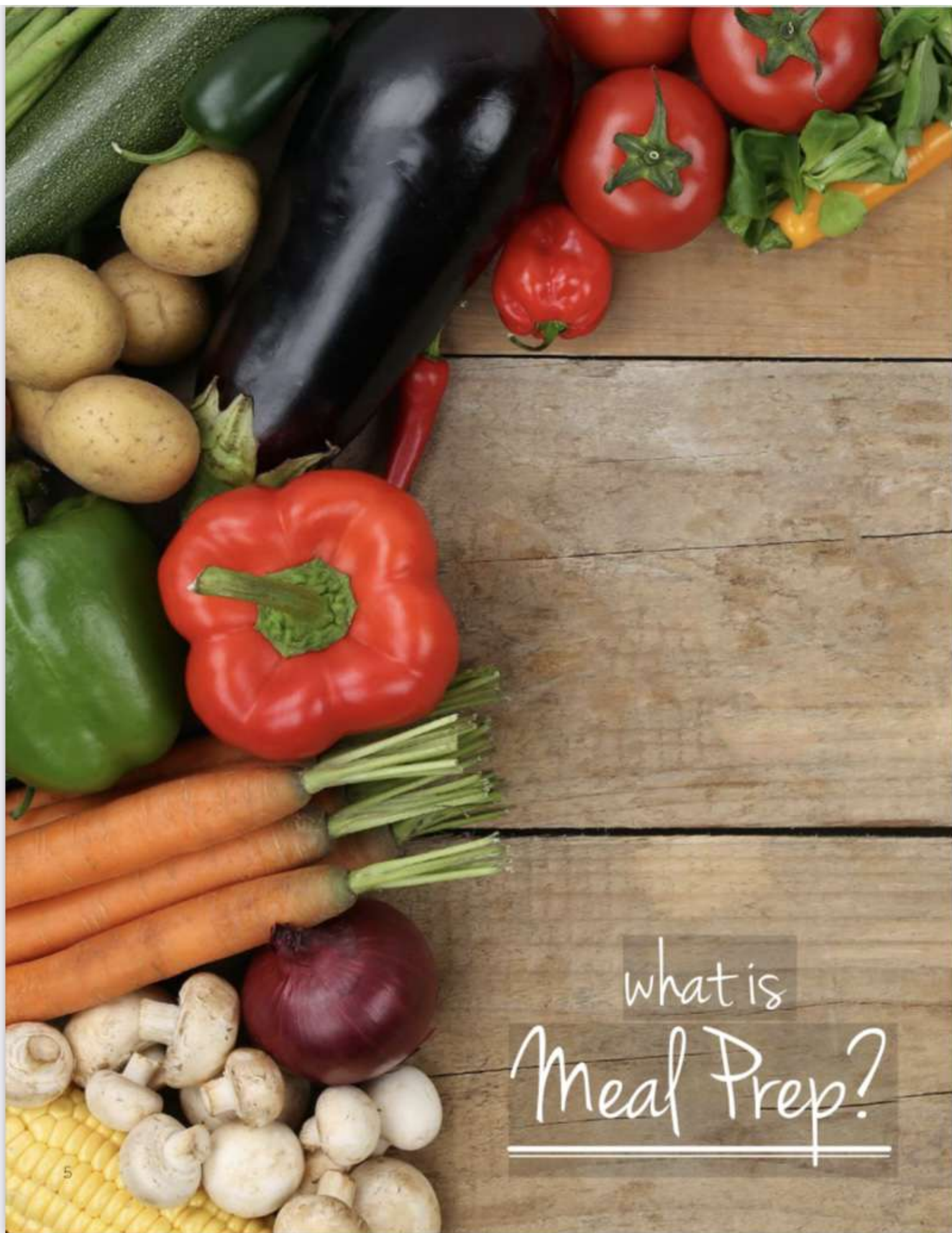
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what is
Meal Prep?