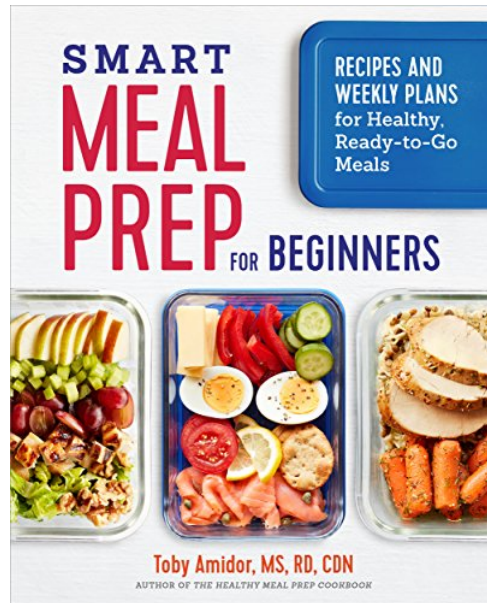


[GET] Smart Meal Prep for Beginners: Recipes and Weekly Plans for Healthy, Ready-to-Go Meals



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Bestselling meal prep author Toby Amidor shows you how to master meal prep with easy recipes and weekly meal plans in Smart Meal Prep for Beginners. Smart meal prep means you never have to ask what's for breakfast, lunch, or dinner. In Smart Meal Prep for Beginners, meal prep expert Toby Amidor makes it easier than ever to start (and stick with) meal prep, so that you have ready-to-go healthy meals every day of the week. This meal prep cookbook goes beyond general meal prep guidance, and provides a 6-week plan to make a habit of meal prep and keep your fridge full. With specific, step-by-step instructions and meal prep plans that eliminate the guesswork of what to eat and for which meal, this cookbook is your kick-start guide to meal prep like a pro. The point of meal prep is to set yourself up for success, not stress. This meal prep guide and cookbook gives you the tools you need to make meal prep a regular part of your routine, with: 6-Weekly meal prep plans that progressively ease beginners from prepping breakfast and lunch (2 plans) to a full day's meal prep featuring breakfast, lunch, and dinner (4 plans) Must-have meal prep tools that include prep day guidance, shopping lists, plus storage and reheating information Meal prep 101 gets you started with need-to-know info about meal prepping, including meal prep Dos and Don'ts and food storage guidelines Smart Meal Prep for Beginners is a fool-proof plan to meal prep like a pro and have healthy meals ready-to-go, no questions asked.

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