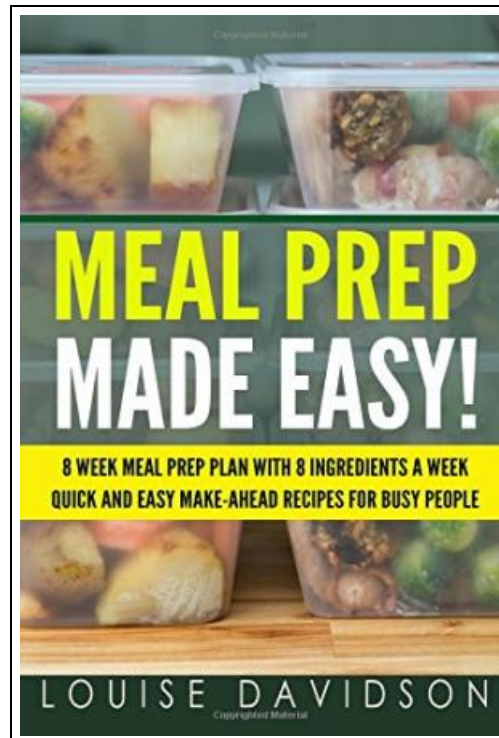


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Meal Prep Made Easy! Finally! 8 Ingredient on your grocery list is all you need to prepare a whole week of delicious and healthy meals for your family. Spend less time in the kitchen and save money on your grocery bill with 8 weeks - 8 ingredients meal prep plan! Have you ever tried meal planning and meal prep, only to become frustrated because your grocery list is too long and your meal planning activities seem to cost your family more than they save? There are so many great meal prep recipes out there that it can be easy to get overwhelmed and try to do too much at once, which can defeat the purpose of meal planning altogether. Why not try a simpler approach instead? In this cookbook, you will find 8 weeks worth of meal plan menus along with a basic shopping list of only eight ingredients plus a few grocery staples you likely already have on hand. An entire week with just eight ingredients in your shopping cart! This cookbook is not only a collection of healthy recipes for your dinner table but also a way by itself for simplifying your life and reducing your weekly grocery bill, deliciously and simple enough to fit into even the most hectic of lifestyles. Inside, you ll find: Introduction and useful tips to the 8-ingredient 8-week meal prepping Week-by-week what to know and what to get to guide you through the plan As well as great recipes such as: Asparagus and Toasted Quinoa Salad with Soft Poached Eggs Flank Steak with Basil Oil Sauce Caramel Pork Loin Tex-Mex Rice Bowl Red and Green Frittata Italian Stuffed Chicken Breasts Salmon Fajita Bowls...



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