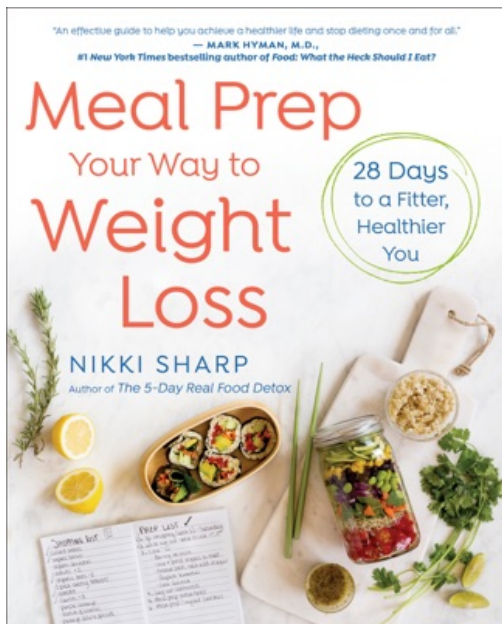


Download Meal Prep Your Way to Weight Loss free Nikki Sharp (PDF, ePub, Mobi)



A 28-day program for eating clean, featuring more than 100 healthy recipes with time-saving advance-prep methods, from the author of *The 5-Day Real Food Detox*

“An effective guide to help you achieve a healthier life and stop dieting once and for all.”—Mark Hyman, M.D., #1 *New York Times* bestselling author of *Food: What the Heck Should I Eat?*

LOSE WEIGHT IN JUST FOUR WEEKS

Any successful goal starts with a plan. And diet and fitness guru Nikki Sharp knows all about planning. The former model, Instagram star, and author of *The 5-Day Real Food Detox* discovered that the best way to drop pounds and feel great is through meal prep: making portion-controlled dishes in advance that can be enjoyed all week. Now Sharp shares her secrets and shortcuts for creating a week’s worth of healthy, plant-based food designed to help you lose the weight and keep it off.

Meal Prep Your Way to Weight Loss breaks it down for you in three easy parts: First, you’ll learn the life-changing, health-altering meal-prep system. Second, you’ll discover “super meals” that infuse ultra-nutrition into every bite. Finally, you’ll receive Sharp’s 28-day guide to meal prepping your weekly breakfast, lunch, dinner, and snacks with ease.

As a meal prep master, you’ll enjoy

- steady, satisfying weight loss—up to five pounds each week
- automatic portion control without counting calories, fat grams, or carbohydrates
- an escape from emotional eating and bingeing
- tips and tricks for easy-to-freeze preps
- stress-free cooking, eating—and an overall healthy lifestyle

Loaded with photos, grocery shopping lists, and such delicious recipes as Noodles and Cashew Cream, Summer Spring Rolls, Orange Dreamsicle Bliss Balls, and Paleo Bread, *Meal Prep Your Way to Weight Loss* will save you time and money—and help you eat clean and sustainably for the rest of your life!

“This book is a must-read for anyone trying to lose weight, get healthy, or change his or her life. Meal prepping is the key to sustainable habits, and Nikki breaks it down to help you succeed.”—David Zinczenko, #1 *New York Times* bestselling author and NBC News health and wellness contributor

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Autor : Nikki Sharp

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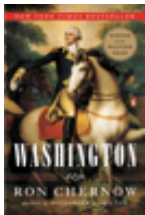
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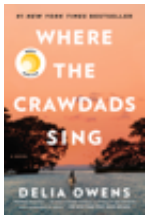
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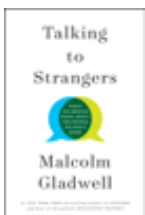
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