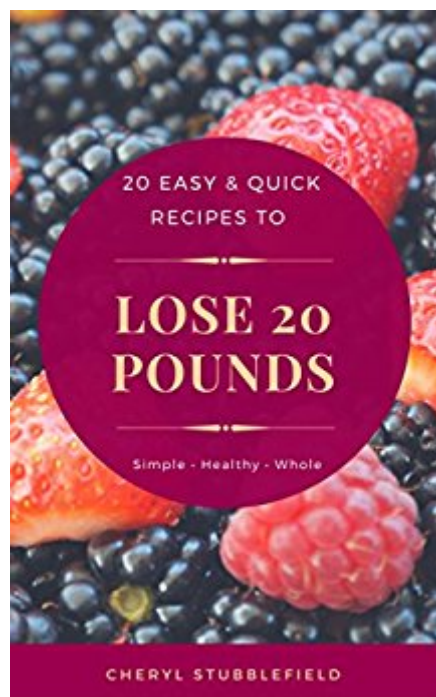




The book was found

20 Easy & Quick Recipes To Lose 20 Pounds: A Collection Of Easy To Cook, Budget Friendly Recipes To Get You Happy And Fit



Synopsis

20 Easy & Quick Recipes To Lose 20 Pounds is a thoughtful collection of easy and quick meals that can be prepared in under an hour. As a winner of her employee sponsored weight loss program; Cheryl Stubblefield knows the importance of preparing healthy meals in the least amount of time. During her weight loss journey, she found her biggest obstacle was finding quick and easy meals that were also healthy. Many of us find ourselves at fast food restaurants because we simply don't have the time to prepare our meals. Others may have the time to prepare meals, but they may lack the experience needed to cook anything beyond Ramen Noodles and toast. In addition to solving the issue of time management, 20 Easy & Quick Recipes To Lose 20 Pounds also aims to offer budget friendly options. Many of the meals in the book can be prepared for under \$4 a serving. If you've been struggling to lose weight, this book is for you! Cheryl has provided 20 recipes that you can prepare to lose your first 20 pounds and beyond. These recipes are simple to make, require less than an hour to prepare and taste great. Everything included in the book is highly customizable. You can add in your choice of meats or seasonings. You can also substitute many of the ingredients to make these meals completely vegan and vegetarian-friendly. The possibilities really are endless. It's time to take control of your diet and your time! 20 Easy & Quick Recipes To Lose 20 Pounds is an excellent collection to add to your weight loss tool kit. No matter your fitness level, cooking skills or where you are on your weight loss journey; this book is for you!

Book Information

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Customer Reviews

can't wait to indulge into these yummy recipes!

Amazing easy recipes very tasty and delicious

This was such an amazing an inspirational book! I enjoyed this read. I am even beginning to incorporate some of the recipes and tips on a weekly base! My favorite was the overnight oats. This author gave very good and precise step by step instructions throughout the book. So far I've been trying the tips for a few days and I can already feel myself feeling better with more energy and I'm already a few pounds down!! That's always a plus! I hope that another book follows this one!

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