



Meal Prep: Cook Once and Eat Healthy for a Week (German Edition)

Jenny Porter

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You are what you eat! Time and health are both precious and so important in today's world.

With the kind of lifestyle people lead these days, it's important to eat healthy and nutritious food without spending a lot of time in the kitchen.

Here comes the concept of meal prep! You cook once a week and store it for the entire week ahead!

Prepping food saves you lots of time and it fits the productive lifestyle without compromising in flavor and nutrition. Prepping and cooking ahead for simple and convenient meal planning is essential.

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