



**The Skinny 15 Minute Meals Recipe Book:
Delicious, Nutritious, Super-Fast Low Calorie
Meals in 15 Minutes Or Less. All Under 300, 400 &
500 Calories.**

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#1 Amazon Best Selling Author

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In our fast paced way of life, healthy, balanced and nutritious meals are often the first thing to be compromised. *“I haven’t got time to cook”, “I’ll eat on the go” or “I’ll skip lunch and eat later”* are just some of the excuses we all use throughout our hectic lives resulting in poor diet choices, sluggishness and weight gain.

If you are following a diet, meal choices can become even more difficult and the added pressure of finding time to prepare food can cause you to fall at the first hurdle.

Here’s the good news!

If you are time-poor but want to eat healthy, delicious and nutritious meals every day...you can, and all in 15 minutes or less! ***The Skinny 15 Minute Meals Recipe Book*** brings ***70 breakfast, lunch and dinner recipes to the table in 15 minutes or less*** and all below **300, 400 or 500 calories each.**

Each recipe serves 2 and is big on flavour and nutrition – no compromises.

If you think you haven’t got time to cook...think again! You can be eating delicious skinny, fat burning meals every day in just 15 minutes.

You may also enjoy other titles from the innovative '*Skinny*' calorie-counted series. Just search '*CookNation*' on *Amazon*.

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From reader reviews:

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Ciara Wolfe:

Information is provisions for folks to get better life, information these days can get by anyone on everywhere. The information can be a expertise or any news even an issue. What people must be consider when those information which is from the former life are challenging to be find than now's taking seriously which one is acceptable to believe or which one the actual resource are convinced. If you find the unstable resource then you obtain it as your main information there will be huge disadvantage for you. All of those possibilities will not happen in you if you take The Skinny 15 Minute Meals Recipe Book: Delicious, Nutritious, Super-Fast Low Calorie Meals in 15 Minutes Or Less. All Under 300, 400 & 500 Calories. as your daily resource information.

Alice Myers:

Within this era which is the greater particular person or who has ability to do something more are more important than other. Do you want to become one among it? It is just simple way to have that. What you need to do is just spending your time almost no but quite enough to enjoy a look at some books. One of several books in the top checklist in your reading list is actually The Skinny 15 Minute Meals Recipe Book: Delicious, Nutritious, Super-Fast Low Calorie Meals in 15 Minutes Or Less. All Under 300, 400 & 500 Calories.. This book which is qualified as The Hungry Inclines can get you closer in turning out to be precious person. By looking way up and review this guide you can get many advantages.

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