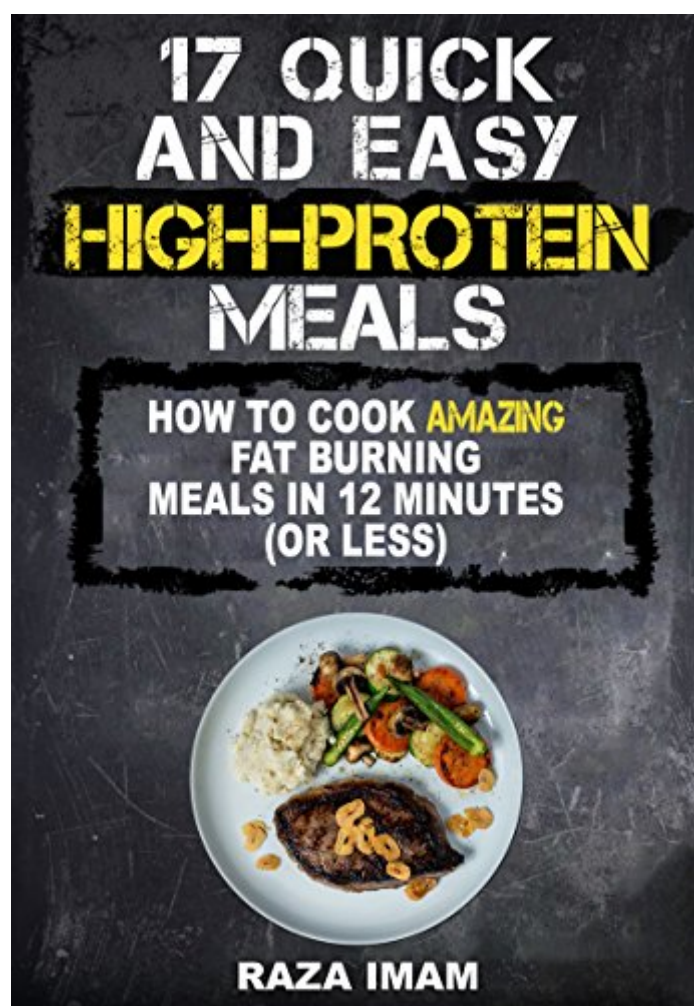


The book was found

# 17 Quick And Easy High-Protein Meals: That You Can Make In 12 Minutes Or Less



## Synopsis

FINALLY - Quick, Delicious, Healthy Recipes to Burn Fat and Get Lean -- Discover the EXACT Recipes & Cooking Techniques I Use to Make Delicious, Quick and Easy, High Protein Meals in Less Than 12 Minutes That Help Me Burn Fat and Stay Lean (combine these with ab workouts) In this short book, I reveal over 17 quick and easy fat burning meals. I not only show you how to cook them, but the specific techniques, tips, and strategies to make them fast. In this essential high protein cookbook with amazingly easy high protein recipes, I show paleo recipes, ketogenic recipes, and other simple recipes to help burn fat. Here's what you'll discover inside:-How to Mentally Program Yourself for Permanent Weight Loss Success-The 'Hidden' Power of Calorie Counting (and how to do it right)-The 12 Secret Techniques I Use to Control Hunger-The BEST Ways to Prepare Food (and how to cook meat, grains, and vegetables)-The 5 Simple (and inexpensive) Tools You Need to Make These Meals - FAST-The Little-Known Intermittent Fasting Trick to Continue Burning Fat Without Feeling Hungry So check this book out now!

## Book Information

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## Customer Reviews

Chicago author Raza Iman has written several successful books on health and fitness â

UNCONVENTIONAL FITNESS TIPS, THE SCIENCE OF GETTING RIPPED, HOW TO BURN BELLY FAT, THE LEAN BODY EXPERIMENT, and he tops these off with a cookbook to support the intake of foods that in turn support his passion for the lean body â “ 17 EPICLY SIMPLE FAT BURNING MEALS IN 12 MINUTES OR LESS. And if Raza is the model for the covers of his booksâ |.then take heed. As he states in biographical notes, â ^I'm not a 22 year old fitness guru. I'm not an "Instagram hottie" I don't live or work in a gym. I don't have chefs prepare my meals for me. I'm a busy father of 3 young kids. I work in IT for a major hospital in Chicago with a 2 hour daily commute. I have to (and like to) eat my wife's cooking - which doesn't always stick to my "macros" I go to birthday parties, and barbecues, and business lunches, and family gatherings. But I've figured out how to stay in shape despite all of that. So I decided to become a Kindle author to write about my experiences and show simple strategies and tips regular people can use to get healthier, stronger, and leaner.

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DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn How to Make Protein Bars in No Time (diy protein bars, protein bars, high protein snacks) 17 Quick and Easy High-Protein Meals: That You Can Make in 12 Minutes or Less DIY Protein Bars: Simple & Tasty Homemade Protein Bar Recipes for Weight Loss, and Build Muscles to Replace a Properly Balanced Meal (Protein Bars, DIY Protein Bars, protein bars at home) Dump Meals Box Set (11 in 1): Healthy and Easy-to-Make Recipes to Make in Less than 30 Minutes (Quick and Easy Microwave Meal Recipes) Natural Meals In Minutes - High-Fiber, Low-Fat Meatless Storage Meals-in 30 Minutes or Less! The High-Protein Cookbook: More than 150 healthy and irresistibly good low-carb dishes that can be on the table in thirty minutes or less. Low Carb Microwave Cookbook: 40 No-Mess Quick and Easy Recipes Under 300 Cal to Make in 30 Minutes or Less for Busy People. (Low Carb & Microwave Meals) Blender Recipes: 27 Blender Recipes You Can Make with High Speed Blenders - Juicing For Weight Loss & Vitality (Blender Recipes You Can Make With Your ... Star & Other High Speed Blenders & Juicers) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Slow Cooker Freezer Meals: 30 Best Tasting Slow Cooker Freezer Meals In 3 Hours: (Freezer Recipes, 365 Days of Quick & Easy, Make Ahead, Freezer Meals) ... cookbook for two, dump dinners cookbook) Oven-Baked Meals Box Set (4 in 1): Discover Meals and Recipes You Can Make with Your Toaster Oven, Sheet Pan and Dutch Oven (Cozy Meals for Busy People) Quick and Easy Make Ahead Meals Cookbook: 25 Make Ahead Meals Made Healthy Vegan: High Protein Cookbook: 50 Delicious High Protein

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