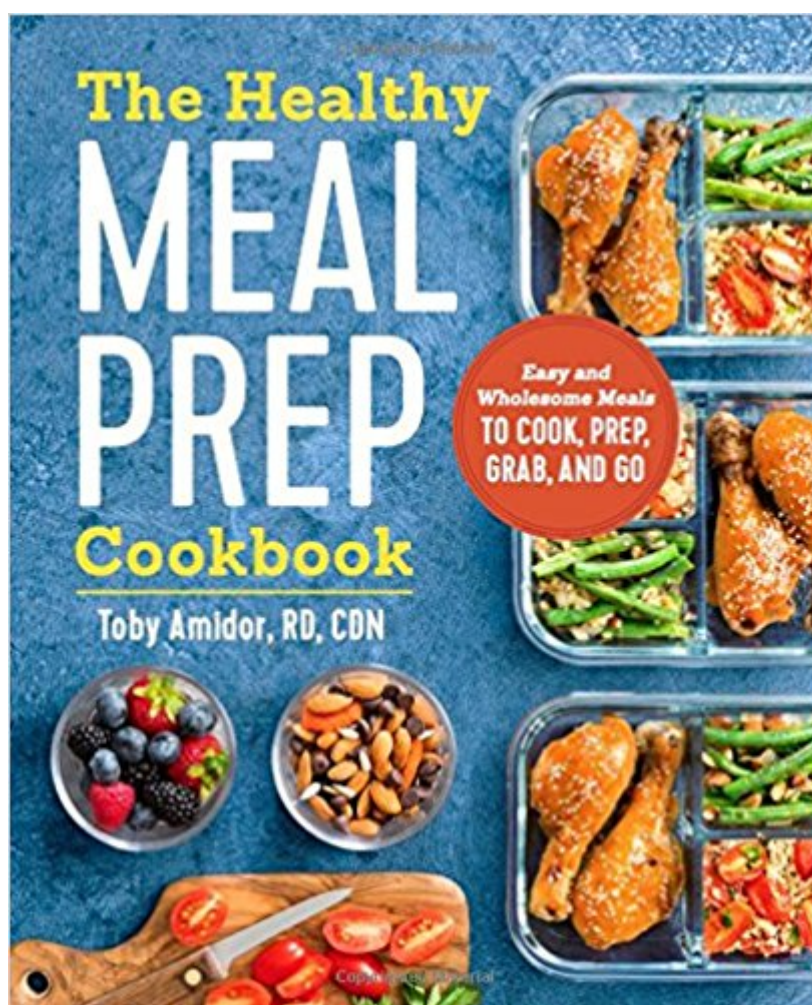


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# The Healthy Meal Prep Cookbook: Easy And Wholesome Meals To Cook, Prep, Grab, And Go



## Synopsis

“This book takes you from just thinking about eating healthy to actually doing it! Filled with helpful tips, meal plans, shopping lists, storage solutions, and recipes, Toby shows you the way to eat well no matter how busy life gets! Ellie Krieger, MS, RDN, award-winning author and host of *Ellie’s Real Good Food* It’s easy to reach for frozen and microwavable meals when you’re short on time, but being too busy shouldn’t mean that you can’t have balanced and delicious meals. Learning how to meal prep properly will not only save you time and energy, but it will also help to make sure that you and your family eat homemade and nutritious meals. Providing practical and simple solutions with easy to follow instructions, *The Healthy Meal Prep Cookbook* shows you how simple it is to enjoy fresh and flavorful meals on even the most hectic days. *The Healthy Meal Prep Cookbook* features: 3 flexible 2-week meal plans for ready-to-go healthy meals without the hassle of prep More than 100 simple, wholesome recipes for breakfast, lunch, and dinner, complete with nutritional breakdowns and portion control to keep calories in check Practical weekly shopping lists with easy to find ingredients to prepare your pantry for the week Convenient illustrated guidelines on how to freeze, thaw, and reheat your meals to keep food fresh, safe, and tasty As a working mom and nutritionist, Toby Amidor knows how difficult it can be to carve out the time for healthy home cooking. Applying her 15 years of experience as a nutritionist, blogger, and recipe developer here in *The Healthy Meal Prep Cookbook*, Toby shares her tricks and tips to efficient and enjoyable meal prep. Master the art of meal prep and serve up nutritious, ready-to-go meals every day of the week.

## Book Information

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## Customer Reviews

"I'm a busy mom, just like Toby, and I adore the Healthy Meal Prep Cookbook. This is more than a cookbook—it's a vital tool for every hardworking home cook."—Robin Miller, author, nutritionist, TV host, and founder of Robin Miller Cooks App-RobinMillerCooks.com

"The Healthy Meal Prep Cookbook is guaranteed to make it easy to put a good, homemade meal on the table even when you have no time to cook. The vibrant, flavorful recipes are a stunning blend of old-fashioned, down-home comfort and exciting international influences. It's an absolute must have for busy families."—Virginia Willis, chef and James Beard Award-winning cookbook author

"This book takes you from just thinking about eating healthy to actually doing it! Filled with helpful tips, meal plans, shopping lists, storage solutions, and recipes, Toby shows you the way to eat well no matter how busy life gets!"—Ellie Krieger, MS, RDN, award-winning author and host of Ellie's Real Good Food

"Meal planning can often leave people feeling frazzled—but not anymore, thanks to Toby Amidor's new book The Healthy Meal Prep Cookbook. Toby provides practical tips as well as easy-to-use shopping lists and charts, mouthwatering recipes, and lick-the-page-delicious photos, so you will be ready to jump in and get started with cooking, prepping, and clean eating. Dig in!"—Joy Bauer, MS, RDN, health and nutrition expert for the TODAY show, best-selling author of From Junk Food to Joy Food, and founder of Nourish Snacks

TOBY AMIDOR is a blogger, author, and regular contributor to online publications such as the FoodNetwork.com and Shape.com. As a leading dietitian and recipe developer, Toby is a firm believer that wholesome food should also be delicious. With over 15 years of experience in her field, Toby lends her knowledge here in the The Healthy Meal Prep Cookbook for you to enjoy a happier and healthier breakfast, lunch, and dinner.

This book has good recipes, but the Kindle formatting is defective in several chapters with parts of the text missing.

Well organized and clear instructions given by author. Easy to follow and great tips.

I don't have time to cook everyday, and I love home cooked meals. This book is a life saver. Great job Toby.

Very easy to follow recipes with useful storage tips throughout. Each recipe specifies how long it can be stored in the refrigerator and freezer (if freezable) which makes meal planning for the week or for vacation so much easier!

As a busy mom of three, I am always looking for ways to get meals on the table more quickly. Meal prep has been all the rage, but oftentimes the foods we can make and freeze ahead of time aren't the healthiest, like heavy casseroles. What I like about this meal prep cookbook is that it also focuses on "clean eating" – using whole, healthy ingredients in the recipes. That means I can make wholesome meals like poached salmon with chimichurri sauce and baked Mediterranean chicken and quinoa on Sunday and serve them to my family throughout the week! The book also includes lots of helpful meal-prep tips, such as how long certain foods will last in the fridge or freezer, shopping lists, time savers, meal plans, and more. I only wish there were more photos of the recipes, because I find that photos both motivate me to cook the meals and help me determine whether they're turning out right as I'm cooking them. But overall, I think this cookbook will really help me get dinner on the table on busy weeks! I received a free copy of this book from the publisher for my review, but all opinions are my own!

One of the best things I love about this book is that it's enough food. My husband and I try to plan meals, but we are never really satisfied. The recipes in this book were perfect the perfect amount for us. Very easy to make and I can take them for lunches too.

These meals are to grab and go, or just enjoy in place. Some folks are good at singing, others at sports; this author, Toby Amidor, is amazing at developing healthy, delicious recipes. And...he's sharing them with us! I've made many versions of tabbouleh, but the Farro Tabbouleh (p. 100) landed at the very top of my list. Farro! In Tabbouleh? Who knew? This cookbook is a home run with few, simple ingredients, easy assembly and amazing taste, which gets even better the next day – if there are any leftovers. It's a great book for those of us with busy lives who still want to eat healthy. The intro has a wealth of information designed to prepare us for the clean eating diet. Throughout, the author explains principles, encourages us to continue and warns us about food safety issues. Simple, practical suggestions are liberally sprinkled throughout the intro to motivate busy people and get us on track. The publisher sent me a review copy of this book. The statements above are wholly my own observations and opinions.

One way to save money and eat healthier is to eat more home cooked meals. To make this easier with our busy lives it may help to have part of the meal prepared ahead of time. It is also convenient to have snacks and meals that are ready to grab when you leave the house. This book is a great resource for anyone wanting to save time and money in the kitchen. Most of the recipes can be made ahead to be refrigerated to be used within a few days or frozen to last longer. By making meals ahead of time you save time by cutting and preparing vegetables and meat at one time that will be used in the future. You may also save money on groceries by buying some items in larger quantities. Many times, meat and other items are less expensive per pound when they are purchased in larger quantities. I received a copy from the publisher.

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