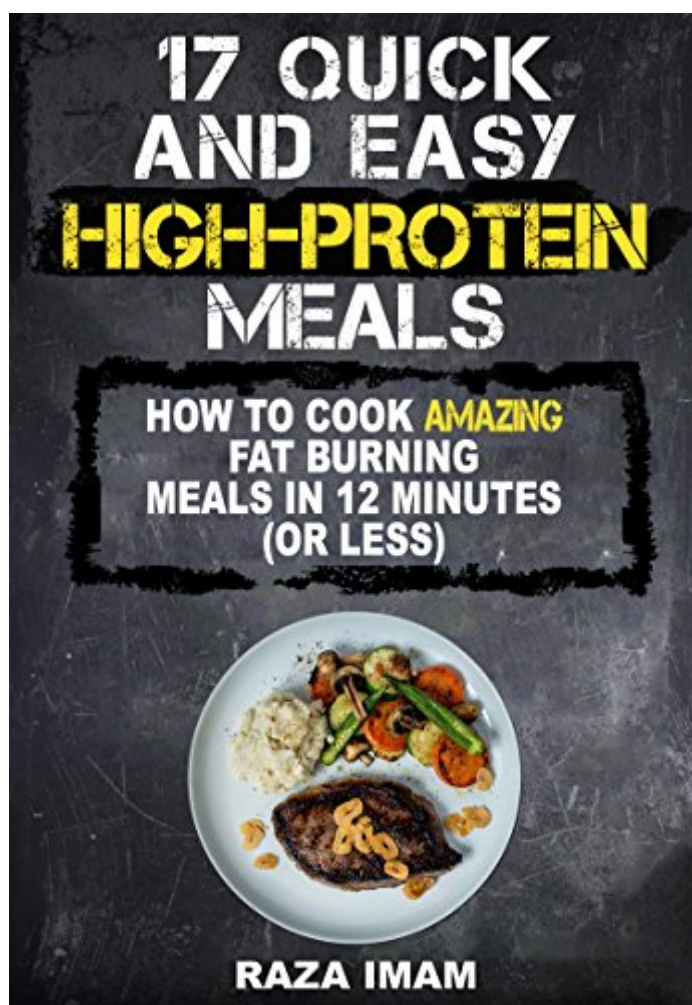


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# 17 Quick And Easy High-Protein Meals: That You Can Make In 12 Minutes Or Less



## 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

I was looking for an easy to read, highly informative book to learn more about nutrition. Being a busy dad with a full time job with very little time I found this book fulfilled all my needs. Not only did this book provide a great deal of knowledge it introduced quick and healthy meals I can cook for my whole family. The information I gained in addition to helping change my view on food, the topics were written in such a way that I can pass on what I learned too my friends and family as well.

This is a book about how to prepare easy high-protein food, rather than a high protein recipe book. You would find recipes in there but there is no picture and it's printed in black and white, which makes it hard to find what you are looking for in the book. It was not what I was looking for.

This is a great read and well worth the time. The author shows very good nutritional knowledge that has help me have a better understanding of what to look for when preparing my meals before and after my workouts. As a single guy with a little more time available after work than the average family man, I had been able to place in the time to look up some of the kinds cooking method in which he points out within the book when it comes to steaks, skilletts, and skewers. My goal has always been to maintain my weight while growing muscle, so trying out this method of better preparing my meals throughout the past couple of weeks has definitely helped.

This is truly an amazing book! The recipes are easy and delicious. I only wanted to lose a few pounds and I did. My energy level is through the roof and, I'm feeling stronger in my work outs. I will have no problem incorporating the principles of this book into a permanent lifestyle! I highly recommend this book!

This is the third book I bought in Raza's "Getting Ripped" series. I figured it would be a good idea to start focusing in on my diet instead of just working out all the time. I really should have bought this one first! It's a super quick read, and you get so many good ideas right away. I have it saved on my phone, for quick reference when it's time to grocery shop or cook some meals. Great book at a great price! Can't beat it!!

Chicago author Raza Iman has written several successful books on health and fitness "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 " 17 EPICLY SIMPLE

FAT BURNING MEALS IN 12 MINUTES OR LESS. And if Raza is the model for the covers of his books, then take heed. As he states in biographical notes, "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."

Observing the sections in this book offers a sense of how committed Raza is to his beliefs: Before You Begin: Mentally Program Yourself Of Permanent Weight Loss Success, Weight Loss Basics And The Power Of Calorie Counting, How To Control Your Hunger For More Sustainable Weight Loss, Shopping Your Way To A Slimmer Waistline, Make Sure You Use The Right Equipment When Bulking Up, Quick Cooking Methods For Dudes, Plan Your Meals For Maximum Time Management, Mixing And Matching Your Meal Plan's Items, HIIT Weight Training, Timing Your Meals Properly, and then the promised Recipes (examples "Greek yogurt with frozen blueberries and chocolate almonds, Buffalo Chicken Salad, Turkey Spinach Omelet, Spicy Tilapia, etc!). Each recipe is accompanied by ingredients to be used, nutrition facts and instructions on preparation. This little book is full of workable ideas to aid you in getting and staying lean "from exercise to fun little tricks (eat more solids than liquids, drink coffee to make you feel fuller, eat more dark chocolate and ginger, drink more water, workout more, sleep more, etc). From shopping to food preparation Raza offers pointers to improve fat burning. And he makes it all fun! Grady Harp, June 16

This book surprised me. It was more than great recipes. It was filled with lots of helpful tips to help transform my body. It talked about weight loss, building muscle and even went into some quick workout tips. One of the interesting components was the mindset. Not something I had expected or heard discussed much in diet books. There are so many helpful tips in addition to the recipes that you can't help but find something to help in your weight loss journey.

This book contains much more than just recipes. It primes you for success by teaching you the principles of effective dieting and how to achieve permanent fat loss by being very deliberate in your shopping, meal timing, food choices, and even exercise program. The recommended meals are all very quick, tasty, and high in protein making them ideal for a fat loss meal plan.

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