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21 DAY FIX: 30 Top 21 DAY FIX RECIPES With Complete Container Count PREP IN 15 MIN OR LESS (21 Day Fix Recipes, 21 Day Fix Cookbook, 21 Day Fix Book)



Synopsis

To all the 21 Day Fixers...Welcome to this collection of the 30 Top 21 Day Fix Recipes all created with fully approved 21 Day Fix Ingredients! Each recipe comes with a Full Container Count Per Serve to make it super easy to keep track of your consumption and container levels. All the meals are extremely quick and easy, but are also restaurant worthy which makes them extremely versatile. You can either whip them up for your family after a busy week night or equally present at a dinner party for your guests! This collection has been created with three important factors in mind TIME, TASTE and HEALTH. Time and taste are two important factors that predict whether you will be able to stick to new healthy eating habits - these recipes will ensure that you never slip back into your old bad eating habits. Here is a Preview of the delicious recipes contained within... Incredible Roasted Tomato Basil Salmon Parcels Perfect Pancakes drizzled with Mixed Berry sauce Lamb Cutlets in a Roasted Tomato, Capsicum and Pine nut Rocket Salad 5 Minute Decadent Chocolate Pecan Brownies Baked zucchini, turkey bacon and tomato frittata Sticky Mediterranean Chicken Kebab Sticks Oriental Phad Thai Incredible Fried Rice™ Thai Coconut Spicy chicken Curry Amazing Butter Chicken Cajun Chicken with avocado lime and chilli salsa Roasted cauliflower salad with pork cutlets Crispy Snapper on a bed of Mediterranean vegies drizzled in olive oil dressing Sumac and lemon roasted zucchini Macadamia-crusted fish with herb salad Dairy free strawberry mini mousses Chilli and tahini kale chips Pan-fried brussels sprouts with bacon and almonds Chocolate avocado mousse with spiced orange Broccoli with anchovy almonds Roasted prawn and scampi seafood with lemon and herbs Roasted baby carrots and parsnips with mustard dressing Kale, broccoli, asparagus and egg salad Mini pies with sweet potato topping Raw pasta puttanesca Sausage and Sweet Potato Bake Banana Nut Muffins Café style bacon and egg brekkie muffins Nutty Peach Cobbler with Blueberries Insanely Perfect Breadless Burgers Enjoy this wonderful cookbook as it takes you on a delicious journey to a new and healthy you! Tags: 21 day fix, 21 day fix book, 21 day fix cookbook, 21 day fix book beachbody, 21 day fix recipes, 21 day fix diet, 21 day fix kindle book, 21 day fix cookbook kindle, 21 day fix cookbook beachbody, 21 day fix kindle

Book Information

File Size: 731 KB

Print Length: 89 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 6, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01BJSDRL0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #23,696 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #22 inÂ Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Cookbooks, Food & Wine #22 inÂ Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Health, Fitness & Dieting #25 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Fat

Customer Reviews

If you are on the 21-day fix you know only too well just how hard it is to find recipes that contain food from the approved ingredients list as well as correct container counts. Lately, I have been cooking from a standard cookbook and then spending AGES trying to add everything up. So as soon as I stumbled across this book, I knew I had to get it. So far I have already made the 5-minute chocolate pecan brownies and the baked zucchini, turkey bacon and tomato frittata and I must say that I am very impressed so far! Tomorrow I will be trying out the chocolate avocado mousse and the breadless burgers and I hope they turn out just as good. The fact that all of the recipes appear to be gluten free is also a major bonus for me personally. Overall, I am very happy with the book and hope to see more from the author.

This is a "coach" trying to make money off the ideas of someone who designed this plan. You can get all these and more by reading the plan, purchasing the book, and/or figuring it out yourself.....btw.....all of these are available for free online through beach body and Pinterest. shame on this person

This is a pretty good book. It gave me some great ideas and included the cup counts which is won-der-ful (since I'm too lazy to figure things out myself and end up eating boring food as a result!). It's very simple. It would be better with photos, of course, but for less than \$5 at a time when I

needed 21DF ideas, it was perfect! Recipes are easy to follow and ingredients mostly easy to find.

Since starting the 21 day fix a while ago, I didn't go the usual route of ordering the entire kit. I just became a Beachbody member and took advantage of their awesome On Demand workouts. More cost effective and so easy. I still wanted to enjoy the recipes and container counts which I found here on for much cheaper. This book has literally saved my life. I thought my life would be brown rice, plain chicken, and steamed veggies with no flavour. Boring. I love to eat. I love to eat good food but still enjoy fitting into my clothes and looking good. After looking at many different eBooks and Kindle editions, I chose this one. First off, I can't get over the fact that the 5 minute Pecan brownies are allowed! They are amazing and my hubby can't get enough of them. Next on my list was the Incredible Fried "Rice". SO good. Then I made the Phad Thai. My husband and I can not believe we can eat this well with so much flavour without ruining our efforts. Tonight I'm making the Amazing Butter Chicken. Another reviewer has said that the dishes are lacking in flavour. Don't know if you are following the recipes but they are damn delicious. I received this recipe book free with the exchange of an honest review. I can honestly say that I would buy another book by this author again and again. Thank you Michelle!

I've looked the cookbook over and there are two meals in particular that I want to make: Thai coconut spicy chicken and the banana nut bread. I like that the meals are broken down to tell you what containers are used. I can't wait to try these recipes.

I think this book highlights recipes for those days where you want to go all out and make something really nice. I did NOT ever cook before starting the 21 day fix - I went out to dinner every day. However, with 21 day fix, I WANT to cook. So for me, cooking is a challenge and takes a lot of planning. This book is when I am trying to create a nicer meal that will take me more time - which is totally OK. I also don't always have these ingredients so a trip to the market is usually warranted to make sure everything is set. But all in all, this is a great tool for the 21 day fix! Thank you Michelle!

I'm a very picky eater and have sensory issues with food/smells, so I'm always hesitant to purchase a cookbook, as I'm usually only able to handle a few of the recipes I try, but this one seems promising. The recipes are straight forward and easy to follow. Hopefully having direct feedback for container counts for the 21 Day Fix will keep me on track!

This is cookbook has a lot of delicious recipes and the container count is perfect for those who are following the container system. Thanks for creating this cookbook! It takes a lot of work out of meal planning!

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