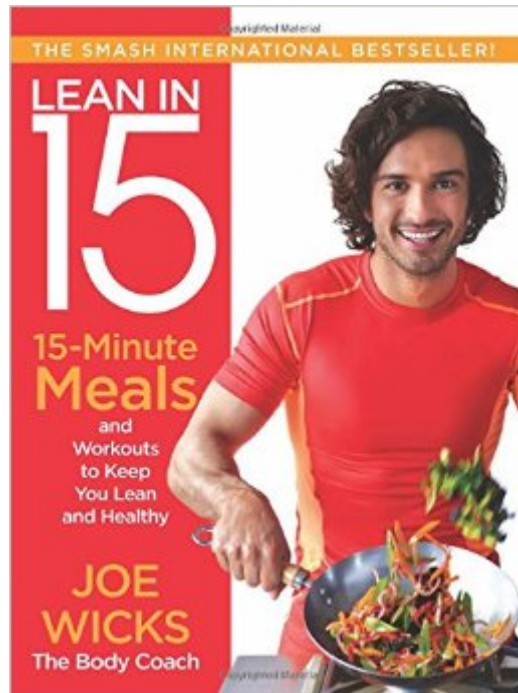


The book was found

# Lean In 15: 15-Minute Meals And Workouts To Keep You Lean And Healthy



## Synopsis

Eat more, exercise less, and lose fat. Discover how to SHIFT your body fat and get the lean physique of your dreams by eating better and exercising less in this essential cookbook and exercise guide – an instant bestseller in the UK – that combines 100 delicious recipes and signature HIIT (high intensity interval training) home workouts from personal trainer and Instagram sensation @thebodycoach, Joe Wicks. Joe Wicks, ‘The Body Coach’ has helped thousands around the world lose weight and achieve the body they’ve always wanted with his proven fat-burning methods. Now, in his first book, he reveals how to SHIFT body fat by eating more and exercising less. In *Lean in 15*, Joe gives you 100 recipes for nutritious, delicious, quick-to-prepare meals – ready in just fifteen minutes – and made from ordinary ingredients – lean meat, lots of veggies, some carbs, and smart fats. He shows you how to eat in line with your energy demands every day, as you enjoy such treats as Banana and Blueberry Overnight Oats, Incredible Hulk Smoothie, Big Barbecue Chicken Wrap, Teriyaki Chicken Stir Fry, Quick Tortilla Pizza, Sammy the Sea Bass with Spaghetti, Gnocchi with Sausage Ragu, Thai Beef Stir-Fry, Spiced Tortilla Chips, and Avocado Ranch with Dipping Sticks. Joe then walks you through his signature HIIT – High Intensity Interval Training – home workouts, explaining how to combine his delicious recipes and exercises into a personal plan to increase energy and lean muscle, raise metabolism, and ignite intense fat-burning. This accessible, appealing, color paperback features gorgeous food shots, helpful how-to photos, and inspiring before and after shots of Joe’s clients and their amazing body transformations throughout. Joe also includes a simple chart breaking down his own weekly regimen to help you plan your own. *Lean in 15* – isn’t a strict diet – it’s a lifestyle that will transform your body and the way you eat, he makes clear. With Joe Wicks and *Lean in 15*, you’ll discover how to keep your body healthy, strong, and lean – forever.

## Book Information

Paperback: 224 pages

Publisher: William Morrow Cookbooks; 1 edition (May 3, 2016)

Language: English

ISBN-10: 0062493663

ISBN-13: 978-0062493668

Product Dimensions: 7.4 x 0.6 x 9.7 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars – See all reviews (63 customer reviews)

Best Sellers Rank: #21,532 in Books (See Top 100 in Books) #59 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #78 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate #248 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## Customer Reviews

Eggs Baked in Avocado Serves 1 This is becoming a bit of a signature dish for me. I've posted it a few times, and I love seeing people make it at home and share it on Instagram. It contains more healthy fats than you can shake a stick at. ..Oh, and it's got bacon too, so you know it's going to taste as good as it looks. Method Preheat the broiler to high, then lay the bacon on the broiler pan or a baking sheet and slide underneath. Broil for 3 minutes on each side. Meanwhile, cut your avocado in half, remove the pit and scoop out a generous tablespoon of flesh from each half to create a hole big enough for the egg. No need to waste the leftover avocado—you can save it to make some guacamole or just eat it on the spot! Crack an egg into each avocado half, season with a little salt and pepper and place on a microwaveable plate. Cook the eggs in 30-second bursts for 2 minutes—this should ensure firm whites, but runny yolks. Serve up the baked eggs and avocado with the bacon and a scattering of chile. Top Tip To stop the avocados rocking on the plate, slice off a little bit underneath to make a flat base. Here's What You Need: 4 slices Canadian bacon 1 ripe avocado 2 eggs Salt and pepper 1 red chile, finely sliced—remove the seeds if you don't like it hot

[Download to continue reading...](#)

Lean in 15: 15-Minute Meals and Workouts to Keep You Lean and Healthy Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) Freezer Meals BOX SET 3 IN 1: 25 Simple And Money-Saving Recipes + 20 Healthy Crockpot Freezer Meals + 16 Delicious And Healthy Freezer Meals With No Meat: ... cookbook for two, dump dinners cookbook) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) Low Carb Freezer Meals: 30 Healthy Meals to Choose and Prepare in One Day for the Whole Week to Save Your Time and Money (Microwave Cookbook & Quick and Easy Meals) Low-Carb Freezer Meals Box Set (6 in 1): Healthy Meals to Choose and Prepare in One Day for the Whole Week (Low Carb & Microwave Meals) Mason Jar Meals: Quick, Easy & Healthy Mason Jar Meal Recipes For Busy People: Cooking For One with Meals In A Jar (mason jar, mason jar recipes, mason ... jar recipes, jar meals, mason jar salads) One-Hour Workouts: 50 Swim, Bike, and

Run Workouts for Busy Athletes Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) The 4 x 4 Diet: 4 Key Foods, 4-Minute Workouts, Four Weeks to the Body You Want The Women's Health Big Book of 15-Minute Workouts: A Leaner, Sexier, Healthier You--In 15 Minutes a Day! 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) The 15 Minute Fix: FACE: Exercises To Keep Your Face Youthful and Healthy 17 Minute Workouts For Your Butt & Thighs: Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series) 17 Minute Workouts for your Butt & Thighs - Fast & Effective Sculpting Exercises for Shapely Hip & Sexy Legs (Fit Expert Series Book 14) Best of Authentic Meals Box Set (6 in 1): Chinese, Japanese, Korean, Italian Recipes, Traditional Southern and Amish Meals (Authentic Meals & Traditional Recipes) CROCK POT: Over 1825 Crock Pot Dump Meals and Dump Dinner Recipes (Crock Pot, Dump Meals, Dump Dinners, Freezer Meals, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot Chicken Recipes) CROCKPOT DUMP MEALS: Delicious Dump Meals, Dump Dinners Recipes For Busy People (crock pot dump meals, crockpot dump dinners, dump dinners) 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) Low Carb Paleo Mug Cakes: Over 40 Healthy and Yummy Five-Minute Mug Cake Recipes Plus Decorating Ideas and Essential Secrets of Making the Perfect Mug Cakes (Low Carb & Microwave Meals)

[Dmca](#)