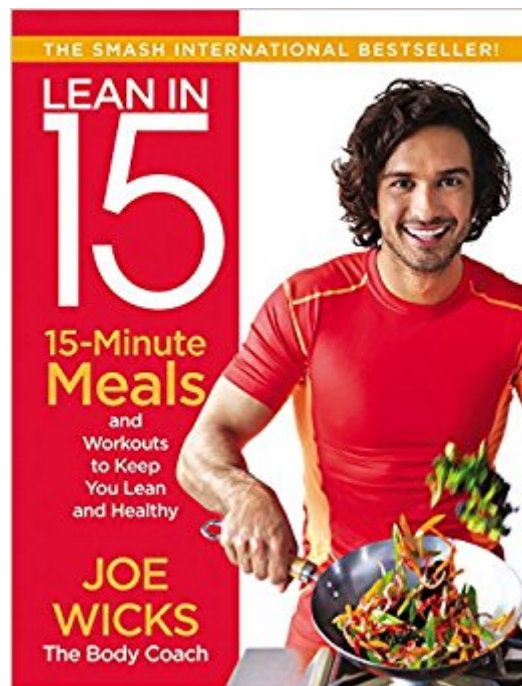




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# Lean In 15: 15-Minute Meals And Workouts To Keep You Lean And Healthy



## 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: 4.2 out of 5 stars 78 customer reviews

Best Sellers Rank: #47,657 in Books (See Top 100 in Books) #78 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Carb #131 in Books > Cookbooks, Food & Wine > Special Diet > Low Carbohydrate #354 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

“Hunky nutritionist loved by Ellie Goulding finds fame on Instagram thanks to healthy 15-minute meals and quirk work-outs.” • (Daily Mail (UK)) “It's perfect if you're looking for a combination of food and fitness inspiration.” • (Harper's Bazaar)

Eat more, exercise less, and lose fat Personal trainer and Instagram sensation Joe Wicks (@thebodycoach) has helped thousands around the world lose fat and transform their bodies with his nutritious, quick-to-prepare meals—ready in just fifteen minutes and made from easy to find ingredients. In this essential cookbook and exercise guide, he reveals how to SHIFT body fat and get the lean physique of your dreams by eating better and exercising less with his signature HIIT (high intensity interval training) home workouts and 100 delicious recipes like: Incredible Hulk Smoothie • Big Barbecue Chicken Wrap • Quick Tortilla Pizza • Gnocchi with Sausage Ragu • Thai Beef Stir-Fry • Beet Protein Brownies Filled with gorgeous food shots, helpful how-to

photos, and inspiring before-and-after shots of Joe's clients and their amazing body transformations, Lean in 15 will help you discover how to keep your body healthy, strong, and lean forever.

This cookbook is amazing! Some of the wording is different from what we use in here in the States, so I had to google what some of the words meant like "rockets" which is really arugula and "courgette" is zucchini. Also, I had to google measurements because everything is in grams or ml instead of cups. In all, this cookbook is great for me because it gives me healthy food ideas and its 15 minutes or less which is awesome. The food is so tasty I feel like I'm cheating at times. He also has HIIT workouts to do, which, he also has the same workout on his youtube channel that you can follow along that's only 20 min. I've only been on it for 5 days so far and I've lost 4 lbs! Everything I've cooked so far is really tasty!

I tried some of the recipes here and they all have been really easy and quick to make. I haven't tried any of the recipes that require longer time (but he discloses that they take longer than 15 minutes). The flavor is great and ingredients are easy to find and healthy. Great for taking lunches to work. I do other workouts, so I'm not following his program, but this is great helpful eating guide for a general healthy lifestyle.

Great recipes! Good portion sizes. Only a few take longer than 15 minutes start to finish, but they are well worth the wait! I love the blank training/eating schedule page in the back--I made a few copies and plan in advance.. Easy Peasy!

My wife and I have tried several meals from the book and so far we are very pleased. Many of the food combinations are new to us and not something we would have normally used, but the book is helping us to explore more varieties of food that taste good and are healthy!

Everyone should have a copy of this book very helpful and so much better than trying to "diet" on your own! This is a lifestyle change and I'm so much more knowledgeable on carbs and fats and what should be eaten and when. Def. A must have for beginners trying to get healthy and for advance people trying to maintain a healthy lifestyle.

Wonderful book! Great recipes. Useful tips. Easy reading - very useful reference. A terrific value.

Heartily recommended.

Surprising quantity & variety of recipes! & the work out plan is actually realistic. I would recommend this to anyone looking for a healthy lifestyle & not just another fad diet!

I bought this book for my soon to be colleague boy. He is thrill to use it and stay lean during colleague years.

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To Keep In Your Kitchen.) The Women's Health Big Book of 15-Minute Workouts: A Leaner, Sexier, Healthier You--In 15 Minutes a Day! The 4 x 4 Diet: 4 Key Foods, 4-Minute Workouts, Four Weeks to the Body You Want Stretching to Stay Young: Simple Workouts to Keep You Flexible, Energized, and Pain Free Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series)

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