



## Lean in 15: 15-Minute Meals and Workouts to Keep You Lean and Healthy (Paperback)

By Joe Wicks

William Morrow Company, United States, 2016. Paperback. Book Condition: New. 244 x 185 mm. Language: English . Brand New Book. 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 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...



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