



**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)**

*Michelle Wilson*

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## **To all the 21 Day Fix Dieters....**

Welcome to this collection of 30 amazingly delicious 21 Day Fix recipes created with only 21 Day Fix Approved ingredients that have been hand-picked as all time favorites and can be prepared in 15 minutes or less!

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!

With these amazing recipes you can now eat for your health without compromising on time or taste! 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.

The 21 Day Fix has been a god send to so many people in achieving their weight loss and health goals. With this wonderful cookbook, you can enjoy all these incredible benefits without ever feeling like you are missing out or even on a diet of any sort.

## **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
- Broccolini with anchovy almonds
- Roasted prawn and scampi seafood with lemon and herbs
- Roasted baby carrots and parsnips with mustard dressing
- Kale, broccolini, 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!

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