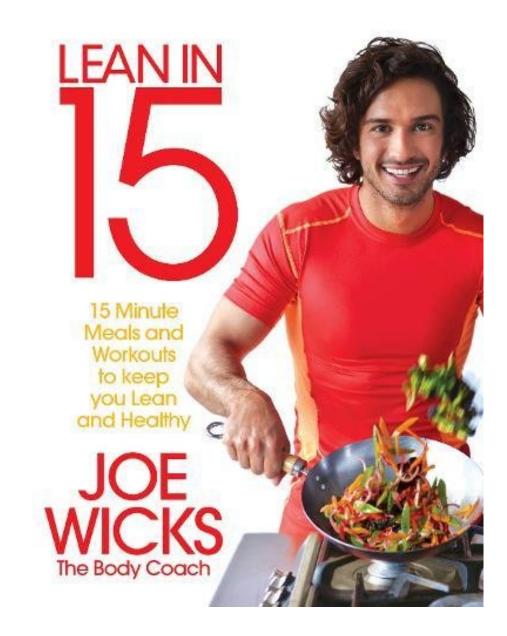


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Eat more, exercise less, and lose fat.

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.

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Most helpful customer reviews

41 of 43 people found the following review helpful.5 Stars!! Love it!By Tifftiffy63

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 arugala 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!

10 of 10 people found the following review helpful.

My New Favorite Recipe Book

By AnneKay11

This is a fantastic recipe book! I haven't ever bought a recipe book before (mostly just pull stuff off the internet) but after following Joe's Instagram for some time now, I had to bite. Definitively light on the workouts, but I bought it for the recipes and not the workouts. I have been living the HIIT/reduced carb lifestyle for some time now, but I was getting SO bored with the same steak or salad or chicken breast locarb meals I had been making on repeat. Some pros and cons with this book, but the cons aren't really even worth taking a star off for me. I can't wait until the new copy comes out!

Pros:

- Teaching you a whole new way of eating/approaching food. I LOVE that I can still have carbs, cheats, etc., but the key is to time them appropriately after HIIT workouts.

- The recipes are truly delicious. I've had the book for about a week now and have made at least 10 of the recipes. Yum!

- Lots of variety and interchangeability. Don't like fish? Swap it with chicken. No ground turkey? 93/7 ground beef!

- Some people have mentioned in their reviews about UK/US conversions. This edition I bought a couple weeks ago is fully Americanized--ounces, zucchini (not courgetti), green onions (not spring onions) etc., so pleasant surprise there.

Cons:

- The layout! There's no tabs/delineation between reduced-carb, post-workout, and snacks other than a cover page, so often I'm flipping through the whole book to find what I'm looking for. I have a lot of sticky tabs in it now. There's also no delineation between breakfast, lunch, and dinner options, but this is more understandable due to the fact that the meals are mostly interchangeable.

- Many of the meals are for one. Again, not a big deal, but I'm always cooking for two, or prepping for the week (as the author suggests), so I have to do some math to get the proportions right

- Not much for workouts, if that's what you're looking for.

- The initial pantry stock up was a bit expensive (i.e, fish sauce, sesame oil, seasonings which can be really pricey, seeds/nuts I don't typically have--I'm talking about you pine nuts), but the next trips to the store weren't nearly as bad because I had these things already.

2 of 2 people found the following review helpful.

15 minutes to YUM!

By sarahtheslp

Easy and clear directions along with some delicious recipes. This is quickly becoming my go-to book several nights per week. Americans - keep in mind that Joe is a British chef, so there are several dishes in here you might not be quick to try... but expand your horizons a little bit and buy some new spices and your mouth will thank you!

See all 75 customer reviews...

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