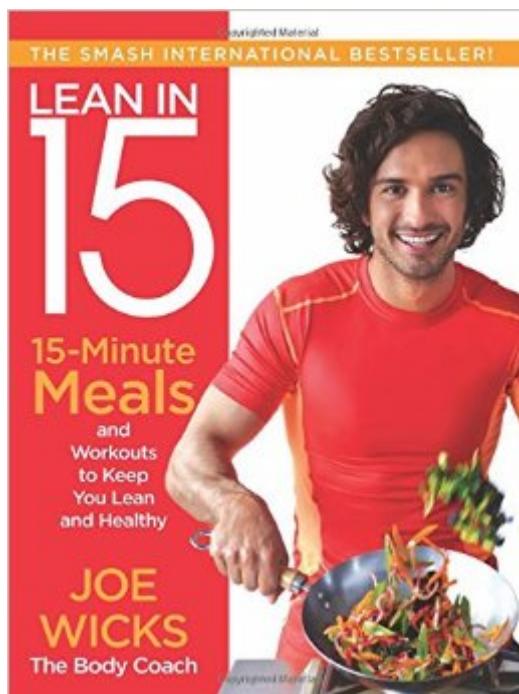


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# Lean In 15: 15-Minute Meals And Workouts To Keep You Lean And Healthy



## 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

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## 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

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