



Lean in 15: 15-Minute Meals and Workouts to Keep You Lean and Healthy

By Joe Wicks



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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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Editorial Review

Review

“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)

From the Back Cover

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.

Users Review

From reader reviews:

Richard Redd:

In this 21st century, people become competitive in every way. By being competitive at this point, people have do something to make them survives, being in the middle of often the crowded place and notice by means of surrounding. One thing that often many people have underestimated it for a while is reading. Yes, by reading a e-book your ability to survive increase then having chance to stay than other is high. For you personally who want to start reading any book, we give you this kind of Lean in 15: 15-Minute Meals and Workouts to Keep You Lean and Healthy book as beginner and daily reading book. Why, because this book is usually more than just a book.

Stephanie Sellers:

The ability that you get from Lean in 15: 15-Minute Meals and Workouts to Keep You Lean and Healthy is the more deep you looking the information that hide inside the words the more you get interested in reading it. It doesn't mean that this book is hard to comprehend but Lean in 15: 15-Minute Meals and Workouts to Keep You Lean and Healthy giving you enjoyment feeling of reading. The writer conveys their point in

selected way that can be understood by simply anyone who read the item because the author of this book is well-known enough. This particular book also makes your vocabulary increase well. That makes it easy to understand then can go together with you, both in printed or e-book style are available. We highly recommend you for having this specific Lean in 15: 15-Minute Meals and Workouts to Keep You Lean and Healthy instantly.

Crystal Babin:

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Malcolm Thurmond:

As a pupil exactly feel bored to reading. If their teacher questioned them to go to the library or even make summary for some book, they are complained. Just tiny students that has reading's heart and soul or real their leisure activity. They just do what the teacher want, like asked to go to the library. They go to right now there but nothing reading very seriously. Any students feel that reading through is not important, boring along with can't see colorful pics on there. Yeah, it is to become complicated. Book is very important to suit your needs. As we know that on this period of time, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore , this Lean in 15: 15-Minute Meals and Workouts to Keep You Lean and Healthy can make you feel more interested to read.

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