



## Fit Men Cook: 100+ Meal Prep Recipes for Men and Women—Always #HealthyAF, Never Boring

*Kevin Curry*

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## **From Reader Review Fit Men Cook: 100+ Meal Prep Recipes for Men and Women—Always #HealthyAF, Never Boring for online ebook**

**Lauren Paletta says**

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**Gina says**

I LOVE that this cookbook had something for everyone, keto, vegan, vegetarian, etc. It also had swaps listed for the recipes to change it up and or make it vegan/vegetarian friendly.

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**Monique says**

Amazing tips and advice for meal prepping.

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