



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)

By Michelle Wilson

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To all the 21 Day Fixers...

Welcome to this collection of the 30 Top 21 Day Fix Recipes all created with fully approved 21 Day Fix Ingredients!

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!

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.

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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