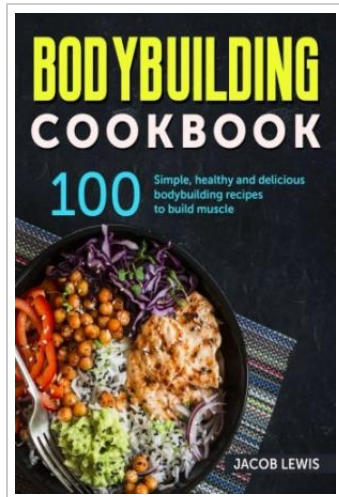



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Bodybuilding Cookbook: 100 Simple, Healthy and Delicious Bodybuilding Recipes to Build Muscle (Paperback)

By Jacob Lewis

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. THE BLUEPRINT TO CREATE THE PERFECT BODYBUILDING DIET If you re a beginner to bodybuilding and or you re frustrated with your diet, you don t know what to eat, when, how much and why? Then you ve come to the right place. Eating healthily to lose weight, burn fat and build muscle, doesn t have to be boring and flavourless, in fact, here s a taste of some of the most delicious, yet nutritious bodybuilding recipes inside; Jerk Chicken Tortillas, Steak Creme Fresche Sweet Potato, Sweet Skinny Turkey Burger Fries, Banana and Mango Protein Smoothie Blitz, Oat Berry Protein Bars and Sweet Potato Lentil Soup Moroccan Style. The Bodybuilding Cookbook is much more comprehensive than just throwing a few recipes together, you can choose from a whole variety of menu s, including; Pre-workout menu Immediately post-workout menu Post-workout menu Breakfast menu None-training day menu Before bed menu Healthy desserts menu Vegan/vegetarian menu Each recipe inside consists of nutrition facts that are broken down into protein, carbohydrate fats with a total kcal count. Also, inside is a simplified scientific method to...



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