

The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series)

By Jason Farley

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The Easy Way to Bulk up and Burn Fat Fast!

If you want to learn how to create healthy, delicious and nutritious meals that are specially designed to build muscle, burn fat and save time, then THE BODYBUILDING COOKBOOK is your answer!

Every serious athlete knows that your nutrition is the most crucial part of building a lean, muscular and strong physique and can either make or break the results you see in the gym. However cooking can easily become a chore, especially when all you have to look forward to is the same bland, boring and tasteless meals that the fitness and bodybuilding community claim you have to eat to be successful...

We all know those meals...

Boiled chicken breast
Baked potatoes
Broccoli...

It takes the willpower of a saint to be able to live on these and this is why so many people fail!

With The Bodybuilding Cookbook, you'll never have to be frustrated with your diet again. You'll learn how to cook healthy, tasty, quick and easy meals that will build quality lean muscle mass, burn fat fast and won't cost you an arm and a leg!

And these recipes aren't just a slight upgrade to familiar bodybuilding meals like you'd find in most health and fitness cookbooks e.g. coating your already bland

chicken with some equally bland salsa sauce. These recipes are so delicious your taste buds will believe you're in a 5 star restaurant!

The Bodybuilding Cookbook includes...

* **9 mouth-watering breakfast meals like my Brawny Breakfast Burrito, Banana and Almond Muscle Oatmeal, Power Protein Waffles and Turkey Muscle Omelette. They will kick-start your engine and ensure you start off the day as you mean to go on!**

* 18 succulent and delicious chicken and poultry recipes like my Muscle Moroccan Chicken Casserole, Turkey Meatball Fiesta, Anabolic Ratatouille Chicken, Aesthetic Tomato and Olive Pan-Fried Chicken and Chicken Brawn Burger. Say bye bye to boiled bland chicken. These meals will ensure that your body has no choice but to burn fat and build muscle!

* **15 tasty and nutritious red meat and pork recipes like my Power Pork Fruit Tray, Brawny Beef Fajitas, Bulk-Up Lamb Curry & Peanut Stew, Anabolic Pork Soup and Oriental Beef Muscle Stir-Fry. These protein packed recipes will keep you anabolic, building muscle and shredding fat!**

* 15 gourmet fish and seafood recipes like my Protein Packed Paella, Brawny Baked Haddock with Spinach and Pea Risotto, Workout Fish and Muscle Mackerel and Spicy Couscous!

* **10 healthy, delicious protein packed salads like my Sizzling Salmon Salad, Mediterranean Super Salad, Muscle Building Steak & Cheese Salad and more. Who said salads were boring!**

* 13 tasty homemade protein shakes like my Chocolate Peanut Delight, Blackberry Brawn, Caribbean Crush, Cinnamon Surprise and my personal delicious Mass Gainer.

* **And much, much more...**

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Users Review

From reader reviews:

John Buckner:

Why? Because this The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will distress you with the secret this inside. Reading this book close to it was fantastic author who else write the book in such incredible way makes the content interior easier to understand, entertaining way but still convey the meaning totally. So , it is good for you because of not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of benefits than the other book have such as help improving your proficiency and your critical thinking way. So , still want to postpone having that book? If I had been you I will go to the e-book store hurriedly.

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Sarah Brumfield:

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Melinda Brown:

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