

A close-up photograph of a man's muscular torso, showing his chest and abdominal muscles. The man is Michael Matthews, a fitness expert. The background is dark, making the skin tones stand out.

MICHAEL MATTHEWS

**THE
SHREDDED
CHEF**

**120 RECIPES FOR BUILDING
MUSCLE, GETTING LEAN,
AND STAYING HEALTHY**



**The Shredded Chef 120 Recipes For Building Muscle
Getting Lean And Staying Healthy Healthy Cookbook
Healthy Recipes Bodybuilding Cookbook Clean Eating
Recipes Fitness Cookbook**

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The Shredded Chef 120 Recipes For Building Muscle Getting Lean And Staying Healthy Healthy Cookbook Healthy Recipes Bodybuilding Cookbook Clean Eating Recipes Fitness Cookbook

The Shredded Chef Michael Matthews, 2016-09-30 If you want to build a body you can be proud of without starving or depriving yourself of all the foods you actually like then you want to read this book **The Shredded Chef** Michael Matthews, 2021-11-20 **The Shredded Chef** Michael Matthews, 2012-07-09 If you want to know how to build muscle and burn fat by eating healthy delicious meals that are easy to cook and easy on your wallet then you want to read this book Let me ask you a few questions Are you not sure of how to prepare food that is not only delicious and healthy but also effective in helping you build muscle and lose fat Are you afraid that cooking nutritious restaurant quality meals is too time consuming and expensive Do you think that eating healthy means having to force down the same boring bland food every day Well with this book you can cook fast healthy and tasty meals every day and on a reasonable budget that will help you build muscle or lose weight regardless of your current skills Here s a sneak peek of the recipes you ll find inside 14 fast delicious breakfast recipes like Zucchini Frittata French Muscle Toast Sweet Potato Protein Pancakes Breakfast Pita Wrap Baked Raisin Oatmeal and more 18 mouthwatering chicken turkey dishes like Mike s Mexican Meatloaf Greek Pita Pizza Pollo Fajitas Pineapple Chicken and more 14 tasty beef recipes like Korean BBQ Beef Mike s Muscle Burgers Beef Stroganoff Adobo Sirloin and more 10 savory fish and seafood recipes like Savory Soy and White Wine Halibut Graham Coated Tilapia Salmon Burgers Tuna Salad Stuffed Peppers and more 7 hearty healthy pasta recipes like Asparagus Goat Cheese Pasta Chicken Cacciatore Beef Lasagna Chicken Fettuccine with Mushrooms and more 14 awesome side dishes like Wasabi Cranberry Quinoa Salad Curry Potatoes and Cauliflower Couscous Salad Sweet Potato Chips Brown Rice Pilaf and more 5 delectable desserts like Key Lime Pie Peach Cobbler Protein Milkshake and more And more I haven t even mentioned the recipes for pork salads protein shakes protein bars and snacks **SPECIAL BONUS FOR READERS** With this book you ll also get a free spreadsheet that lists every recipe in the book along with their calories protein carbs and fats This makes meal planning as simple as copy and pasting [The Bodybuilding Cookbook](#) Jason Farley, 2015-04-20 *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 FREE BONUS The Fast Fresh Bodybuilding Cookbook Meal Plans Worth 8 99 6 20 e8 00 I have also included 6 delicious meal plans to save you the hard work when it comes to what to eat how much to eat and when to eat The meal plans range from 1500 calories to a whopping 4000 calories so you re in control of how big or shredded you wanna get Get Your Copy Right Now And Lets Get Cooking *Build Muscle & Stay Lean* Gordon Rock,2020-04-16 If you are warming up to the idea of making some positive body changes then you will realize that making the correct food choices is one of the most important aspects of bodybuilding You will need to eat lots of muscle building protein and foods that are low in fat If you train hard it stands to reason that you will be burning lots of calories So every day you will need to eat between 5 8 meals which means not only will you need breakfast lunch and dinner but also high protein shakes and snacks It s important too to put fuel on the fire before a workout to stay energized and after a workout when your body needs nutrition and fuel to repair and rebuild itself The only way to do this is to prepare your own food You need a solid cookbook with easy to make recipes that you can turn to when the going gets tough The Bodybuilding Cookbook brings together 40 of the best high protein shakes snacks and meal recipes to help you build muscle and stay lean What s more the main meals in this cookbook are not only super healthy but also family friendly including Mac n Cheese Greek Style Turkey Casserole and Grilled Lamb Burger

with Reduced Fat Dressing All recipes in this cookbook provide you with the nutritional information that you will need to prepare your weekly menu plans too So what are you waiting for bodybuilders It s time to hit the gym *The Bodybuilding Cookbook* Stanley J. Joseph,2021-04 Do you want to get the daily gains you want while eating the foods you love This book is the shortcut Build muscle lose stubborn fat and chisel your physique with 200 delicious recipes and customized bodybuilding meal plans You don t have to follow a boring bland bodybuilding diet to get the body you really want So just say no to the tasteless chicken and rice dreary steamed broccoli monotonous oatmeal flavorless potatoes and all the rest of it More good news You don t have to obsess over eating clean either Here are just a few of the things you ll discover in this book 200 foolproof and delicious recipes designed specifically for fueling your exercise building muscle and even tackle the cortisol Straightforward and the most comprehensive recipe categories to serve your every bodybuilding needs including pre workout meals post workout meals high protein snacks etc The most comprehensive guide to fat loss and muscle growth to get you strong in the gym and fully nourished in the kitchen Top 10 tips myths and mistakes rookies make when they set out into the bodybuilding journey and how to get the most out of each exercise each meal and avoid making the mistakes over and over again saving tons of time and cut the learning curve How to create flexible meal plans that empower you to transform your body eating the foods you love and without ever feeling starved deprived or like you re on a diet A no BS guide to supplements that ll save you hundreds if not thousands of dollars on useless and sometimes even dangerous pills powders and potions Click the buy button Grab a copy and Say goodbye to the chicken breasts broccoli and egg whites you re used to Now you can build muscle shed weight and lift more all while enjoying delicious flavorful meals with This Bodybuilding Cookbook [Bodybuilding Cookbook High-Protein Recipes for Bodybuilders and Athletes To Fuel Your Workouts.](#) [Maintaining Healthy Muscle and Lose Weight](#) Michael Houck,2021-06-25 55% OFF for Bookstores NOW at 26 95 instead of 39 95 Your Customers Never Stop to Use this Awesome Cookbook 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 muscles burn fat and save time then High Protein Recipes For Bodybuilders Quick and Easy High Protein Recipes for Bodybuilders and Athletes Cookbook for Bodybuilding Fitness and Sports 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 especial when all you have to look forward to is the same bland boring tasteless meals that the fitness and bodybuilding community claims you have to eat to be successful We All Know Those Meals Boiled Chicken Baked Potatoes Broccoli And much more It takes the willpower of a saint to be able to live on these and that is why so many people fails In my book you will 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 leg And these recipes are not just a slight upgrade to familiar building meals like you d find in most health and fitness cookbooks e g coating your already

bland salsa sauce These recipes are so delicious your taste buds will believe you re in a 5 star restaurant So don t wait scroll up click on Buy Now and Discovery Your New Delicious Book **The Bodybuilder's Kitchen** Erin Stern,2018-05-22 Build muscle burn fat and chisel your physique with 100 delicious recipes and customized bodybuilding meal plans Ever wonder how professional bodybuilders get that herculean look Well you might be surprised to know it s as much about what happens in the kitchen as it is about what happens in the gym Professional bodybuilders fuel their bodies with specific nutrients delivered at precise intervals to achieve their sculpted physiques and now you can too The Bodybuilder s Kitchen provides expert guidance on what to eat and when to eat it and helps you understand how your body uses what you eat to burn fat and build lean strong muscle What are you waiting for Dive right in to discover 100 delicious recipes for every mealtime with key macronutrients and nutrition panels provided for every recipe 5 custom designed meal plans for bulking and cutting phases as well as plans for ketogenic dieting calorie cycling and carb cycling Strategic guidance on when to eat what to eat and how to manage your nutrition for optimum fat burning and muscle building results With five weekly meal plans 100 mouth watering recipes and expert insight from champion bodybuilder Erin Stern this much needed nutrition book will provide you with everything you need to fuel your workouts and achieve the bodybuilder physique From salads to sides meal prep planning to protein bars this body building book will be your one stop guide to bulking up Feel like having a more chiseled physique this New Year Whether it s a New Year s Resolution to be more musclebound or you re simply seeking expert guidance on fueling your body to meet your fitness needs this all encompassing strength training guide may be exactly what you re looking for Join the journey to becoming your strongest self today *Essential Bodybuilding Cookbook* Ryan Powell,2016-08-27 Learn How To Prepare Delicious Meals That Make Building Muscle And Shredding Fat Easy Fun And Sustainable Are you at the beginning of your bodybuilding goals and intimidated by the thought of what to eat how often and how much Or are you a pro and tired of eating the same old bland and uninspiring meals all served up with extra eggs Maybe you re just looking for some more variety Well The Essential Bodybuilding Cookbook is for you whatever level of fitness you re at from barbells to squat racks the 150 delicious nutritious and easy to prepare meals will keep you fuelled pumping and ready to lift Choose from breakfasts meats poultry vegetarian sides snacks salads soups and even shakes and desserts All the meals in this recipe book have been created using fresh lean and nutritious ingredients I ve even included a sample meal plan to get you started Here s a sneak peek of what you ll find inside 150 delicious mouthwatering recipes included our delicious Barbell Beef Curry Moroccan Lamb Tagine Pumpin Pumpkin Pancakes Smoked Trout Fish Cakes Comprehensive detailed information about recommended calorie intake macronutrient ratios and food types Insider Secrets why you might be finding it so hard to lose the extra fat or gain the muscle you desire Detailed Sample Meal Plan And Much Much More Scroll Up And Click The Buy Button Now And Let s Get Started Tags Bodybuilding cookbook Fitness Cookbook Build Muscle Muscle Building Cookbook **The Muscle & Fitness Cookbook** Shawn Perine,the Editors of Muscle & Fitness,2014-12-23 The

greatest collection of muscle building fat shredding super nutrition meals ever created are all here in this e short from Shawn Perine editor in chief of Muscle Fitness As an author editor competitive body builder and leading figure in the world of fitness and nutrition Shawn Perine has been at the cutting edge of nutritional science for more than 20 years Now he s muscled his way into the archives to uncover the simplest tastiest most effective fitness recipes ever created Make these easy recipes staples of your diet and see how quickly you can Open your testosterone tap and unleash your muscle building hormones Your body is never stable You re either gaining or losing muscle every day 24 hours a day Discover the nutrients that keep your hormones at their peak so you re building muscle even while you sleep Find the perfect balance of protein carbs and micronutrients for maximize growth Training breaks down muscle tissue To rebuild you need to rush nutrients into your body quickly with perfectly calibrated muscle meals that keep you gaining all the time Resculpt your body with the 100 calorie secret Discover the shocking new research that unveils the real determining factor between men who stay lean and those who grow soft You won t believe how easy it is to keep fit Enjoy thick juicy steaks delicious burgers creamy pasta dishes and more No chalky diet foods here This is real satisfying and indulgent food for guys who love to eat well and look good doing it Discover the secret of perfect meal timing and make your food do the heavy lifting Learn how eating the right food at the right time will make every workout twice as effective Whip up a muscle building dessert We re not kidding Muscle feeding and indulgent snacks like Banana Chocolate Chip Ice Pops Dark Chocolate Bark and even Protein Popcorn will keep you fueling your gains while others wonder How does he do it Never feel hungry confused or deprived Love your food love your body love your life and always know and look forward to what you re eating next These meals are so delicious you ll want to cook them for your date With The Muscle Fitness Cookbook you ll turn your body into a muscle building machine and your kitchen into the world s greatest gym [Men's Health Muscle Chow](#) Gregg Avedon,2007-12-10 The author of the Men s Health Muscle Chow column shares the secrets of his food for fitness approach to good health introducing more than 150 simple recipes for delicious meals that are rich in nutrients and help readers burn fat optimize muscle growth and enhance overall well being accompanied by insider tips tricks and strategies Original **Bodybuilding Cookbook for Women** Paula Kennedy,2021-05-04 After a long day at the office you might not feel like cooking And who can blame you The bodybuilding cookbook for women is here to save the day This collection of recipes will give you everything from breakfast to dessert in one place You ll have so many delicious options that even your pickiest family members will be satisfied Best of all these recipes use ingredients that are easy to find and inexpensive so they won t break your budget The 100 tasty healthy and simple to prepare meals will keep you fueled pumped and ready to lift Breakfasts meats fish vegetarian options sides snacks salads soups and even shakes and desserts are all accessible All of the recipes in this cookbook are made with fresh lean and nutritious ingredients To help you get started I ve included a sample meal plan All of the recipes have complete macro profiles These simple bodybuilding recipes are perfect for anyone new to the diet or cooking and they will allow you to

spend less time in the kitchen and more time working out Breakfasts with a lot of protein for extra energy Salads high in protein and high in nutrients The fundamentals of good nutrition Energy recovery foods that are delicious Snacks and protein smoothies Desserts high in protein for a healthy mood Through eating well you can gain muscle mass Start cooking delicious and nutritious recipe right now to refuel for your sporting achievements [Bodybuilding Cookbook](#) Jacob Lewis,2018-02-13 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 Pre workout menu Immediately post workout menu Post workout menu Breakfast menu None training day menu Before bed menu Healthy deserts 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 calculate your energy needs that Fitness Trainers everywhere today use Once you know what your energy needs are you can pick several meals from the 100 recipe meal plans and work your way to building a much leaner and stronger body while losing weight It s a misconception that a diet to build muscle and lose weight has to be boring it s only the case if you don t know how to make your diet exciting while keeping it light and clean Each recipe is healthy delicious and very simple to cook These unique recipes are suitable for beginners intermediate and advanced exercisers Whether you re a meat lover vegan vegetarian or just looking for something new there s something for everybody If all that wasn t enough also included inside is An explanation of what the three main macronutrients are how they re used to produce energy and which of them are utilized most to produce energy What energy sources are recruited first during exercise How energy is stored and released The difference between good carbs and bad carbs and when to consume either How to calculate your energy needs on a non training day and what to eat not eat What to consume before bed to keep your muscles well nourished throughout the night How to stop binging This is the most complex bodybuilding cookbook on the market Stop hustling for muscle simply scroll up cut out all the guess work and click the buy now button to get all the answers today [Optimum Body Building Cookbook](#) American Recipe Publishing,2020-11-12 Wh th r u r ju t r t ng ut n the w rld f f tn r u r a n d r l k ng f r m th ng th r than plain chicken breast and br l u need t tr th tasty nd m t m rt ntl m l r r for muscle building and fat loss 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 OPTIMUM BODY BUILDING 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 seem to know those meals Boiled chicken

breastBaked potatoesBroccoli But it takes the willpower of a saint to be able to live on these and this is why so many people fail With Optimum Body building 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

Bodybuilding Cookbook Christopher Trow,2016-04-13 The Bodybuilding Cookbook contains 100 recipes dedicated to building lean muscle mass and to aid weight loss Each recipe inside consists of nutrition facts that are broken down into protein carbohydrate fats with a total kcal count This book makes muscle building and weight loss easy Also inside is a simplified scientific method to calculate your energy needs that Fitness Trainers everywhere use today Once you know what your energy needs are you can pick several meals from the 100 recipe meal plans and work your way to building a much leaner and stronger body while losing weight I am a Certified Personal Trainer in the UK and I have been helping people to lose weight and build muscle for over 5 years I have a lot of experience under my belt and my passions are to help people become the strongest version of themselves both mentally and physically It s a misconception that a diet to build muscle and lose weight has to be boring it s only the case if you don t know how to make your diet exciting while keeping it light and clean Each recipe is healthy delicious and very simple to cook These unique recipes are suitable for beginners intermediate and advanced exercisers there is something for everyone whether you re a meat lover vegan vegetarian or just looking for something new The recipes inside include 10 muscle building breakfasts 10 pre workout recipes 10 immediately after workout recipes 10 post workout recipes 10 healthy deserts 10 non training day recipes 10 before bed recipes 30 non meat recipes suitable for vegans and vegetarians Also inside An explanation of what the 3 main macronutrients are and how they are used to produce energy and which is utilized most to produce energy What energy sources are recruited first How energy is stored and released What are good carbs what are bad carbs When to eat either How to calculate your energy needs on a non training day what to eat and what not to eat What to eat at night to slowly feed your muscles so that they are full the next morning to aid in muscle feeding throughout the night How to stop binging

High Protein Recipes For Bodybuilders Quick and Easy High Protein Recipes for Bodybuilders and Athletes Cookbook for Bodybuilding, Fitness, and Sports Michael Houck,2021-06-07 55% OFF for Bookstores NOW at 36 95 instead of 49 95 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 muscles burn fat and save time then High Protein Recipes For Bodybuilders Quick and Easy High Protein Recipes for Bodybuilders and Athletes Cookbook for Bodybuilding Fitness and Sports 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

especial when all you have to look forward to is the same bland boring tasteless meals that the fitness and bodybuilding community claims you have to eat to be successful We All Know Those Meals Boiled Chicken Baked Potatoes Broccoli And much more It takes the willpower of a saint to be able to live on these and that is why so many people fails In my book you will 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 leg And these recipes are not just a slight upgrade to familiar building meals like you d find in most health and fitness cookbooks e g coating your already bland salsa sauce These recipes are so delicious your taste buds will believe you re in a 5 star restaurant So don t wait scroll up click on Buy Now and Discovery Your New Delicious Book

Bodybuilding Cookbook for Men Heiz Georg,2024-07 Transform your physique and fuel your fitness journey with the Bodybuilding Cookbook for Men 115 Recipes for Building Strength and Size This comprehensive cookbook is your ultimate guide to high protein nutrient dense meals that are designed to support muscle growth enhance recovery and boost your overall health Key Features 115 Muscle Building Recipes Discover a wide range of delicious and easy to prepare recipes from hearty breakfasts to satisfying main courses healthy snacks and convenient shakes Optimized Nutrition Each recipe is crafted to provide the perfect balance of macronutrients proteins carbohydrates and fats to help you build lean muscle and reduce body fat Detailed Nutritional Information Stay on track with your dietary goals with detailed nutritional breakdowns for each recipe making it easy to monitor your intake and adjust as needed Meal Prep Tips Save time and stay organized with practical tips for meal prepping portion control and meal timing ensuring you always have nutritious meals ready to fuel your workouts Diverse Dietary Options Whether you re looking for low carb gluten free or plant based options this cookbook includes a variety of recipes to suit different dietary preferences and needs Expert Advice Gain insights into the importance of nutrition in bodybuilding along with practical advice on how to tailor your diet to maximize your performance and results Who Is This Book For This cookbook is perfect for men of all fitness levels who are serious about building muscle and improving their overall health Whether you re a competitive bodybuilder a fitness enthusiast or just starting your fitness journey the Bodybuilding Cookbook for Men provides the tools and inspiration you need to achieve your goals Benefits You ll Gain Increased Muscle Mass Fuel your workouts with high protein meals that support muscle growth and repair Enhanced Recovery Speed up your recovery time with nutrient rich recipes that reduce inflammation and promote healing Improved Performance Boost your energy levels and endurance with balanced meals that keep you fueled throughout the day Sustainable Healthy Eating Develop healthy eating habits that are enjoyable and sustainable making it easier to stick to your fitness goals Get Started Today Unlock the power of nutrition and take your bodybuilding journey to the next level with the Bodybuilding Cookbook for Men 115 Recipes for Building Strength and Size Start cooking start growing and start transforming your body one meal at a time

Bodybuilding Cookbook Jacob Lewis,2018-03-10 Eat Delicious Nutrient Rich Muscle Meals Save s and Put on Lean Muscle While in the Process The

number one reason why people fall off track and give up when incorporating a new diet to lose weight and build muscle is not making enough effort in the kitchen This is after all where muscles are built but it s much more complex than that it s not only about the foods contained within your diet it s the timing quantity when and why If you re looking to shed fat while building muscle meal timing is essential and you ll learn all about that right here It s a misconception that you must have a huge amount of protein in your diet and per meal which is why bodybuilding diets can appear costly You can lift weights day and night for hours on end it doesn t matter if you aren t feeding your body the correct nutrients to fuel your workouts and recover afterwards then all the effort will go to waste Jacob Lewis is a former Personal Trainer and Dietary Advisor in the UK and has worked within the industry for over 7 years He s passionate about helping those who wish to transform their body and shed fat and as a former broke student himself creating a delicious nutrient rich diet while on a budget has become his forte Jacob not only breaks down when to eat certain types of food to optimise muscle gains while shedding fat he also provides a scientific method used by many fitness trainers within the industry to calculate your exact energy needs With a little time dedicated to this it ll become much easier to create a diet plan with the exact amount of food required Therefore while on a budget taking the time to calculate your energy needs can make all the difference to your wallet For each recipe there s an exact calorific breakdown which enables you to keep track of exactly what you re taking in along with exact portions sizes of each macronutrient complete with a step by step cooking process Also inside is a shopping list example for your first week s shop along with an estimated price guideline of each item Each chapter contains a brief introduction to the importance of the type of food to consume at that time of day and why The chapters include Muscle building breakfasts Pre workout recipes Immediately after workout recipes Post workout recipes Before bed recipes Healthy desert recipes Non training day menu Broke and can t afford a bodybuilding diet Click the buy now to learn how *The Ultimate Guide to Build Muscle & Stay Lean* Valeria Ray,2019-06-25 Abs are indeed made in the kitchen If you want to make some positive body changes then changing your diet is the first thing that you should do And if you need a helping hand the Bodybuilding Cookbook is here to suit your needs This is the best choice for the people that want to start eating healthy but still want to keep the delicious flavors on the table The bodybuilding journey starts with consuming lots of protein while cutting down the intake of unhealthy fats The ideal daily menu consists of meals that include breakfast lunch dinner and healthy snacks in between that will keep you full This book has it all and much more If you have started to go to the gym then you know how important it is for you to prepare your own food That s why you need a reliable cookbook With having so many delicious and low fat recipes The Bodybuilding Cookbook will make your everyday life easier The recipes are so simple and even beginners will be able to make tasty and healthy meals You can find over 40 options for high protein shakes snacks and meals that are meant to keep you full for a longer time This cookbook is useful for all the bodybuilders out there that intend to take it seriously Each recipe has its nutritional information so that it will be easier for you to do your weekly planning Don t wait any

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