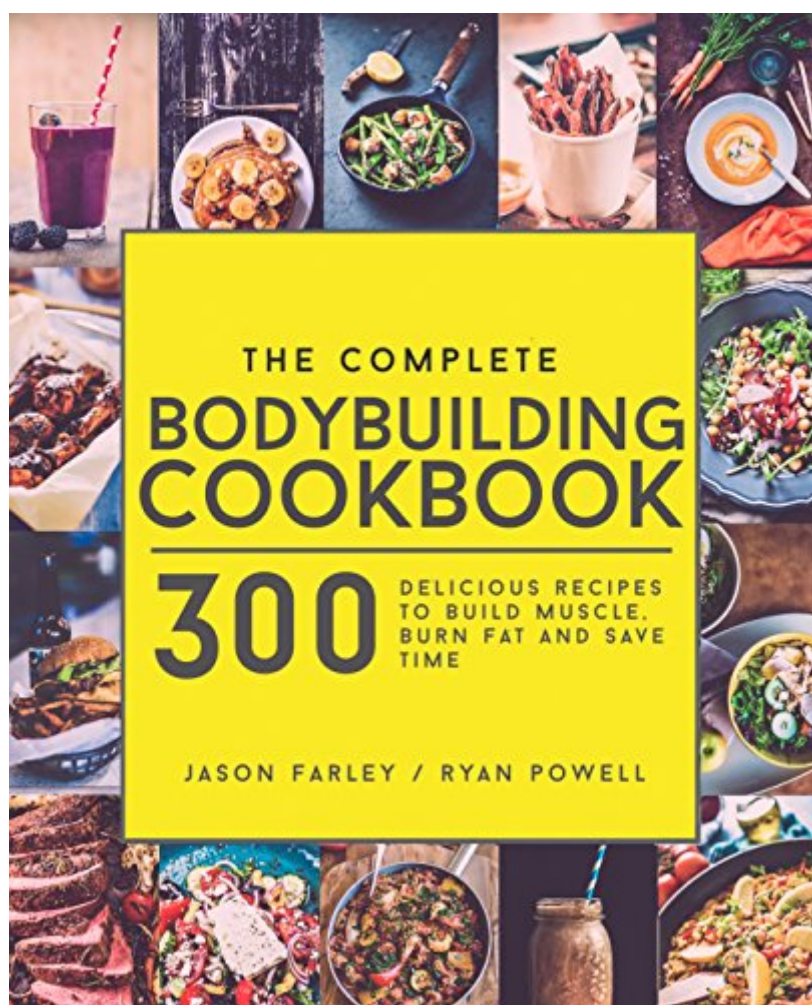


The book was found

The Complete Bodybuilding Cookbook: 300 Delicious Recipes To Build Muscle, Burn Fat & Save Time



Synopsis

Bulk up and Burn Fat Fast With Over 300 Delicious Recipes! Bestselling author of the popular fitness cookbook *The Bodybuilding Cookbook* & fitness author Ryan Powell have joined forces to deliver over 300 of their best bodybuilding recipes in this massive & comprehensive cookbook to make sure you build muscle and burn fat faster than ever! The Complete Bodybuilding Cookbook includes Over 300 delicious, mouthwatering recipes including our delicious Barbell Beef Curry, Moroccan Lamb Tagine, Pumpkin Pancakes & Smoked Trout Fish Cakes! Comprehensive detailed information about recommended calorie intake, macronutrient ratios and food types. And much, much more! Get your Copy Right Now and Lets Get Cooking!

Book Information

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Customer Reviews

I really enjoyed this book. I've been working on losing body fat for the last month, and eventually going on to build muscle. I stumbled upon this book and was really impressed with how simplistic it is. It's just what is needed for a beginner to understand why higher protein is more important in a diet to lose weight. The recipes are extremely healthy. This book is helping with my meal planning as I work on my fitness goals.

In case you didn't see it does have the Calories, Protein, Carbohydrates, and Fat included in if your counting them for your body building diet. Good recipes.

Love it. Big help!

This book is very good for its simplicity the only issue I have seen from some of the recipes is the fact that the book has items missing when it comes to the cooking instructions. so the ingredients are listed but then it misses some of them out when you are throwing it all together.

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