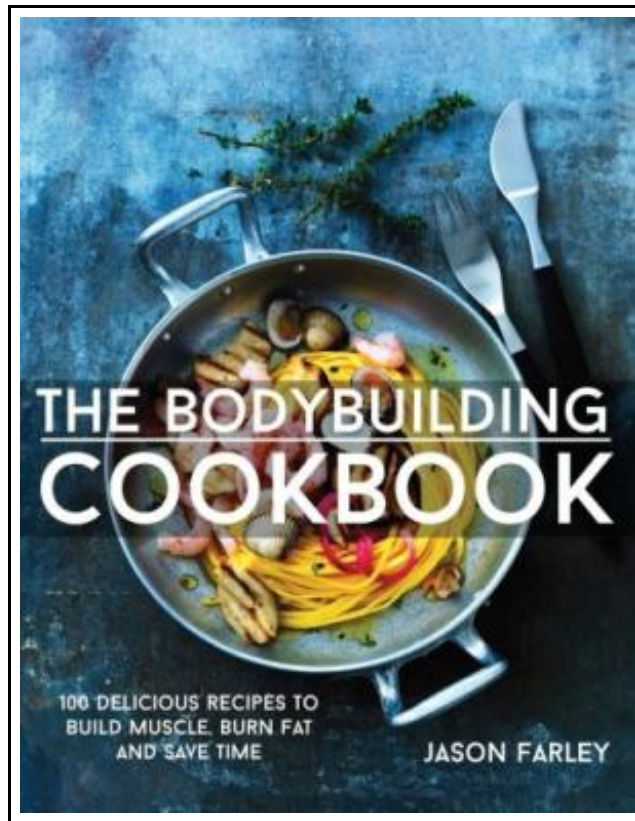


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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book. The Easy Way to Bulk up and Burn Fat Fast! If you want to learn how to create healthy, delicious and nutritious meals that are specially 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...



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