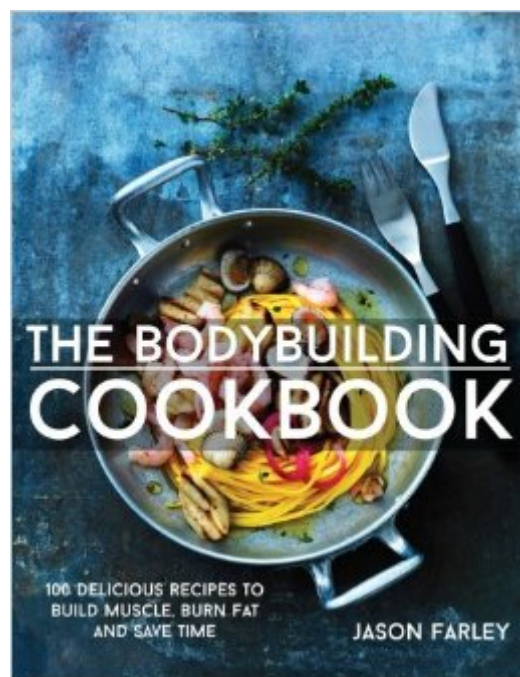


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# The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series)



## Synopsis

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... Â Get your Copy Right Now and Lets Get Cooking! Â

## Book Information

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Best Sellers Rank: #116,161 in Books (See Top 100 in Books) #141 in [Books > Health, Fitness & Dieting > Men's Health > General](#)

## Customer Reviews

Pretty good cookbook! I like that it was longer than most of the reviews I find here on kindle. Most of the recipes were exceptional. There were a couple that weren't as "clean" as I'm looking for in my diet. Overall I definitely recommend it and especially recommend that you check out the sea food recipes. I loved the Rustic Scallops With Coriander and Lime recipe mmmmm

Normally when you go to the gym trying to get fit and slim, you follow a diet that frequently is boring and tasteless. Because of that, sticking to it could be a nightmare. Jason Farley did a great job, putting together many delicious and easy to prepare recipes, but they aren't only delicious but full of nutrients too. As a bonus, author gives some tips about proper nutrition to gain muscle losing fat.

Just what I needed, a book packed with great knowledge, information, easy to follow advice and pictures that made my mouth water. This book was not a disappointment; I was so pleased with this book. So much thought and effort is evident. I appreciate how detailed it is and how it really seems to know my goal and I feel as if it is written with my needs in mind. The author has a wonderful and encouraging style that really enhanced my enjoyment of reading this book.

This book explains many different aspects related to nutrition. Multiple recipes no matter what your fitness and nutrition goals are, whether it be bulking, cutting, or maintaining. After reading this book, I feel much more confident about bodybuilding and am confident that I will be successful in my

future attempts. If you are looking for a good cookbook on bodybuilding, then I would definitely highly recommend this book. I wish it had included photos of the recipes though but overall, awesome!

I am not into body building, but I was curious on what are the recipes and meals that a body builder will usually take. Body builders are also health buff just like me, and that was the reason why I downloaded this book. After reading it, I saw a lot of whole meal recipes on this book. It included meat, fish, vegetables and fruits, and from the ingredients, I know that they are very healthy. I love the recipes about red meat and beef, as well as the fish recipes, I am going to try them soon.

Just like the book proclaims build muscle, burn fat, and save time! This is a solid recipe book with a lot of great meals and cooking tips. It's a welcome addition to anyone's library but, especially if you're into fitness and are looking to make the most of your nutrition.

I am not really a fan of cookbooks but this past few days I have been struggling to find different meals for my family to enjoy. The book gave me various recipes that are delicious and healthy at the same time. I just think that 100 recipes are too much for this book. Other than that, I do think that A lot of people with the same problem will benefit to this.

This is a great cookbook for bodybuilding enthusiasts. After I bought the book I was cooking a lot easier. Now I know what to cook for my husband for breakfast, lunch and dinner. All the recipes are very easy and delicious. The ingredients are readily available, can be bought in any store. Thanks to the author for such recipes. I recommend this book.

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