



Essential Bodybuilding Cookbook: 150 Healthy, Simple & Delicious Bodybuilding Recipes To Meet Your Every Need (The Healthy Bodybuilding Cookbook Series)

Ryan Powell

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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, Pumpkin' 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!

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