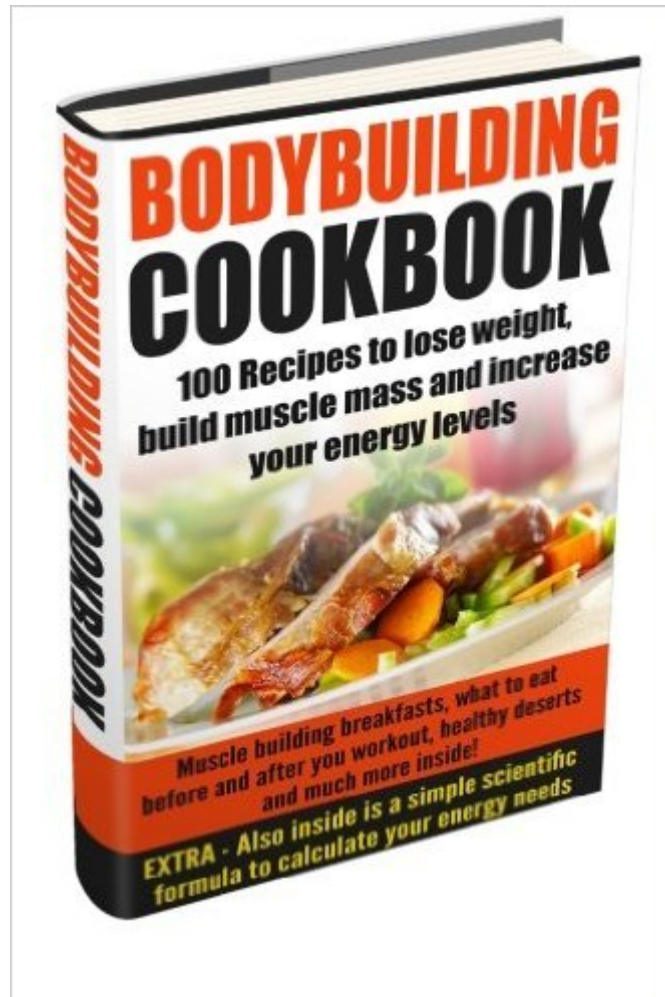


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# Bodybuilding Cookbook: 100 Recipes To Lose Weight, Build Muscle Mass & Increase Your Energy Levels



## Synopsis

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 â “ both mentally and physically. Itâ™s a misconception that a diet to build muscle and lose weight has to be boring, itâ™s only the case if you donâ™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 youâ™re a meat lover, vegan, vegetarian or just looking for something new! The recipes inside include: â ¢ 10 muscle building breakfasts â ¢ 10 pre workout recipes â ¢ 10 immediately after workout recipes â ¢ 10 post workout recipes â ¢ 10 healthy desserts â ¢ 10 non training day recipes â ¢ 10 before bed recipes â ¢ 30 non meat recipes (suitable for vegans and vegetarians) Also inside: â ¢ 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. â ¢ What energy sources are recruited first â ¢ How energy is stored and released â ¢ What are good carbs, what are bad carbs? When to eat either? â ¢ How to calculate your energy needs on a non-training day â “ what to eat and what not to eat â ¢ 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 â ¢ How to stop binging

## Book Information

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## Customer Reviews

Good product, reasonably priced, expedient delivery, Positive purchasing experience.

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Increase Energy & Prevent Disease ... (Mediterranean Diet & Cookbook Series 2) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body (Bodybuilding Books, Building Muscle, Weightlifting, Fitness Training, Weight Training, Lose Fat Book 1) Target Keto: The Targeted Ketogenic Diet for Low Carb Athletes to Burn Fat Fast, Build Lean Muscle Mass and Increase Performance Mediterranean Diet Cookbook: 80 Easy, Delicious and Healthy 30 MINUTE Recipes to Help You Lose Weight, Increase Your Energy and Prevent Heart Disease, Stroke and Diabetes Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) SLOW MOTION WEIGHT TRAINING - FOR MUSCLED MEN & CURVIER WOMEN - FASTER MUSCLE GAIN AT HOME OR GYM - HOW TO VIDEO LINKS INSIDE (Weight Training, Bodybuilding) (HOW TO BOOK & GUIDE FOR SMART DUMMIES 2)

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