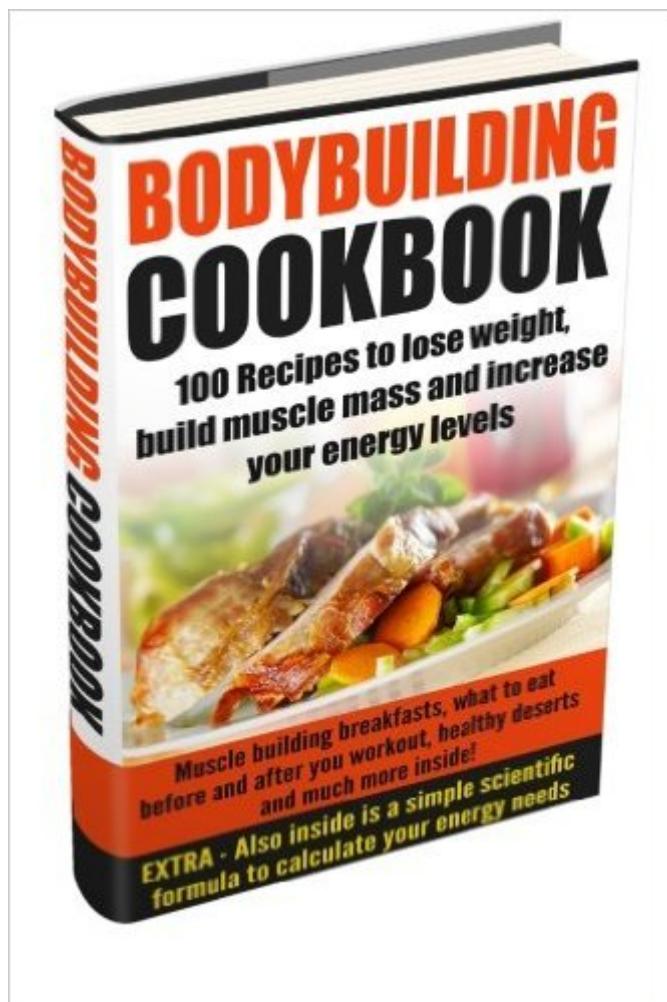


The book was found

# 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 deserts 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

Paperback: 96 pages

Publisher: CreateSpace Independent Publishing Platform (April 13, 2016)

Language: English

ISBN-10: 1532734433

ISBN-13: 978-1532734434

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (1 customer review)

Best Sellers Rank: #911,954 in Books (See Top 100 in Books) #170 in Books > Cookbooks, Food & Wine > Special Diet > High Protein

## Customer Reviews

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

[Download to continue reading...](#)

Bodybuilding Cookbook: 100 Recipes To Lose Weight, Build Muscle Mass & Increase Your Energy  
Levels Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) BODYBUILDING: The Best BODYBUILDING DIET - The Most Effective Tips And Tricks You Need To Know For The Body You Ever Wanted: (bodybuilding, bodybuilding ... bodyweight train, bodybuilding nutrition) Bodybuilding: Gym Bible: 48 Best Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Bodybuilding Workouts) (Bodybuilding Series Book 1) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Bulletproof Diet Cookbook For Beginners: Quick and Easy Recipes and Smoothies to Lose Fat and Increase Energy (Lose Up To A Pound A Day, Reclaim Energy and Focus, End Food Cravings) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Intermittent Fasting: 6 effective methods to lose weight, build muscle, increase your metabolism, get ketogenic, and get healthy Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Mediterranean Diet: 30 MINUTE Mediterranean Diet Cookbook with 80 Mediterranean Diet Recipes to Help You Lose Weight,

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)

[Dmca](#)