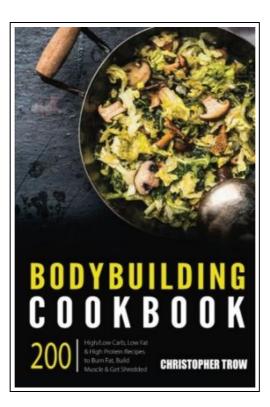
### Bodybuilding Cookbook: 200 High/Low Carb, Low Fat High Protein Recipes to Burn (Paperback)



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### Reviews

*Complete information for publication enthusiasts. I have go through and that i am confident that i will gonna go through once more again in the future. Its been printed in an exceptionally basic way and is particularly just following i finished reading through this book by which basically altered me, alter the way i really believe. (Angela Kuhn)* 

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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Christopher Trow is a Certified Personal Trainer within the UK and has been helping people to lose weight and build muscle for over 5 years. He has a lot of experience under his belt and his passions are to help people become the strongest version of themselves - both mentally and physically. This book has been specifically designed for those that are trying to lose weight, build muscle, increase their energy levels and improve overall health and wellness. There are 211 recipes contained within this book that are not only healthy, but delicious and packed with nutrients. There is truly something for everyone. The recipes contained within this cookbook can be used all year around, there s no way you II get bored because variety is key. There are more than enough recipes to keep your taste buds tingling, these recipes are packed with protein, complex carbohydrates and healthy fats. Within a few days of consuming these recipes your energy levels will sky rocket. You can lose weight by simply eating these recipes alone, but remember your results are always maximised if you exercise as well as eat healthier. Weight loss and muscle building starts in the kitchen. Also for each recipe there is a breakdown of the nutrition value of each of the macronutrients; Protein, carbohydrates and fat contained, so that you can keep track of exactly how many calories you re taking in. The recipes inside include: -Vegan recipes -Vegetarian recipes -High Protein Bodybuilding recipes -Slow cooker recipes -Whey protein smoothie recipes -D.I.Y Protein Bar recipes -D.I.Y Energy bar recipes -Healthy desert recipes -Healthy eating recipes.

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