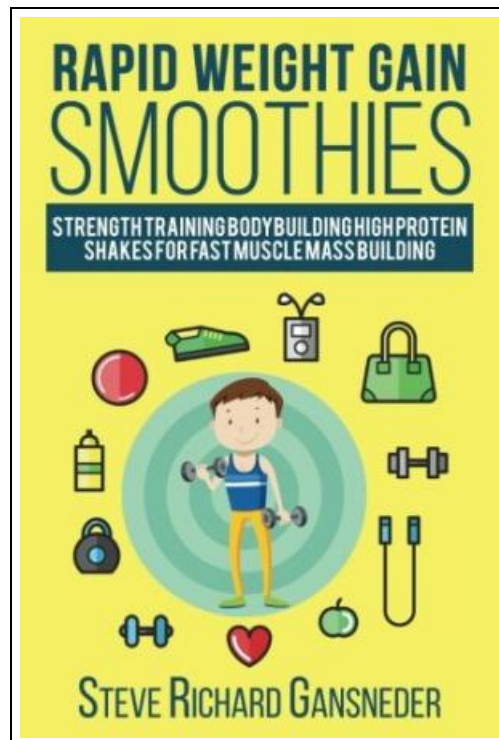


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Reviews



This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be play, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.
(Rene Olson)

RAPID WEIGHT GAIN SMOOTHIES: STRENGTH TRAINING BODYBUILDING HIGH PROTEIN SHAKES FOR FAST MUSCLE MASS BUILDING (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Maximize Your Muscle Gain, The Smart Delicious Way! Are you trying to gain weight and increase your muscle mass, but only have disappointing results - despite your rigorous exercise program? Aren't you sick and tired of having to stuff yourself with junk food day after day, just to reach your desired calorie quota? Wouldn't you prefer to be able to increase your calorie intake in an easy, healthy, and above all delicious way? If that's the case, then you're in luck! Weight Gain Smoothies is exactly what you've been looking for! Eating More Calories Has Never Been Easier, Faster, Or Healthier As you probably already know, there are two things an athlete must do to gain weight and increase their muscle mass: maintain a heavy lifting exercise regimen, and consume enough calories. What you may just now be finding out, however, is how difficult it is to keep your calorie intake high enough for your rigorous exercise to efficiently lead to satisfactory muscle gain. More often than not, you'll find yourself spending half your day preparing and eating your meals, and still not reach your desired calorie intake. Weight Gain Smoothies is, in short, a cookbook that will help you save time, money, and effort, and maximize your weight gain - in an easy and delicious way! Invigorating High Calories Shakes - 22 Delicious Smoothie Recipes For True Champions! Forget about huge meal plans, dietary supplements, and junk food; these smoothies are calorie-rich, healthy, quick to prepare, and can be easily adjusted your keto, paleo, non-dairy, vegan, or any other kind of diet! With a wide range of shake options like the Strawberry Peanut Butter...

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