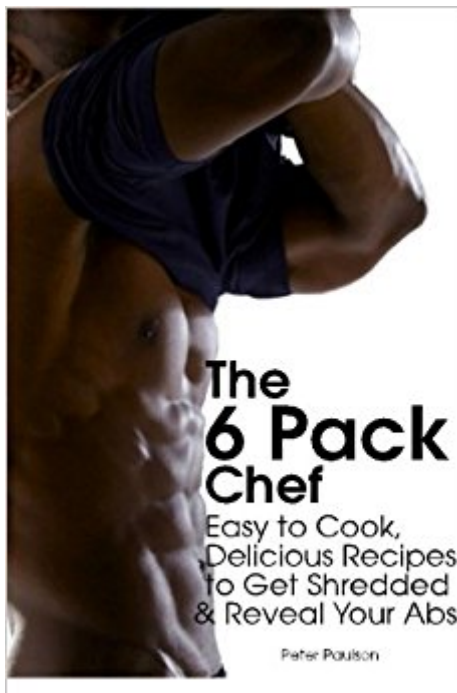




The book was found

The 6 Pack Chef: Easy To Cook, Delicious Recipes To Get Shredded And Reveal Your Abs



Synopsis

The 6 Pack Chef has pretty much have bought every book on how to get a six pack. This book is the real deal. Very informative, well presented and the recipes are delicious. Can't wait to try them all! Highly recommend this book.

• Tina Wilson Abs Are Made In The Kitchen, Not The Gym!

You can exercise as much as you like but if you don't have a solid eating plan you will never have a 6 pack. Sit ups, crunches and planks are NOT going to get you shredded abs but eat correctly and you are guaranteed them. If you're like every other guy and you've been trying for years to get chiselled abs this book is for you. No matter how many times you've failed before The 6 Pack Chef will get you the head-turning beach body you've always dreamed of. This book is your blueprint to being lean, losing fat and revealing your abs. You will learn the nutritional rules and secrets of 6 pack abs as well getting over 55 delicious 6 pack recipes. Every recipe is specifically designed to promote fat loss whilst maintaining muscle mass so that you can carve out your abs. There is so much nonsense in the fitness industry (especially concerning 6 packs) that trying to distinguish between what works and what doesn't is hellish. The 6 Pack Chef cuts through the nonsense and gives you everything you need in order to get truly cut. Getting a 6 pack doesn't have to be difficult. If you structure your diet correctly the path to a 6 pack is simple | Unfortunately structuring your diet correctly isn't easy and that's why I wrote this book. This book does all the tough dietary work for you. In fact, you don't need to think at all | Just buy the food, follow the step-by-step recipes, love how delicious they are and get ready to reveal your new 6 pack. So, are you ready to finally be shredded and reveal your 6 pack? Buy the book now and don't waste another minute feeling uncomfortable when you look in the mirror. Lose the fat, keep the muscle and look incredible. Buy The 6 Pack Chef today. FREE GIFT: Don't forget to grab the awesome gift you get when buying the book! Just my way of saying aethanks.

•

Book Information

Paperback: 86 pages

Publisher: CreateSpace Independent Publishing Platform (January 22, 2014)

Language: English

ISBN-10: 1495298388

ISBN-13: 978-1495298387

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 52 customer reviews

Best Sellers Rank: #705,941 in Books (See Top 100 in Books) #70 in Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #1316 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

Customer Reviews

No nutritional information on any of the recipes. The recipes look good, easy to make but I won't make any of them without the nutrition facts. I suppose I could calculate them myself but why would I? You wrote a fitness book. Fitness people count calories, fat, carbs, and protein. How can you market to them without this information?? Author should revise.

This book has ok information in the front, however, in the world of calorie counting and meal prepping, which is the key to that 6 pack that is shown on the cover, it lacks key information regarding the calories and micronutrients of each recipe. That information is sort of the point of buying a fitness cookbook. If I have to do the work to calculate the calories and micronutrients of each ingredient, I might as well do it with recipes that I find online. There are also no pictures included which is also disappointing.

Very easy to follow. Begins with an explanation of how you should be eating and exercising; followed by many great recipes that will fill you up and give you the needed protein your body needs without all the bad calories and fats found in most foods. Just made the protein pancakes for dinner. They were fantastic!

Good recipes

This book is filled with easy to make recipes. My favorite was the rosemary and garlic chicken with the cauliflower mash...yummy! I was kind of disappointed that there wasn't any calorie or macro information (fats, proteins and carbs) on the recipes. Other than that the recipes I have tried are very tasty. Looking forward to trying all the recipes in this book! N

None of the links work, I wanted to see what was promised, no pictures, worth \$1 because as you read through the recipes are there but they excite you with click here to a dead link

Not only is there good advice there for losing the fat, the recipes have lots of variety and they are so

quick, simple and fast, I will actually cook them.

The book starts off with some great info on fat loss and how to get shredded and then provides an ample amount of delicious recipes. One reviewer criticized the lack of page numbers in his copy, but that seems to be fixed as my copy came with page numbers. Get yourself the kindle copy to save a few dollars if possible, although the paperback version is a convenient size for the kitchen.

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

ABS: The Ultimate Guide on How to Gain Six Pack Abs Fast (Abs Exercise- Abs Bible- Abs Diet for Men- Abs Diet for Women- Abs after 40 - Abs over 40) The 6 Pack Chef: Easy to Cook, Delicious Recipes to Get Shredded and Reveal Your Abs Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Six Pack Abs 365 - How To Get And Keep Your Six Pack Abs All Year Long Simple Six Pack Abs Strategy: 5 Easy Ways To Get Ripped Abs in 6 Weeks Superhero Six-Pack: the Complete Bodyweight Training Program to Ripped Abs and a Powerful Core: (Calisthenics Exercises for Getting Shredded and Developing Extreme Core Strength) Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs) The 6-Pack Checklist: A Step-by-Step Guide to Shredded Abs The Abs Diet 6-Minute Meals for 6-Pack Abs: More Than 150 Great-Tasting Recipes to Melt Away Fat! The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (The Muscle for Life Series Book 3) The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Second Edition)(The Build Healthy Muscle Series) The Ultimate Sexy Six Pack Abs Guide: 30 Days Diet and Workout Plan to Burn Abdominal Fat and Get a Six Pack The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Abs Bible: 37 Six-Pack Secrets for Weight Loss and Ripped Abs: Bodybuilding Series, Book 3 Easy and Delicious Korean Cookbook: 40 Delicious Recipes for the Home Cook (Cook Book) Ketogenic Slow Cooker Recipes: 200 keto Slow Cooker (Crock Pot) Recipes, Chef Approved, Delicious Low Carb Slow Cooker Recipes, For Super Fast Weight Loss , Quick and easy Recipes for Healthy Living Six pack sixties: getting six pack abs in your sixties Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Fast Favorites Under Pressure: 4-Quart Pressure Cooker recipes and tips for fast and easy meals by Blue Jean Chef,

Meredith Laurence (The Blue Jean Chef)

Contact Us

DMCA

Privacy

FAQ & Help