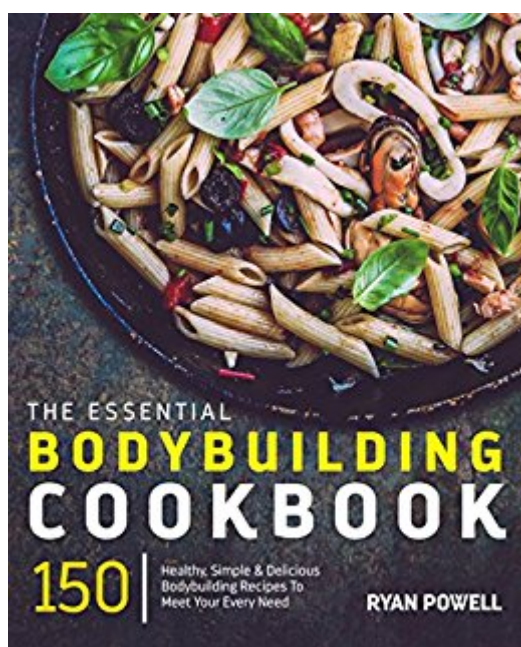


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# Essential Bodybuilding Cookbook: 150 Healthy, Simple & Delicious Bodybuilding Recipes To Meet Your Every Need (The Healthy Bodybuilding Cookbook Series)



## Synopsis

Learn How To Prepare Delicious Meals That Make Building Muscle And Shredding Fat Easy, Fun And Sustainable! Are you at the beginning of your bodybuilding goals and intimidated by the thought of what to eat, how often, and how much? Or are you a pro and tired of eating the same old, bland and uninspiring meals â€” all served up with extra eggs? Maybe youâ€™re just looking for some more variety? Well, The Essential Bodybuilding Cookbook is for you, whatever level of fitness youâ€™re at; from barbells to squat racks, the 150 delicious, nutritious and easy to prepare meals will keep you fuelled, pumping and ready to lift! Choose from breakfasts, meats, poultry, vegetarian, sides, snacks, salads, soups and even shakes and desserts. All the meals in this recipe book have been created using fresh, lean and nutritious ingredients. Iâ€™ve even included a sample meal plan to get you started. Here's a "sneak peek" of what you'll find inside: 150 delicious, mouthwatering recipes included our delicious Barbell Beef Curry, Moroccan Lamb Tagine, Pumpkinâ€™ Pumpkin Pancakes & Smoked Trout Fish Cakes! Comprehensive detailed information about recommended calorie intake, macronutrient ratios and food types Insider Secrets: why you might be finding it so hard to lose the extra fat or gain the muscle you desire Detailed Sample Meal Plan And Much Much More Scroll Up And Click The Buy Button Now And Letâ€™s Get Started! Tags: Bodybuilding cookbook, Fitness Cookbook, Build Muscle, Muscle Building Cookbook

## Book Information

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## Customer Reviews

I highly recommend this e-book! It greatly surpassed my expectations of a traditional cookbook, but that's because this isn't your average, every day cookbook! It provides you with 150 healthy recipes to help you reach your desired weight, rather than be gaining muscle or burning fat and adding lean muscle mass. My favorite feature of the book is actually the wealth of nutritional information it provides. The author breaks down the nutritional science behind our diets, what our body needs and why it needs it. He provides information on meal prep, suggested grocery shopping lists and more. Out of the recipes that I've tried so far, Epic Egg Muffins and Lean Beef Stroganoff have been my favorites! The Epic Egg Muffin recipe is super quick, easy and delicious. My kids absolutely loved them and I found them to be very easy to prepare in the mornings before school/work. The Lean Beef Stroganoff is a slow cooker recipe, which are always a favorite for me since I'm always on the go. I love when I can throw ingredients together and then not have to think about them again until dinner is done. I can't wait to try out all of the other recipes. I've already lost 3lbs since applying information gained from this e-book! I can't wait to see how much further this e-book pushes my nutrition and fitness levels. I received this product for free in exchange for my honest review. This e-book is definitely a must-have for anyone looking to improve their eating habits and learn a bit more about what they are eating in the process. If you found my review helpful, please click "yes" beneath my review.

This book has good, basic recipes that are healthy and full of protein. It serves as a good foundation for what types of meals one should prepare to get the most out of meals while trying to get gains in weightlifting. The reason I only give it three stars is that as far as cookbooks go, this one is lacking in detail. The first recipe that I looked at, "Artichoke and tomato chicken bake", states this for the first step: "preheat the oven to 375 F". Okay. Then the second step: "Add onion, garlic, chopped tomatoes, artichoke, chicken stock, balsamic vinegar and the bay leaf to the baking dish and cover." Sounds good so far. But the third step is this: "Place in the oven for 35-40 minutes, or until chicken is thoroughly cooked." Hold the phone! The "chicken" is not listed in step 2, yet step 3 says to wait until the chicken is thoroughly cooked! Also, later in this same recipe, it says "add the rice to a pan of water and bring to a boil". It doesn't state how much water anywhere in the recipe, though. Amount

of cooking water is an important detail when cooking any type of grain. Too much water, and you'll have mush. Too little water, and you'll have chewy or still crunchy rice. Not good. Now, any good cook will read all of the instructions thoroughly before starting on the meal, and will also probably be able to look up rice instructions on the package and infer from that how much water to add to the pan. However, many novice cooks or people in a hurry may not do those things, and if they were to follow this cookbook, they may end up with a mess of a dish. This cookbook aims to be for the everyday cook, not some level of advance chefs. Therefore, the recipe should assume that its readers will need detailed guidance each step of the way. It seems that these are dishes that the author regularly made without a recipe, then wrote the recipe later on for this book. That's fine and all, but there are some simple mistakes that a good editor would have caught. Good recipes, but proceed with caution.

“And what is the use of a book,” thought Alice, “without pictures or conversation?” .  
The main drawback of the book is lack of images of the food. It listed macro nutrient content though.

Great book look the recipes

Well made cook book but recipes aren't simple ingredients. I'm looking for recipes that are minimal ingredients which I know is possible. Recipes looks good but not what I need for meal prepping for 3-5 days

As a woman who has been into Fitness for quite some time, I have to say that I approve of this kindle book. What I like the most is the fact that it is written intelligently when it comes to explaining the science behind nutrition, however not overly so that a beginner would feel intimidated. The basic facts about calories, protein, carbs, and fats are explained in a way that is simple enough to grasp. (Because no one is motivated by a lengthy lecture in thermodynamics complicated by an open system.) Another great aspect of this book is that it is not just catering to people who are trying to "bulk up". I'm a girl and in no-way-shape-or-form want to get bigger. They have also addressed those of us who like to slim down AKA "get cut". The recipes are organized and well thought out and many are darn fancy too. Take the "Turkey meatballs and Couscous" for example, that is not a typical recipe for what is essentially a health cookbook. They give you many great options for eating well and none are boring. I decided to make the "Chicken Burgers and Guacamole" recipe. It turned out awesome. I credit the fact that the directions are concise and easy to follow. If I had one critique

it would be that It is hard to navigate through the book in the kindle version. I like to flip through and cook something that catches my eye and I can't do that in this form. However, for the low price as compared to the book, I just went and printed all the recipes I knew I would be using soon. I was lucky enough to be able to receive a small discount in exchange for an honest review of this product, but that in no way shape or form influenced my opinion. Believe me if this product fails to live up to my expectations, I will revise this review and blast the product. If you have any questions feel free to message me and if this review was helpful please push the "Yes". I like to know if my reviews are making a difference.

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