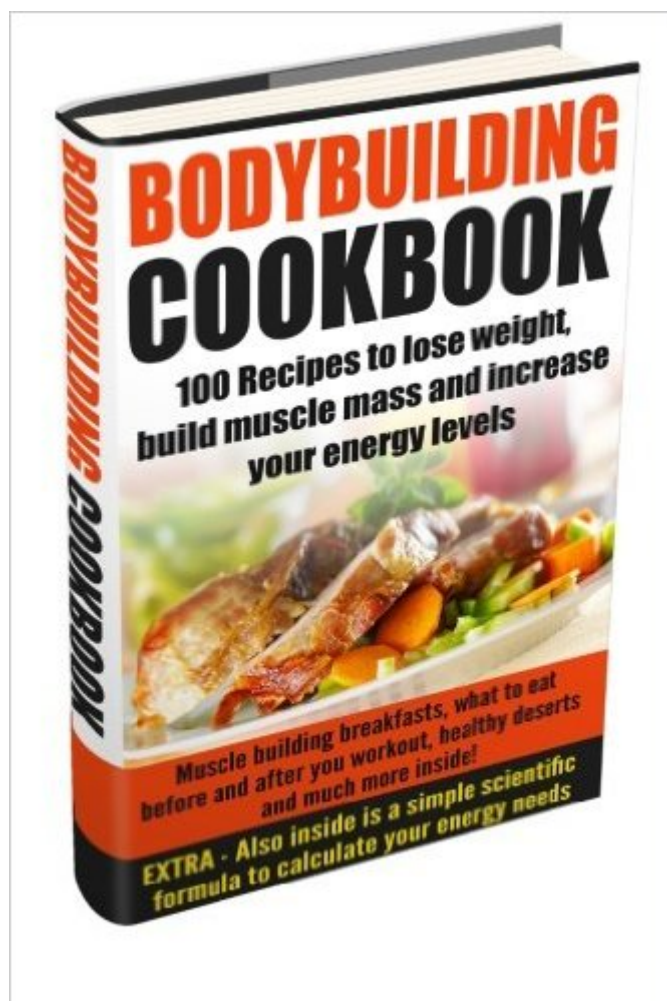


The book was found

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 – both mentally and physically. It’s a misconception that a diet to build muscle and lose weight has to be boring, it’s only the case if you don’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 you’re a meat lover, vegan, vegetarian or just looking for something new! The recipes inside include: 10 muscle building breakfasts 10 pre workout recipes 10 immediately after workout recipes 10 post workout recipes 10 healthy desserts 10 non training day recipes 10 before bed recipes 30 non meat recipes (suitable for vegans and vegetarians) Also inside: 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. What energy sources are recruited first How energy is stored and released What are good carbs, what are bad carbs? When to eat either? How to calculate your energy needs on a non-training day “ what to eat and what not to eat 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 How to stop binging

Book Information

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Customer Reviews

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

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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)
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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)
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