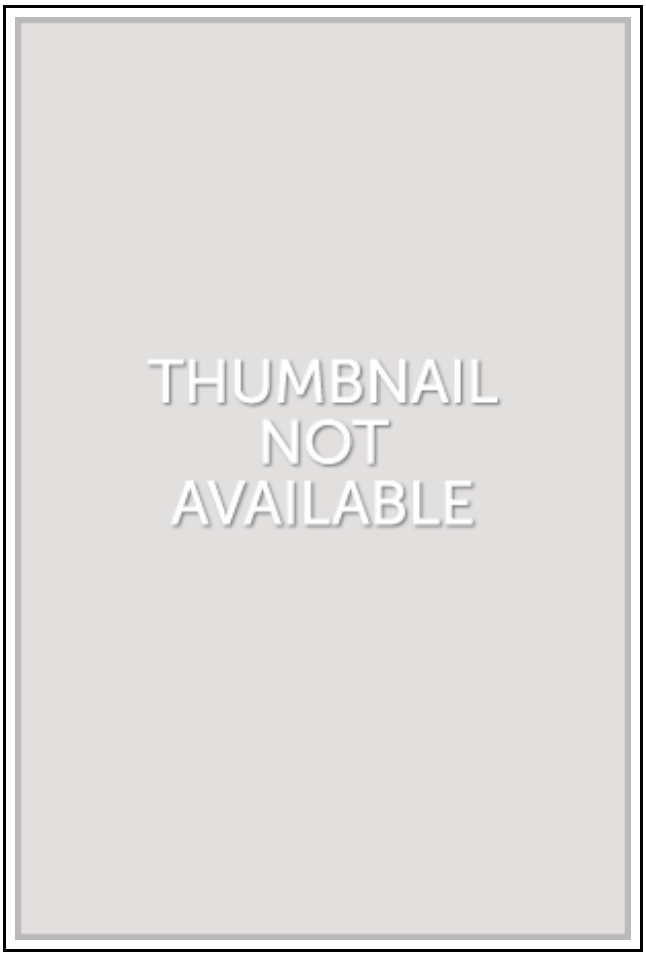
# The Shredded Chef: 115 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Paperback)




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***(Braden Leannon)***

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Createspace, United States, 2012. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.If you want to know how to build muscle and burn fat by eating healthy, delicious meals that are easy to cook and easy on your wallet, then you want to read this book. Do you lack confidence in the kitchen and think that you just can t cook great food? Are you not sure of how to prepare food that is not only delicious and healthy but also effective in helping you build muscle and lose fat? Are you afraid that cooking nutritious, restaurant-quality meals is too time-consuming and expensive? If you answered yes to any of those questions, don t worry--you re not alone. And this book is the answer: With it, you can cook fast, healthy, and tasty meals every day (and on a reasonable budget) that will help you build muscle or lose weight, regardless of your current skills. The Shredded Chef is more than just a bunch of recipes, though. It s going to teach you the true scientific basics of gaining muscle and losing fat, because bad diet advice is an epidemic these days. In this book, you re going to learn how to eat right without having to obsess over every calorie. These 9 scientifically proven rules for eating are the foundation of every great physique, and they have nothing to do with following weird diets or depriving yourself of everything that tastes good. And the recipes themselves? In this book you ll find 114 healthy, flavorful recipes specifically designed for athletes that want to build muscle or lose fat. Regardless of your fitness goals, this book has got you covered. Here s a sneak peek of the recipes you ll...

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