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The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series)





Synopsis

The Easy Way to Bulk up and Burn Fat Fast! If you want to learn how to create healthy, delicious and nutritious meals that are specially designed to build muscle, burn fat and save time, then THE BODYBUILDING COOKBOOK is your answer! Every serious athlete knows that your nutrition is the most crucial part of building a lean, muscular and strong physique and can either make or break the results you see in the gym. However cooking can easily become a chore, especially when all you have to look forward to is the same bland, boring and tasteless meals that the fitness and bodybuilding community claim you have to eat to be successful. We all know those meals. Boiled chicken breast. Baked potatoes. Broccoli. It takes the willpower of a saint to be able to live on these and this is why so many people fail! With The Bodybuilding Cookbook, you will never have to be frustrated with your diet again. You will learn how to cook healthy, tasty, quick and easy meals that will build quality lean muscle mass, burn fat fast and won't cost you an arm and a leg! And these recipes aren't just a slight upgrade to familiar bodybuilding meals like you could find in most health and fitness cookbooks e.g. coating your already bland chicken with some equally bland salsa sauce. These recipes are so delicious your taste buds will believe you're in a 5 star restaurant! The Bodybuilding Cookbook includes 9 mouth-watering breakfast meals like my Brawny Breakfast Burrito, Banana and Almond Muscle Oatmeal, Power Protein Waffles and Turkey Muscle Omelette. They will kick-start your engine and ensure you start off the day as you mean to go on! 18 succulent and delicious chicken and poultry recipes like my Muscle Moroccan Chicken Casserole, Turkey Meatball Fiesta, Anabolic Ratatouille Chicken, Aesthetic Tomato and Olive Pan-Fried Chicken and Chicken Brawn Burger. Say bye bye to boiled bland chicken. These meals will ensure that your body has no choice but to burn fat and build muscle! 15 tasty and nutritious red meat and pork recipes like my Power Pork Fruit Tray, Brawny Beef Fajitas, Bulk-Up Lamb Curry & Peanut Stew, Anabolic Pork Soup and Oriental Beef Muscle Stir-Fry. These protein packed recipes will keep you anabolic, building muscle and shredding fat! 15 gourmet fish and seafood recipes like my Protein Packed Paella, Brawny Baked Haddock with Spinach and Pea Risotto, Workout Fish and Muscle Mackerel and Spicy Couscous! 10 healthy, delicious protein packed salads like my Sizzling Salmon Salad, Mediterranean Super Salad, Muscle Building Steak & Cheese Salad and more. Who said salads were boring! 13 tasty homemade protein shakes like my Chocolate Peanut Delight, Blackberry Brawn, Caribbean Crush, Cinnamon Surprise and my personal delicious Mass Gainer. And much, much more! Get your Copy Right Now and Lets Get Cooking!

Book Information

File Size: 27919 KB

Print Length: 124 pages

Publication Date: February 28, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00U5621V0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #119,228 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #88

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Customer Reviews

I've been looking for this book for quite some time: a bodybuilding book for vegetarians. I've been both for several decades and have felt there was need for such a book and I'm happy the author, Jason Farley has penned it, and very happy that it's so well written and all the recipes in this cookbook are ones that I can use as is, and don't have to pick through and adapt the recipes with my own vegetarian alternatives. Every recipe in this book is meant for vegetarians, mainly those who eat eggs and cheese and not necessarily for vegans (no dairy, no eggs) although there are some recipes in here good for vegans as well. Many people, says the author think that animal meat is the only rich source of protein, but using a combination of seeds, vegetables and plant based products as well as health dairy options: protein need not be the taboo word of the Veggie world. People erroneously believe that building muscle is not possible if you are a vegetarian. This is just not true, says the author. His answer to bodybuilding for veggies is to have protein with every meal, have green on your plate, that fat is not evil and to drink lots of water. I liked how he has included one diet for bodybuilding, one for maintenance and a different one for weight or fat loss. The recipes

themselves which cover breakfast, entrees, a snack and dessert are very delicious, like the Feta & Brawny Barley Stuffed Portabella, Brawny Veg Lasagna (vegan), Lean & Mean Veggie Burger, Choco Coffee Energy Shake and Cottage Cheesecake to name just a few of the 100 recipes in this book.

I love that this book takes the a tasty approach at meals for muscle. I find it difficult to follow a diet when you have to eat the same meals over and over again with no taste. I like that the author has taken traditional meals and added flavor to them. There are vegetarian options as well.

Normally when you go to the gym trying to get fit and slim, you follow a diet that frequently is boring and tasteless. Because of that, sticking to it could be a nightmare. Jason Farley did a great job, putting together many delicious and easy to prepare recipes, but they aren't only delicious but full of nutrients too. As a bonus, author gives some tips about proper nutrition to gain muscle loosing fat.

Anyone who is familiar with fitness knows very well or should be aware that a great physique is made in the kitchen. Based on the Pareto principle, it is safe to say that 80% of an individual's fitness results is based on 20% of the work and most of that 20% is from an individual's nutrition. Therefore, this is what this book focuses on. It provides the reader with an array of nutritious recipes that a person requires to build rock solid and lean muscles. Failure to eat right will definitely mean failure in achieving one's fitness goals.

This book is exactly what I was looking for. A whole foods plant-based diet for athletes. Everyone knows how to become a vegan, but rarely do they know how to be healthy. This is a great book for the person who thinks that being an athlete you must eat meat, so not true & this book will help people under the misconception understand how awesome they can excel on a vegan diet. Very impressed by this book.

I really loved reading The Bodybuilding Cookbook. As someone who doesn't LOVE meat, I found tons of tasty recipes in order to help me put on muscle, which is my main goal right now. I especially liked the introduction of the book where the author explains the reasoning behind many bodybuilding principles, such as the importance of drinking 3-4 litres of water per day as well as the

role that supplements should play in any gainer's game plan. If your goal is to build, cut, or maintain, then I highly recommend downloading this book. Can't wait to try the recipes!

Bodybuilding - Nowadays one of the hardest things to do with all these fancy information out there saying you should do this or you should do that. The face that will never change is that your nutrition must be on top of your performance. With this book, you get a great insight on how to cook really delicious and simple meals that aren't only chicken and rice. I highly recommend it!

Jason Farley's book delivers what it promises... You'll learn how to cook healthy, tasty, quick and easy meals that will build quality lean muscle mass and burn fat fast. I've been looking for a bodybuilding cookbook for quite some time and I am thrilled that I found this one. I appreciate the macros details with each dish and the creative variety of options.

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