



The Complete Bodybuilding Cookbook: 300 Delicious Recipes To Build Muscle, Burn Fat & Save Time

Jason Farley

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Bulk Up and Burn Fat Fast With Over 300 Delicious Recipes!

Bestselling author of the popular fitness cookbook "The Bodybuilding Cookbook" & fitness author Ryan Powell have joined forces to deliver over 300 of their best bodybuilding recipes in this massive & comprehensive cookbook to make sure you build muscle and burn fat faster than ever. Each delicious recipe is tailored to the needs of a bodybuilding diet and includes the exact amount of calories, protein, carbs & fats for your convenience!

The Complete Bodybuilding Cookbook includes...

- **Over 300 delicious, mouthwatering recipes including our delicious Barbell Beef Curry, Moroccan Lamb Tagine, Pumpkin' Pumpkin Pancakes & Smoked Trout Fish Cakes!**
- **Comprehensive & detailed information about recommended calorie intake, macronutrient ratios and food types.**
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