

The Shredded Chef 120 Recipes For Building Muscle Getting Lean And Staying Healthy Second Editionthe Build Healthy Muscle Series

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The Shredded Chef 120 Recipes For Building Muscle Getting Lean And Staying Healthy Second Editionthe Build Healthy Muscle Series is available in our book collection an online access to it is set as public so you can download it instantly. Our book servers spans in multiple countries, allowing you to get the most less latency time to download any of our books like this one. Merely said, the The Shredded Chef 120 Recipes For Building Muscle Getting Lean And Staying Healthy Second Editionthe Build Healthy Muscle Series is universally compatible with any devices to read



Good and Cheap Ballantine Group

Discover the joy of cooking for yourself with more than 160 perfectly portioned, easy-to-execute recipes, flexible ingredient lists to accommodate your pantry, and ideas for improvising to your taste. Taking care to prepare a meal for yourself is a different experience than cooking for others. It can be a fun, casual, and (of course) delicious affair, but there are challenges, from avoiding a fridge full of half-used ingredients to ending up with leftovers that become boring after the third reheat. Cooking for One helps you make cooking for yourself special without becoming a chore with unfussy yet utterly appealing meals that rely on ingredients you already have on hand, like Garam Masala Pork Chop with Couscous and Spinach and Weeknight Chicken Cacciatore. Don't have exactly the right ingredients? Never fear--with a "Kitchen Improv" box on every page, we offer ideas for altering the dish so it works for you. And for those weeks you didn't make it to the supermarket, we use a "Pantry Recipe" icon to clearly mark recipes that rely entirely on our checklist for a well-stocked pantry. We show you when it's worth making two servings (but never more) with our "Makes Leftovers" icon, and suggest how to transform those leftovers into a whole new meal. (We love our Spice-Rubbed Flank Steak with Celery Root and Lime Yogurt Sauce served over arugula as a hearty salad the next day.) Ingredients themselves often lead you to another exciting meal--when you're left with half an eggplant from Simple Ratatouille, we direct you to Broiled Eggplant with Honey-Lemon Vinaigrette as the perfect way to use it up. And if the thought of a sink full of dishes keeps you out of the kitchen, there are plenty of appealing one-pan dinners like Sheet Pan Sausages with Sweet Potatoes, Broccoli Rabe, and Mustard-Chive Butter or Couscous with Shrimp, Cilantro, and Garlic Chips that are here to save the day. 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time Oculus Publishers

A New York Times bestseller and one of the most praised Korean cookbooks of all time, you'll explore the foods and flavors of Koreatowns across America through this collection of 100 recipes. This is not your average "journey to Asia" cookbook. Koreatown is a spicy, funky, flavor-packed love affair with the grit and charm of Korean cooking in America. Koreatowns around the country are synonymous with mealtime feasts and late-night chef hangouts, and Deuki Hong and Matt Rodbard show us why through stories, interviews, and over 100 delicious, super-approachable recipes. It's spicy, it's fermented, it's sweet and savory and loaded with umami: Korean cuisine is poised to break out in the U.S., but until now, the cookbooks have been focused on taking readers on an idealized Korean journey. Koreatown, though, is all about what's real and happening right here: the foods of Korean American communities all over our country, from L.A. to New York City, from Atlanta to Chicago. We follow Rodbard and Hong through those communities with stories and recipes for everything from beloved Korean barbecue favorites like bulgogi and kalbi to the lesser-known but deeply satisfying stews, soups, noodles, salads, drinks, and the many kimchis of the Korean American table.

Baking with Dorie Workman Publishing

This program has helped thousands of women build their best bodies ever. Will YOU be next? What if you could build that hot “ Hollywood body ” without having your life revolve around it? What if you didn't have to starve yourself, put in long hours at the gym, or do grueling cardio sessions that turn your stomach? What if you could eat all of the foods you actually like and do muscle-building workouts that you actually enjoy? Imagine waking up every morning, looking in the mirror, and feeling downright excited by your reflection. Imagine being able to proudly wear the clothes you really want to wear and take them off with confidence. Well, you can have all of these things, and it ’ s not nearly as difficult or complicated as you probably think. The Year One Challenge for Women is a workout journal companion to the bestselling women ’ s fitness book Thinner Leaner Stronger, and it contains a full year's worth of workouts neatly organized so you can record, track, and review your progress toward the body you've always wanted. With this program, you can melt away up to 35 pounds of fat—including stubborn hip, belly, and thigh fat—add lean muscle to all the right places on your body, and double or even triple your whole-body strength. And that's just year one! So, if you're ready to build muscle definition and lose stubborn fat faster than you ever thought possible, scroll up, buy this journal today and start your journey to a thinner, leaner, and stronger you!

How to Cook and Eat for Peak Performance: 77 Simple, Nutritious, Whole-Food Recipes for Every Athlete Penguin

With the success of the Eat-Clean Diet came the demand for more recipes, and author Tosca Reno is not only a health and fitness expert, she's also an excellent cook. She's always loved cooking for friends and family, and her Clean-Eating lifestyle inspired her to create fabulous meals that everyone would love. Who better to write a cookbook that would make the whole family happy . . . both at the table and when they shop for clothes a few sizes smaller! Get: •150 beautiful food photographs • Delectable low-fat beef, pork, chicken and fish dinners • Protein-rich meat-free recipes •

Gluten-free meals • Tips on eating clean in difficult situations • Timesaving one-dish meals for busy moms • Great recipes on the go • How to prepare an elegant clean-eating event.

120 Vegan and Vegetarian Recipes from Bangalore to Beijing [American Measurements] Oculus Publishers

If you want to build a body you can be proud of without starving or depriving yourself of all the foods you actually like...then you want to read this book. The Bodybuilder's Kitchen Createspace Independent Publishing Platform

A sequel to I'm OK—You're OK. This book offers advice on making important changes and taking charge of your life, resolving conflicts, and rooting out the causes of worry, panic, depression, regret, confusion and feelings of inadequacy.

100 Vegetarian and Vegan Recipes for Building Muscle, Getting Lean and Staying Healthy Harper Collins

Once considered exotic, the flavors of Asia are now as close as the international aisle of every supermarket. Using only commonly available ingredients, award-winning cookbook author and Asian-food guru Nina Simonds creates easy, soothing, healthful meals that are masterpieces of simplicity. In Simple Asian Meals, Simonds presents over 100 recipes for accessible Chinese, Japanese, Thai, and Vietnamese specialties—packed with fresh, seasonal ingredients and health-giving benefits from immune support to ease of digestion to cholesterol reduction. Almost all her dishes require only one pot to prepare, and to make meal preparation as manageable as possible, she also provides freezing and storing techniques, recipe variations for convenience and personal taste, and lists of basic staples readers should always keep on hand. Colorful, comprehensive, and informed by Simonds's own culinary travels and memorable moments in Asia, Simple Asian Meals is every home chef's guide to creating exquisitely flavored Asian cuisine quickly and effortlessly.

Koreatown Rodale Books

Get Real About Being Lean, Mean and Muscular! Are You Ready to Learn the Truth About Body Building? It's Time to Get Ripped! In Body Building Naturally you will -- Discover the one crucial ingredient that you need to consume in order to build bulk muscle. This one element is more important to helping your reach your muscle building goals than training, nutrition and anabolic steroids Learn how to train smart and stop sabotaging your gains by spending too much time at the gym Learn the little known completely natural secrets that can help you build up your muscles Gain ten pounds or rock solid muscle in less than three weeks Learn how to optimize your body's seven most powerful and natural fat burning growth hormones Discover why taking steroids can kill you as well as your athletic reputation Learn exactly what exercises you need to do and how often in order to build that bulk muscle Learn how to carve your six pack Learn how to create a rippled muscular chest that will pop out the buttons on your shirt every time you breathe in Learn how to construct sleeve busting biceps

Cook Beautiful Simon and Schuster

Brand new recipes from the 2019 series to help you eat healthily day in and day out. Discover how to make healthy and affordable food for everyday life, without falling back into the ready meal rut. Eat Well for Less: Every Day features 80 effortlessly delicious recipes from the new series that don ’ t pull at your purse strings. Whether it ’ s lunch on the go or dinner for the whole family, you can cut down your food bill and kitchen time without sacrificing flavour and, more importantly, your health. With a foreword from presenters Gregg Wallace and Chris Bavin, Eat Well for Less: Every Day will help you make easy and nutritious food not just an occasion, but an achievable lifestyle. In no time at all, you ’ ll be whipping up fresh, cost-saving meals every day.

The Simple Science of Building the Ultimate Male Body Ten Speed Press

From the acclaimed chef and owner of Brooklyn Delhi, a debut cookbook focused on the celebrated vegetarian fare of South India. Lifelong vegetarian and chef Chitra Agrawal takes you on an epicurean journey to her mother ’ s hometown of Bangalore and back to Brooklyn, where she adapts her family ’ s South Indian recipes for home cooks. This particular style of Indian home cooking, often called the “ yoga diet, ” is light and fresh, yet satisfying and rich in bold and complex flavors. Grains, legumes, fresh produce, coconut, and yogurt—along with herbs, citrus, chiles, and spices—form the cornerstone of this delectable cuisine, rooted in vegetarian customs and honed over centuries for optimum taste and nutrition. From the classic savory crepe dosa, filled with lemony turmeric potatoes and cilantro coconut chutney, to new creations like coconut polenta topped with spring vegetables 'upma" and homemade yogurt, the recipes in Vibrant India are simple to prepare and a true celebration of color and flavor on a plate. Chitra weaves together the historical context behind the region ’ s cuisine and how she brought some of these age-old traditions to life thousands of miles away in Brooklyn during the city ’ s exciting food renaissance. Relying on her experience as a culinary instructor, Chitra introduces the essential Indian cooking techniques, tips, and ingredients you ’ ll need to prepare a full range of recipes from quick vegetable stir fries (corn, basil, and leeks flavored with butter, cumin, and black pepper), salads (citrus red cabbage and fennel slaw with black mustard seeds, curry leaves, and chile), yogurt raitas (shredded beets and coconut in yogurt), and chutneys and pickles (preserved Meyer lemon in chile brine) to hearty stews (aromatic black eyed peas, lentils, and greens), coconut curries (summer squash in an herby coconut yogurt sauce), and fragrant rice dishes (lime dill rice with pistachios). Rounding out the book is an array of addictive snacks (popcorn topped with curry leaf butter), creative desserts (banana, coconut, and cardamom ice cream), and refreshing drinks (chile watermelon juice with mint). Chitra provides numerous substitutions to accommodate produce seasonality, ingredient availability, and personal tastes. The majority of recipes are gluten-free and vegan or can be easily modified to adhere to those dietary restrictions. Whether you are a vegetarian or just looking for ways to incorporate more vegetarian recipes into your repertoire, Vibrant India is a practical guide for bringing delicious Indian home cooking to your table on a regular basis.

The Simple Science of Building the Ultimate Female Body Flatiron Books

If you want to know how to build muscle and burn fat by eating delicious vegetarian and vegan meals that are easy to cook and easy on your wallet, then you want to read this book.

120 Recipes for Building Muscle, Getting Lean, and Staying Healthy Rodale Books

If you want to be muscular, lean, and strong as quickly as possible without steroids, good genetics, or wasting ridiculous amounts of time in the gym

and money on supplements...then you want to read this book. Here's the deal: Getting into awesome shape isn't nearly as complicated as the fitness industry wants you to believe. You don't need to spend hundreds of dollars per month on the worthless supplements that steroid freaks shill in advertisements. You don't need to constantly change up your exercise routines to "confuse" your muscles. I'm pretty sure muscles lack cognitive abilities, but this approach is a good way to just confuse you instead. You don't need to burn through buckets of protein powder every month, stuffing down enough protein each day to feed a third world village. You don't need to toil away in the gym for a couple of hours per day, doing tons of sets, supersets, drop sets, giant sets, etc. (As a matter of fact, this is a great way to stunt gains and get nowhere.) You don't need to grind out hours and hours of boring cardio to shed ugly belly fat and love handles and get a shredded six-pack. (How many flabby treadmillers have you come across over the years?) You don't need to completely abstain from "cheat" foods while getting down to single-digit body fat percentages. If you plan cheat meals correctly, you can actually speed your metabolism up and accelerate fat loss. In this book you're going to learn something most guys will never know: The exact formula of exercise and eating that makes putting on 10 to 15 pounds of quality lean mass a breeze...and it only takes 8-12 weeks. This book reveals secrets like... The 6 biggest myths and mistakes of building muscle that stunt 99% of guys' muscle gains. (These BS lies are pushed by all the big magazines and even by many trainers.) How to get a lean, cut physique that you love (and that girls drool over) by spending no more than 5 percent of your time each day. The 4 laws of muscle growth that, when applied, turn your body into an anabolic, muscle-building machine. You'll be shocked at how easy it really is to get big once you know what you're doing... How to develop a lightning-fast metabolism that burns up fat quickly and leaves you feeling full of energy all day long. The carefully-selected exercises that deliver MAXIMUM results for your efforts, helping you build a big, full chest, a wide, tapered back, and bulging biceps. A no-BS guide to supplements that will save you hundreds if not THOUSANDS of dollars each year that you would've wasted on products that are nothing more than bunk science and marketing hype. How to get shredded while still indulging in the "cheat" foods that you love every week like pasta, pizza, and ice cream. And a whole lot more! The bottom line is you CAN achieve that "Hollywood hunk" body without having your life revolve around it--no long hours in the gym, no starving yourself, no grueling cardio that turns your stomach. Imagine, just 12 weeks from now, being constantly complimented on how you look and asked what the heck you're doing to make such startling gains. Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you're getting healthier every day. SPECIAL BONUS FOR READERS! With this book you'll also get a free 75-page bonus report from the author called "The Year One Challenge." In this bonus report, you'll learn exactly how to train, eat, and supplement to make maximum gains in your first year of training. By applying what you learn in the book and in this report, you can make more progress in one year than most guys make in three, four, or even five (seriously!). Scroll up, click the "Buy" button now, and begin your journey to a bigger, leaner, and stronger you!

Recipes and Stories from an Unlikely Life on a Farm Health Science Publications, Inc.

The Shredded Chef120 Recipes for Building Muscle, Getting Lean, and Staying Healthy

The Bodybuilding Cookbook Simon and Schuster

"Anyone who has ever seen the hit TV show Blue Bloods knows that the family dinner is the centerpiece of every episode. And there are really only three things that Blue Bloods-and everyone else-need to make a successful family dinner: family, love and food. Bring the first two to the table and The Blue Bloods Cookbook will provide the third! Bridget Moynahan, the show's star, invites you to partake in that sacred family ritual, offering food lovers more than 100 delectable recipes and bringing you Irish/Italian comfort food that will make you feel right at home,"--Amazon.com.

Eat Well For Less: Every Day America's Test Kitchen

By showing that kitchen skill, and not budget, is the key to great food, Good and Cheap will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—Good and Cheap is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of Good and Cheap purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

Thinner, Leaner, and Stronger Than Ever in 12 Months Simon and Schuster

The debut cookbook from the creator of EyeSwoon features 100 seasonal recipes for meals as gorgeous as they are delicious. In Cook Beautiful, Athena Calderone reveals the secrets to preparing and presenting unforgettable meals. As “The modern girl”’s Martha Stewart”, Athena cooks with top chefs, hosts incredible dinners, and designs stunning tablescapes—all while balancing the visual elements of each dish with incredible flavors. In her debut cookbook, she shows us how to achieve her impeccable yet approachable cooking style (New York Times T Magazine). Included are 100 recipes with step-by-step advice on everything from prep to presentation—from artfully layering a peach and burrata salad to searing a perfect steak. Recipes include Grilled Zucchini Flatbread with Ramp-Pistachio Pesto, Stewed Pork with Squash and Walnut Gremolata, Blood Orange Bundt Cake with Orange Bitters Glaze, and more. Organized by season, each section closes with a tablescape inspired by nature, along with specific table décor and entertaining tips.

The Year One Challenge for Men Clarkson Potter

This book has helped thousands of women build their best bodies ever. Will YOU be next? If you want to be muscular, lean, and strong as quickly as possible without crash dieting, good genetics, or wasting ridiculous amounts of time in the gym . . . you want to read this book Here ’s the deal: Building lean muscle and burning fat isn't as complicated as the fitness industry wants you to believe. This book is the shortcut. You don't need to: Spend hundreds of dollars per month on the worthless supplements, “detoxes,” or “skinny teas.” Most pills and powders do absolutely nothing. You don't need to: Constantly change up your workout routine to get lean, defined muscles. It ’s much simpler than that. You don't need to: Waste a couple of hours in the gym every day grinding through grueling workouts. In fact, this is a great way to get nowhere. You don't need to: Slog away at boring cardio to shed ugly belly, hip, and thigh fat. In fact, you probably don't have to do any cardio to get the body you really want. You don't need to: Obsess over "clean eating" and avoiding "unhealthy" foods to get fit. Instead, you can get the body you want eating the foods you love. Those are just a few of the harmful lies and myths that keep gals from ever achieving the lean, toned, sexy, and healthy bodies they truly desire. And in this book you re going to learn something most guys will never know . . . The exact formula of exercise and eating that makes losing 10 to 15 pounds of fat while building lean, sexy muscle a breeze . . . and it only takes 8 to 12 weeks. Here are just a few of the things you're going to discover in this book: The 10 biggest fat loss and muscle-building myths and mistakes that keep women overweight, weak, and frustrated. The 3 scientific laws of lean muscle growth and fat loss that literally force your body to get fitter, leaner, and stronger. You ’ll be shocked

at how easy it really is to build lean muscle and lose fat once you know what you ’re doing. How to create flexible diet plans that help you transform your body composition eating the foods you love—without ever feeling starved, deprived, or like you ’re “on a diet.” A paint-by-numbers training system that will help you add lean muscle to all the right places and get sexy, athletic curves . . . spending no more than three to six hours in the gym every week . . . doing challenging, fun workouts you enjoy. A no-BS guide to supplements that will show you what works and what doesn ’t, saving you hundreds if not THOUSANDS of dollars each year. And a whole lot more! Imagine . . . just 12 weeks from now . . . being constantly complimented on how great you look and asked how the heck you're doing it . . . Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you're getting healthier every day . . . The bottom line is you CAN get that “Hollywood babe” body without following boring, bland “bodybuilder” diets or living in the gym. This book shows you how. SPECIAL BONUSES FOR READERS With this fitness book, you'll also get a FREE 56-page reference guide with all of the book ’s key takeaways, a year ’s worth of Bigger Leaner Stronger workouts, 10 premade meal plans for cutting and lean bulking, and more! So, scroll up, click the "Buy" button now, and begin your journey to a bigger, leaner, and stronger you!

100 Muscle-Building, Fat Burning Recipes, with Meal Plans to Chisel Your Physique Oculus Publishers

Are you a triathlete, runner, cyclist, swimmer, cross-country skier, or other athlete seeking greater endurance? The Endurance Handbook teaches athletes how to stay healthy, achieve optimal athletic potential, and be injury-free for many productive years. Dr. Philip Maffetone ’s approach to endurance offers a truly “individualized” outlook and unique system that he has refined over three decades of training and treating athletes, ranging from world champions to weekend warriors. Maffetone ’s training and racing philosophy emphasizes building a strong aerobic base for increased fat burning, weight loss, sustained energy, and a healthy immune system. Good nutrition and stress reduction are also key to this common-sense, big-picture approach. Dr. Maffetone also dispels many of the commonly held myths that linger in participatory sports—and which adversely impact performance—and explains the “truths” about endurance, such as: The need to train slower to race faster will enable your aerobic system to improve endurance Why expensive running shoes can actually cause foot and leg injuries The fact that refined carbohydrates actually reduce endurance energy and disrupt hormone balance How overtraining can be avoided in its earliest stages And much more! If you are looking to increase your endurance and maximize your athletic potential, The Endurance Handbook is your one-stop guide to training and racing effectively. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Over 175 Satisfying Recipes to Conquer Cravings, Retrain Your Fat Cells, and Keep the Weight Off Permanently Oculus Publishers

GO BACK TO BASICS The best way to get a strong, lean physique is to eat and work out the way nature intended. Paleo Fitness guides you through the fitness and exercise plan anthropological evidence has proven to be the most efficient, healthiest way to live—work out in the real world, for the real world. A healthy, athletic physique is as easy as tuning in to how your body evolved. This book shows how to work out with functional, playful, and primal movements for:

- improved strength, speed & stamina
- greater mobility & flexibility
- life-long fitness & good health

Packed with step-by-step exercises, a two-week meal plan and delicious, satisfying, healthy recipes, Paleo Fitness helps you use the high-intensity methods proven to increase fitness in the shortest possible time.

How to Maximize Good Feelings and Minimize Bad Ones The Shredded Chef120 Recipes for Building Muscle, Getting Lean, and Staying HealthyIf you want to build a body you can be proud of without starving or depriving yourself of all the foods you actually like...then you want to read this book.The Shredded Chef120 Recipes for Building Muscle, Getting Lean, and Staying Healthy

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 find inside:18 fast, delicious breakfast recipes like Peanut Butter Power Oatmeal, French Muscle Toast, High-Protein Banana Oatcakes, Lean and Mean Zucchini Hash Brown, Macho Mexican Scramble and more. Whether you're trying to burn fat or build muscle, you'll find recipes that will help you get there. 18 mouthwatering chicken dishes like Chicken Stroganoff, Tasty Thai Chicken, Jerk Chicken Stir Fry, Honey-Garlic Chicken, and more. Forget boring chicken dishes, even when cutting!14 tasty beef recipes like Low-Fat Russian Beef Stroganoff, Lean Bison Burgers, Vietnamese Beef Noodles, Meathead Meatballs, and more. Enjoy beef like never before with these creative recipes and you'll even find low-calorie beef dishes designed for losing weight!10 savory fish and seafood recipes like Turkey Bacon Wrapped Scallops, Provencal Baked Halibut, Salmon Burgers, Tasty Tuna Melt, and more. Never again settle for flavorless, unappetizing fish and seafood--these recipes will have you singing praises for the sea!7 hearty, healthy pasta recipes like Chicken Pesto Pasta, Asparagus & Goat Cheese Pasta, Classic Pasta Bolognese, Beef Lasagna, Chicken Fettuccine with Mushrooms, and more. Each of the pasta dishes are high in protein, making them great muscle-building treats. 14 awesome side dishes like Wasabi Mashed Potatoes, Sweet Potato Fries, Hot 'n Healthy Brown Rice, Zucchini Risotto, Couscous Salad, and more. You're going to love mixing and matching these side dishes with the entrees and discovering your favorite combinations! 5 delectable desserts like Key Lime Pie, Peach Cobbler, Chocolate Protein Mousse, Banana Cream Pie, and more. These sugar-free desserts will satisfy your sweet tooth without the calorie overload!And more! (I haven't even mentioned the recipes for pork, salads, protein shakes, protein bars, and snacks...)SPECIAL BONUS FOR READERS!With this book you'll also get a free 31-page bonus report from the author called "Muscle Meals: How to Use Nutrition to Maximize Your Muscle and Torch Your Fat." In this bonus report, you'll learn the truth about "good" and "bad" carbs and exactly which you should eat and which you should avoid, and 5 snacks that are delicious, easy to make, and that can help you build muscle and lose fat.Scroll up and click the "Buy" button now to learn how to cook nutritious, delicious meals that make building muscle and burning fat easy!