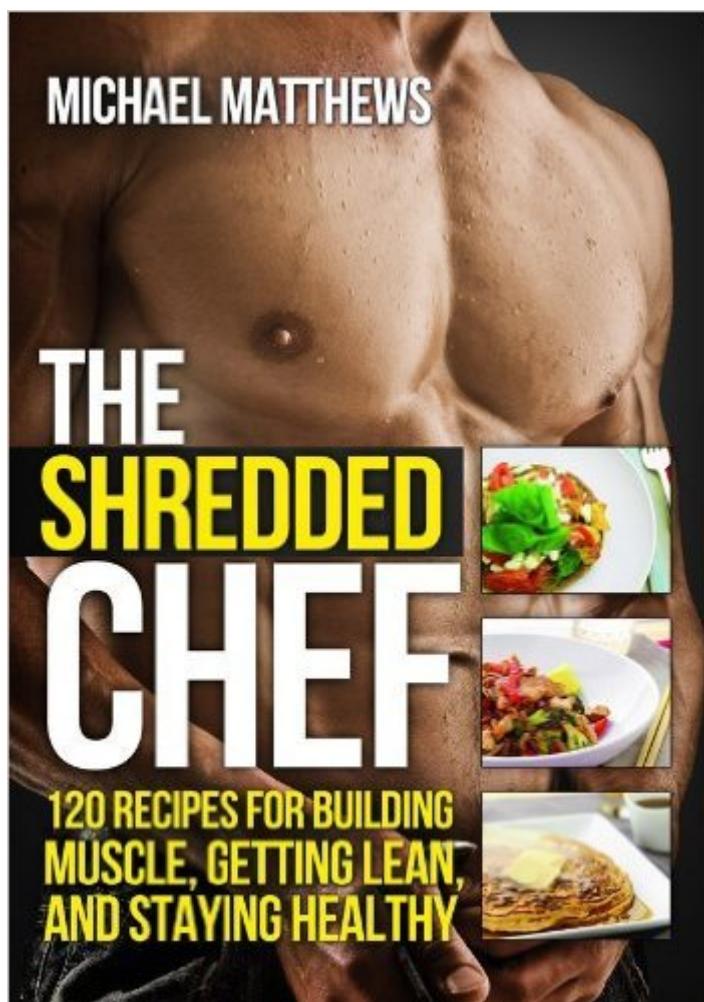


The book was found

The Shredded Chef: 120 Recipes For Building Muscle, Getting Lean, And Staying Healthy (Second Edition)(The Build Healthy Muscle Series)



Synopsis

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. Let me ask you a few questions: 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? Do you think that eating healthy means having to force down the same boring, bland food every day? 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. 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 120 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: 14 fast, delicious breakfast recipes like Zucchini Frittata, French Muscle Toast, Sweet Potato Protein Pancakes, Breakfast Pita Wrap, Baked Raisin Oatmeal, 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 & turkey dishes like Mike's Mexican Meatloaf, Greek Pita Pizza, Pollo Fajitas, Pineapple Chicken, and more. Forget boring poultry dishes, even when cutting! 14 tasty beef recipes like Korean BBQ Beef, Mike's Muscle Burgers, Beef Stroganoff, Adobo Sirloin, and more. Enjoy beef like never before with these creative recipes. You'll even find low-calorie beef dishes perfect for losing weight! 10 savory fish and seafood recipes like Savory Soy and White Wine Halibut, Graham-Coated Tilapia, Salmon Burgers, Tuna Salad Stuffed Peppers, 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 Asparagus & Goat Cheese Pasta, Chicken Cacciatore, 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 Cranberry Quinoa Salad, Curry Potatoes and Cauliflower, Couscous Salad, Sweet Potato Chips, Brown Rice Pilaf, 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, Protein Milkshake, 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...) This book also includes dozens of beautiful, full color, professionally shot photographs of recipes being prepared, and the final meals themselves. **SPECIAL BONUS FOR READERS** With this book, you'll also get a free spreadsheet that lists every recipe in the book along with their calories, protein, carbs, and fats! Chances are you're going to want to use the recipes to plan out your daily meals, and this spreadsheet makes it a simple matter of copy and pasting! Scroll up and click the "Buy" button now to forever escape the dreadful experience of "dieting" and learn how to cook nutritious, delicious meals that make building muscle and burning fat easy and enjoyable!

Book Information

Series: Build Healthy Muscle Series

Paperback: 312 pages

Publisher: Waterbury Publishers, Inc.; 2 edition (October 31, 2012)

Language: English

ISBN-10: 1938895088

ISBN-13: 978-1938895081

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.5 out of 5 stars 826 customer reviews

Best Sellers Rank: #142,971 in Books (See Top 100 in Books) #57 in Books > Cookbooks, Food & Wine > Special Diet > High Protein #425 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #535 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

"I love his carb / protein ratio and his guidelines, and the recipes have helped me lose weight while having enough energy for tough workouts after four years of trying!" - "MotherofMany" (Verified Purchase)"I am currently cutting weight and using his leaning out recipes. They are DELICIOUS. I am losing weight and LOVING every meal." - Matthew S. (Reviewer)"These recipes are fantastic because they are simple. Simple ingredients that can be found in any food store and simple to make. If you're looking to add some variety to your diet with a healthy twist, I recommend this book." - K-Rider (Verified Purchase)"Simple recipes, but they taste good, adding variety to my menu. A few recipes have already become regulars and my weight loss program is still on track." - Jenny

Baker (Verified Purchase)"This book explains in simple terms how to lose fat and build muscle and gives a ton of great recipes that are separated by those that are for losing weight and those that are for building muscle." -Kynn (Verified Purchase)"This book has great variety and will keep me eating lean and healthy, allowing me to continue to build lean muscle mass, as I continue to progress on my workout program. Definitely worth the download." -Jeff K --.com"These recipes are easy to prepare, fairly cheap, and provide healthy ways to get your micro-nutrients with really tasty foods!" -Logan Shoen (Verified Purchase)"Although this book has a lot of recipes, the author doesn't skimp on quality or variety. I'm a bit of a foodie and I was really happy to find a diverse selection of meals for breakfast, lunch, and dinner, with a nice collection of snacks and desserts thrown in." -James Robert (Verified Purchase)

Hi, I'm Mike and I believe that every person can achieve the body of his or her dreams, and I work hard to give everyone that chance by providing workable, proven advice grounded in science, not a desire to sell phony magazines, workout products, or supplements. Through my work, I've helped thousands of people achieve their health and fitness goals, and I share everything I know in my books. So if you're looking to get in shape and look great, then I think I can help you. I hope you enjoy my books and I'd love to hear from you at my site, muscleforlife.com. Sincerely, Mike

Contrary to some of the poor reviews that reference the lack of creativity in the recipes, I'm not a bachelor and I have two kids. I'm also an entrepreneur and between my sometimes failed attempts at being a great husband, father, and employer, I've never made the time to cook. So with that said, I personally don't need elaborate recipes with sexy garnishes. In addition, I don't enjoy prep, cooking, or clean-up. For all those reasons, I love this book. I went thru it and highlighted the best-looking recipes with the shortest prep time. I throw the ingredients on Wunderlist (on a grocery list shared with my wife), she does the shopping, and with these quick and easy, yet tasty recipes, I'm trying to be a bigger part of dinner time in our house - something I've always sucked at. So if you want a huge cookbook filled with elaborate recipes to make in your commercial-chef-inspired kitchen, this might not be for you. However, if you're a busy and/or simple person who just wants good food that is super easy to make, ignore the other reviews and spend the relatively low cost for a ton of recipes that taste good, regardless of the apparent, sometimes-perceived "simplicity."

I like that these are high-protein recipes, but I'm not sure if I can trust the recipes. After flipping through, I settled in making the no-bake matcha green tea fudge bars first. I bought the almond milk

and almond butter (already had matcha). Then, I realized that the recipe leaves out the quantity of matcha and protein powder that are supposed to be added. I could probably wing it and make something work, but it's not a good sign for the rest of the cookbook. I'll probably have to recalculate all the nutrition info so I can trust it.

A great book with very simplistic and easy to follow instructions. The recipes taste great and there is a lot of variety to keep you from getting bored. Awesome book for a young bachelor who knows absolutely nothing about cooking. Also has great recommendations on how to meet your caloric goals for training. Highly recommended!

Love it

Awesome recipes that help you keep with your weight loss, bulk, or maintaining goals! Super delicious too!

Lots of good recipes.

Good to have a different options of good healthy food to eat to keep on track with my current goals.

Great, simple recipes for lean, protein-filled food. What more could you want? The recipes in this book seem to be very healthy but perfect for anyone who is physically active. It's not the best collection of recipes and some of them I believe I've seen before in other books but it does offer real simple meals that will be effective in building muscle and burning fat.

[Download to continue reading...](#)

The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Second Edition)(The Build Healthy Muscle Series) The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (The Muscle for Life Series Book 3) The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) Carb Cycling: Unleash Your Bodyâ ™s Maximal Potential to Burn Fat and Build Lean Muscle Mass While Staying Lean (Including Recipes, Carb Cycling Diet, Ketogenic ... Muscle While

Burning Fat, Healthy Body) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert â€“ Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Intermittent Fasting: 7 Beginnerâ€™s Intermittent Fasting Methods for Women & Men - Weight loss and Build Lean Muscle Hacks (Intermittent Fasting, Fasting Methods, Build Lean Muscle Book 1) Intermittent Fasting: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) The Beginner's Home Workout Plan: A Basic Fitness Program for Getting Healthy, Building Muscle & Staying Lean Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Muscle building box set: Ectomorph:How to Pack on as Much Muscle as Possible in the Shortest Time,The 10 Best Ever Muscle Building Technique,30+ Bulking Recipes,3x books in one , The 6 Pack Chef: Easy to Cook, Delicious Recipes to Get Shredded and Reveal Your Abs Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Staying Healthy in Asia, Africa, and Latin America (Moon Handbooks Staying Healthy in Asia, Africa & Latin America) The Flexible Dieting Cookbook: 160 Delicious High Protein Recipes for Building Healthy Lean Muscle & Shredding Fat Swimming: Swim Yourself Slim and Obtain the Swimmerâ€™s Body: Losing Weight, Get Lean & Stay Healthy (Vegan, Bodybuilding, IIFYM, Whole 30, Carb Cycling, ... detox, mediterranean diet, Build Muscle)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)