

Bodybuilders Cookbook

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The Need has Long Existed... So AT LAST...! HERE IS SOMETHING THE BODYBUILDING WORLD HAS BEEN WAITING FOR... NEARLY 3 DECADES OF PROFESSIONAL BODYBUILDING/NUTRITIONAL EXPERTISE WENT INTO THIS COOKBOOK BY WORLD-KNOWN BODYBUILDING AUTHOR/INSTRUCTOR ERNEST F. COTRELL. A pioneer in the physical culture scene the name Ernest F. Cottrell became synonymous as an undisputed muscle building nutritional coach due to his success of turning bodybuilders dreams of real muscle size and strength gains into a reality through sound nutritional concepts accurately applied, rather than through anabolic steroid induced gains. Within the covers of The Bodybuilders eCookbook, Ernest F. Cottrell shares his expertise with a powerful compilation of nutritional comments which will empower you to take control of your eating habits and as a result make the best possible muscle gains. UNIQUE! COMPLETE! EASY TO UNDERSTAND! NOTHING LIKE IT EVER PUBLISHED! SPECIFICALLY WRITTEN FOR THE SERIOUS MALE & FEMALE BODYBUILDER. * 20 Hi-Protein Malts! * 20 Hi-Protein Sandwiches! * 20 Hi-Protein Snacks! * 15 Hi-Protein Soup & Stews! * 5 Quick Very Hi-Protein Breads & Cakes! * 10 Hi-Protein Desserts! * 5 Hi-Protein Candy Bars! * 5 Hi-Protein Cereals! * 10 Quick Hi-Protein Meat Dishes! * 6 Hi-Protein Sauces & Gravies! * 2-Weeks of Easy-to-Follow Menu Suggestions! * Quick, Delicious Gourmet Cooking Secrets for Best Taste! * Complete Breakdown of Protein Grams, Carbohydrate Grams, Fats and Calories! Know What You Eat * Effective Slim-Down without Starvation, Muscularize, etc. Eat the foods you think you couldn't, gain muscle and lose fat! (forbidden foods) ...AND SO MUCH MORE... If you are looking to pack on serious muscle, The Bodybuilders eCookbook reveals all you will ever need to know about the nutritional requirements for super-charged muscle growth.

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