



The Muscle & Fitness Cookbook: 55 Fast & Easy Meals for Maximum Muscle!

Shawn Perine

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The greatest collection of muscle-building, fat-shredding, super-nutrition meals ever created are all here in this e-short from Shawn Perine, editor in chief of *Muscle & Fitness*.

As an author, editor, competitive body builder, and leading figure in the world of fitness and nutrition, Shawn Perine has been at the cutting edge of nutritional science for more than 20 years. Now, he's muscled his way into the archives to uncover the simplest, tastiest, most effective fitness recipes ever created. Make these easy recipes staples of your diet, and see how quickly you can:

- **Open your testosterone tap and unleash your muscle-building hormones.** Your body is never stable. You're either gaining or losing muscle every day, 24 hours a day. Discover the nutrients that keep your hormones at their peak so you're building muscle, even while you sleep!
- **Find the perfect balance of protein, carbs, and micronutrients for maximize growth.** Training breaks down muscle tissue. To rebuild, you need to rush nutrients into your body quickly with perfectly calibrated muscle meals that keep you gaining all the time.
- **Resculpt your body with the 100-calorie secret.** Discover the shocking new research that unveils the real determining factor between men who stay lean and those who grow soft. You won't believe how easy it is to keep fit!
- **Enjoy thick, juicy steaks, delicious burgers, creamy pasta dishes and more!** No chalky "diet" foods here. This is real, satisfying and indulgent food for guys who love to eat well and look good doing it.
- **Discover the secret of perfect meal timing, and make your food do the heavy lifting!** Learn how eating the right food at the right time will make every workout twice as effective.
- **Whip up a muscle-building dessert! We're not kidding!** Muscle-feeding and indulgent snacks like Banana Chocolate-Chip Ice Pops, Dark Chocolate Bark, and even Protein Popcorn will keep you fueling your gains while others wonder, *How does he do it?*
- **Never feel hungry, confused, or deprived!** Love your food, love your body, love your life—and always know (and look forward to) what you're eating next!

These meals are so delicious, you'll want to cook them for your date! With *The Muscle & Fitness Cookbook*, you'll turn your body into a muscle-building machine, and your kitchen into the world's greatest gym.

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book was represented so why is the world has grown up. The vocabulary styles that writer use for explain it is easy to understand. The actual writer made some research when he makes this book. Here is why this book appropriate all of you.

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