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## Mens Health Muscle Chow: More Than a 150 Meals to Feed Your Muscles and Fuel Your Workout

By Gregg Avedon

Rodale Press. Paperback. Book Condition: new. BRAND NEW, Mens Health Muscle Chow: More Than a 150 Meals to Feed Your Muscles and Fuel Your Workout, Gregg Avedon, Achieving your best body ever requires that two elements merge as one: solid training and good nutrition. This book provides the nutritional component of that muscle-building equation, offering the Men's Health take on food for fitness. "Men's Health Muscle Chow" gives you more than 150 simple recipes for delicious meals ranging from workout protein shakes to healthy dinners the whole family will enjoy. Inside, you'll find: eight easy-to-remember dietary strategies to keep your eating habits in line; filling breakfasts like banana protein pancakes; energizing entries including muscle-bound chilli and mahi fish wraps; hunger-killing snacks such as malted almond bombs; even desserts like key lime pie - all designed to help burn fat and build muscle; a shopping list that makes it easy to stock up on essential ingredients and kitchen tools; a troubleshooting guide for guys with more experience at the gym than in the kitchen; and, insider strategies, tips, tricks of the trade. And "Men's Health Muscle Chow" is much more than just a cookbook. It offers a solid foundation for understanding meal...



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