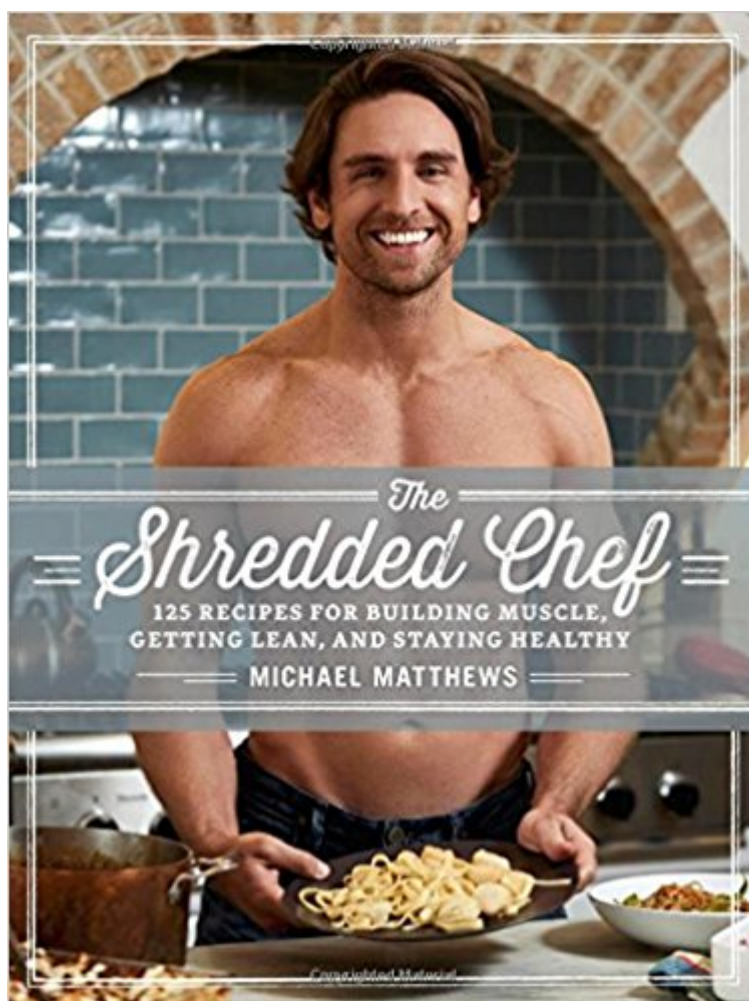


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# The Shredded Chef: 120 Recipes For Building Muscle, Getting Lean, And Staying Healthy



## Synopsis

INTRODUCING THE #1 BESTSELLING HEALTHY COOKBOOK WITH OVER 100,000 COPIES SOLD! 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. What if I told you that just about everything magazines and trainers "teach" you about dieting is wrong? What if you could build muscle and lose fat eating "naughty" foods every week? What if you didn't have to suffer through low-carb dieting to get lean? In fact, what if you could eat all the carbs you wanted? In short, what if I told you that proper dieting--whether you want to maximize fat loss or muscle growth--is much simpler and more enjoyable than you've been led to believe? Imagine...eating delicious, filling meals every day...never feeling starved or stuffed...having great energy levels and workouts...and watching your body respond exactly as you desire, dropping fat or adding muscle each and every week. And imagine finally understanding how proper dieting really works, never again falling for the BS, tricks, and gimmicks pushed by "gurus" and other shysters. Well, I have good news. When you know how to diet properly--and this doesn't mean learning to eat boiled chicken and raw broccoli six times per day--getting lean and muscular becomes simple, convenient, and dare I say...enjoyable. And this book will show you the way. Here's a "sneak peek" of what you'll find inside: 13 delicious and easy-to-make breakfast recipes, like "BLT" Eggs Benedict, Heuvos Rancheros, High-Protein Banana Oatcakes, Spice Caribbean Oatmeal with Yogurt Swirl, and more. 11 mouthwatering salads and dressings, like Spicy Santa Fe Taco Salad, Grilled Mediterranean Salad with Sun-Dried Tomato Vinaigrette, Creamy Jalapeno-Cilantro Dressing, and more. 14 "diet-friendly" snacks that you'll actually want to eat, like Blueberry-Coconut Pancake Batter Smoothie, Maple-Walnut Protein Muffins, Peanut Butter Protein Swirl Brownies, and more. 16 succulent beef and pork recipes that make great lunches and dinners, like Beef Stroganoff, Beef Lo Mein, Parmesan-Crusted Pork Chops, and more. 18 poultry recipes that you'll love again and again, like Curry Chicken, Mexican Meatloaf, Pollo Fajitas, and more. 8 savory seafood recipes like Creamy Fettuccine with Scallops, Graham Cracker-Crusted Tilapia, Seared Cod with No-Cook Mustard-Caper Sauce, and more. 11 awesome side dishes like Crispy Squash Fries, Sweet Potato Chips, Roasted Garlic Twice-Baked Potato, and more. 10 delectable desserts that can actually fit your macros, like Peach Cobbler, Maple-Raisin Bread Pudding, Triple Berry Crisp, and more. Simply put, The Shredded Chef isn't just another "healthy cookbook." It's 270 pages of practical dietary wisdom backed by over 115 scientific studies (all referenced, of course!) and decades of anecdotal evidence. It's also going to give you simple and helpful cooking insights that will immediately upgrade your culinary skills. So...imagine, just 12 weeks from now, wooing your

friends, family, and significant other with restaurant-quality meals that cost a fraction of the price.....and being constantly complimented on how you look and asked what the heck you're doing. Well, scroll up, buy this book now, and start your journey to your best body ever today. **SPECIAL BONUS FOR READERS** With this book you'll also get two free eBooks (one for men and one for women) that teach you the fundamentals of strength training and muscle building and give you tried-and-true weightlifting programs that will change your body in just 8 weeks. You'll also get 10 meal plans (5 for men and 5 for women) that show you how to put flexible dieting principles into practice and make them work for you. And last but not least, you'll get a spreadsheet that contains the calorie and macronutrient counts for all the recipes in the book.

## Book Information

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## 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 your 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)

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](http://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.

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