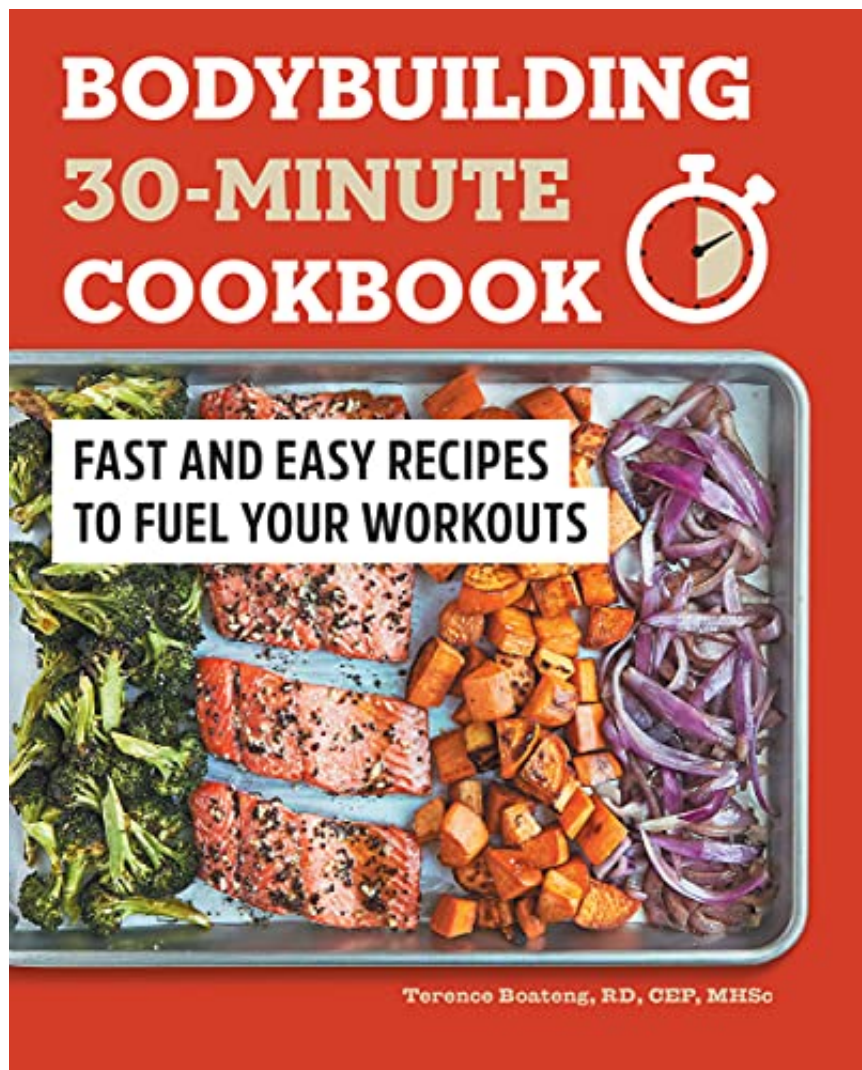


Bodybuilding 30-Minute Cookbook: Fast and Easy Recipes to Fuel Your Workouts

by

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Synopsis

Fuel your workouts with quick, nutritious recipes. Forget about bland protein shakes. Start powering your workouts with freshly cooked meals straight from your kitchen. Whether you're cutting, bulking, or maintaining, the *Bodybuilding 30-Minute Cookbook* shows you how to quickly prepare the nutrient-packed dishes your body needs—and your taste buds will love. All the recipes are easy to make and come with plenty of tips to help you improve your culinary skills.

This bodybuilding cookbook includes:

- Fast recipes—Fill up with dishes that can be prepared in 30 minutes or less.
- Goal-oriented labels—Handy recipe labels tell you whether they are best for bulking, cutting, or maintaining.
- Mealtime guidance—Learn to calculate your needs and ensure you're getting the most out of your bodybuilding efforts thanks to comprehensive nutrient info for each recipe—including macro percentages.
- Seven-day starter plans—Get started with ready-made meal plans for each phase of bodybuilding that include breakfasts, lunches, dinners, and both pre- and post-workout snacks.

Boost the effectiveness of your strength training with the *Bodybuilding 30-Minute Cookbook*.

What people say about this book

Adeola Animasahun, "Great Buy!! I've been dabbling in fitness here and there, but my crutch has always been my diet. This cookbook has been life changing in helping me create healthy but also satisfying and hunger ending meals!"

Patrick M. Hays, "Nice book. So far I like the cookbook."

Delores, "If you're looking for quick healthy meals, look no further!. This cookbook is a gem! I have been looking for a regimen to begin their fitness journey, and I'm not very familiar with the details of nutrition. This organized cookbook provided a clear and straight to the point breakdown on how to plan my weekly diet to meet my fitness goals. Its JAM PACKED with easy recipes and tips for healthy and delicious meals. I'm a student who loves good tasting foods and struggles with eating foods that are not good for me/make me feel terrible. I've tried a few recipes so far and I particularly love the creative smoothie recipes. I will update this review once I apply the full starter meal plans. I highly recommend this cookbook, everyone can benefit from it!"

Cheryl, "Realistic and easy to use!. I am just starting my fitness journey and this book is exactly what I needed!! There are so many conflicting sources out there about what it takes to lose and gain weight, and it can be very overwhelming. What I love about this book is how it goes over the facts, clarifies the advantages of counting macros, and simplifies the whole process to make it very realistic and easy to apply to my day to day life. Terence includes grocery shopping lists and weekly meal plans, and I actually carried this book around with me the last time I went grocery shopping! Ever since I received an advanced copy, this book has become my new best friend!"

Selaam, "More than a cookbook. This is much more than a cookbook. It is obvious that the author is passionate about the subject and it shows through all of the wonderful and comprehensive information provided that encapsulates the whole project of the bodybuilding process and healthy eating generally. Instead of recipes only, there are kitchen time-savers, a list of essential/relevant equipment, in-depth descriptions about macronutrients, meal plans for bulking/cutting weight, etc. A lot of great information in here. And I am sure that anyone can benefit from it, regardless of their status as a powerlifter/bodybuilder. One final note about the recipes—I love any time recipes include "variations"/alternatives and this book does that; there are practical tips as well as wonderful explanations above the recipes about their specific health benefits, which the average person may not know in such detail. Excited to get ideas from this book."

Joy Korley, "Bodybuilding never felt so achievable!!!!. If you are struggling with a bodybuilding regimen or you don't even know where to start --- THIS BOOK IS FOR YOU!! The author combines scientific evidence, personal experience, nutrition expertise to deliver a 101 guide that

is clear, conscice, and informative. It's time to stop scrolling through bodybuilding reddit threads and BUY THIS BOOK because it's the beginning of your bodybuilding dreams. I'm on week two, and so far the recipes have been both simple and delicious. It's so much easier to meal prep because I use the recipes as a shopping list! I'll post an update when I get through the whole 30 days, but I'm anticipating finally getting my pre-global-pandemic body back!"

T, "Super Helpful and Full of Yummy Recipes. With this book, I finally got the big picture of dieting and nutrition in general. I love that the author starts with letting us know that obtaining your fitness goals starts in the kitchen, the reasons why we should eat healthy, the importance of carbs, fats, proteins, etc. (usually we hear don't eat too much of xyz or increase your intake of x so y can happen but he explains the why behind all these rules and breaking down how to calculate our dietary needs. To my suprise, this book is for anyone with any fitness goal and i love that. Whether is be bulking, cutting or maintaining, there are explanations and recipes for each of these in this book. He explains what you need to do, the foods you should eat and how to calculate daily calories. He provides us with kitchen ingredients, tools and our role in the kitchen preparing these meals and the great thing about them all is that it isn't time consuming. He also provides weekly meal plans for whatever your fitness goal is. My favorite thing about this cookbook is that the meals are so tasty and creative and not your typical boring chicken, veggies and brown rice with a berry smoothie kind of thing. So excited to have this cookbook in my kitchen as a staple!! received an advance review copy from the publisher."

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