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**The Shredded Chef: 125 Recipes for Building Muscle ...**

**I am reviewing the 2016 edition, differently titled The Shredded Chef: 125 Recipes for Building Muscle, Getting Lean, and Staying Healthy. Michael Matthews and his recipe developer have produced a really tasty batch of**

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recipes to satisfy hungry lifters looking to supplement their gym gains while losing fat and gaining muscle.

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## **12 Fitness Cookbooks You Should Own - Muscle & Strength**

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**14 low-calorie 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 savory lunches and dinners,...**

**The Shredded Chef 120 Recipes for Building Muscle**  
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**The Shredded Chef: 120 Recipes for Building Muscle ...**  
**The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy. Michael Matthews. Oculus Publishers, Jul 9, 2012 - Cooking - 293 pages. 3 Reviews. This bestselling flexible dieting cookbook has helped thousands of guys and gals build their best body ever eating foods they love. Will YOU be next?**

**Amazon.com: The Shredded Chef: 120 Recipes for Building ...**

**Contains 120 recipes (including beef, chicken, pasta, fish, desserts, and more) Encourages cooking at home (saves you money in the long run) Most bodybuilding cookbooks only show recipes that are made by pros and the ingredients are not as simple (for the most part).**

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