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# The Ultimate Bodybuilding Cookbook: High-Impact Recipes to Make You Stronger Than Ever

*Kendall Lou Schmidt*

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**The Ultimate Bodybuilding Cookbook: High-Impact Recipes to Make You Stronger Than Ever**
Kendall Lou Schmidt

**Say goodbye to the chicken breasts, broccoli, and egg whites you're used to. Now you can build muscle, shed weight, and lift more?all while enjoying delicious, flavorful meals with *The Ultimate Bodybuilding Cookbook!***

For over a decade, bodybuilding expert and personal fitness trainer Kendall Lou Schmidt has helped hundreds of clients, including many world-class athletes and elite physique contenders, achieve spectacular results through easy and effective recipes and customizable meal plans, available now in this book. Her exclusive trade secrets for getting stronger and leaner are some of the best in the biz, and are available now in *The Ultimate Bodybuilding Cookbook.*

With *The Ultimate Bodybuilding Cookbook,* you don't need fancy gadgets or hard-to-find ingredients. You'll use common kitchen utensils and inexpensive ingredients to make satisfying meals that boost your bodybuilding goals. Get the most out of every calorie you eat with these tasty and effective bodybuilding meals.

- **Grow Stronger** Use the specialized Muscle-Building resources that accompany each recipe
- **Get Leaner** Comprehensive nutrition tables help you adjust your portions
- **Make It Last** Consult weekly result-driven meal plans for reaching your long-term bodybuilding goals
- **Eat Healthier** Substitute unhealthy ingredients for lean, green, protein-packed alternatives

Getting the bodybuilding results you want doesn't require a bland diet! Enjoy recipes like: Peanut Butter-Nutella Shake * Pulled Chicken Tacos with Veggies * 15-Minute Beef Chili * Pork Chile Verde * Grilled Balsamic and Rosemary Salmon * Apple Pie Pockets * and much more!

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