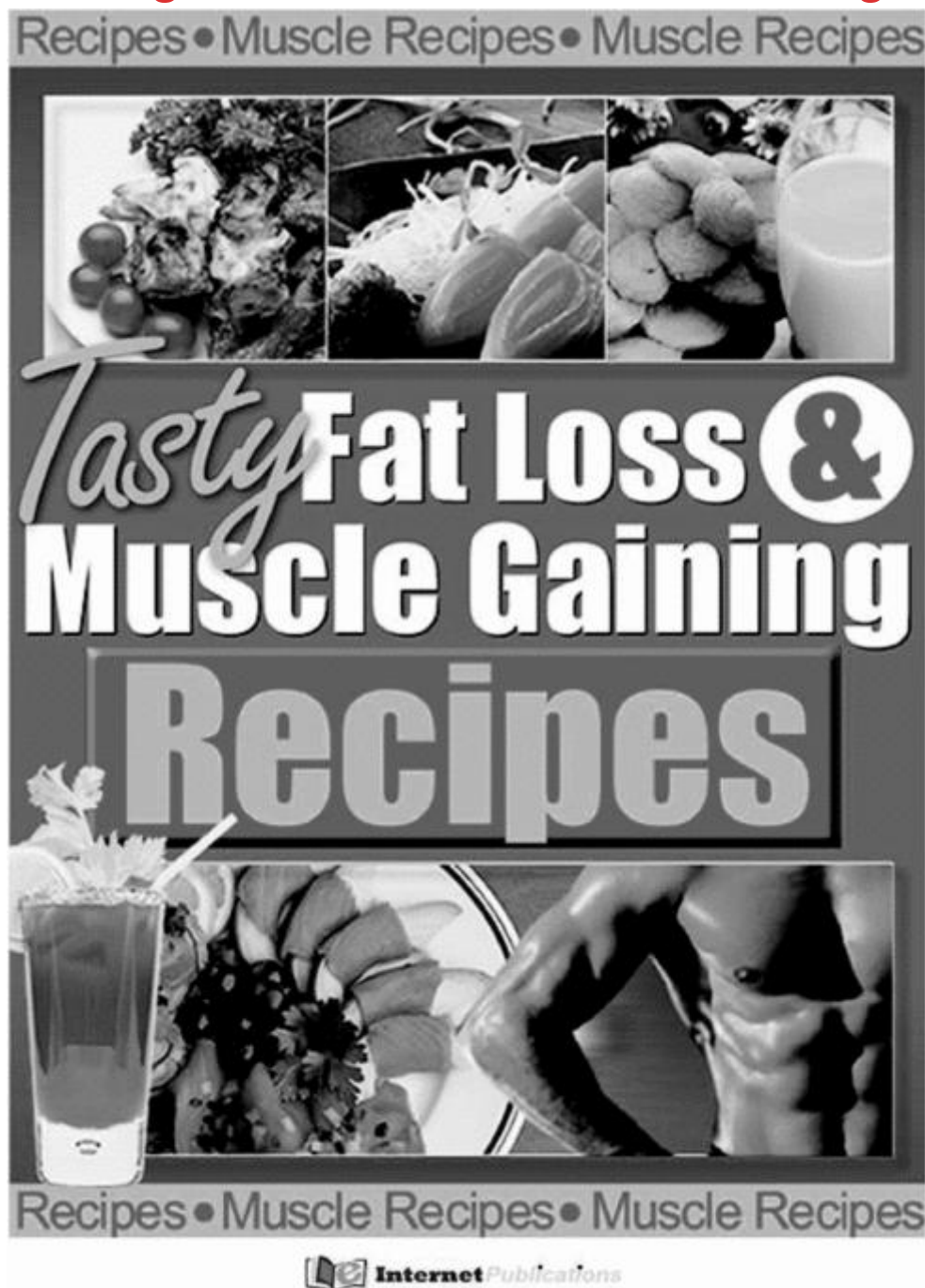


Body Building-fat Loss And Muscle Gaining Recipes



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E-BOOKS Muscle Building Nutrition by William D. Brink QUICK INFO The title of this ebook is a little misleading as although it contains all you need to know about his bodybuilding diet, it also contains reviews on all the major bodybuilding supplements available today including creatine, prohormones, whey , casein etc. It also contains a chapter by training guru type Charles Poliquin. So, Muscle Building Nutrition is more than just nutrition but a sort of all in one guide to bodybuilding. OTHER BENEFITS

When you buy this ebook you also get access to a private members forum which has thousands of members on it who are able to help you with your questions. Will Brink himself, Charles Staley, Byran Haycock & Charles Poliquin are all found on this forum with thousands of like minded individuals. It also comes with access to a private members zone area, with exclusive articles from people like Charles Staley, Tom Venuto, Lee Labrada, Will Brink, Byran Haycock, Lorraine Rosa, Milos Sarcev. Not to mention an online meal planning software tool which prints out your daily calories, protein, fats and carbs etc. Here's just one example of the recipes in this book (not too mention all of the hard to find information!) **MUSCLE RECIPES Indonesian Chicken - [Serves 2]** **INGREDIENTS** 8 oz Boneless raw chicken breast, broilers or fryers 1 cup chopped raw onion 1/2 cup Jalapeno raw sliced 5 cups raw shredded cabbage 2 cups sliced raw red pepper 2 cups 1 fat cows milk 4 tsp cornstarch 5 tsp extra virgin olive oil 6 cloves raw garlic 2 tsp raw ginger root 1 tsp tumeric ground 1 tsp Corianda leaf (dried cilantro, chinese parsley) 1 tsp curry powder **DIRECTIONS** In non stick saute pan combine onion, jalapeno pepper, spices, milk and chicken. Poach (lightly simmer) until chicken is done. Mix cornstarch with a little water to dissolve the add to pan and cook for 3-5 minutes. In separate pan cook cabbage and red peppers in oil until tender. Divide cabbage between 2 plates and top with chicken. Serve immediately **NUTRITIONAL INFORMATION & Calories** provided in the book!

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