

Packing On The Muscle

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A good body building diet means that you will not just gorge on any kind of food that is laid in front of you. That means do not even think about ordering the Joey special (two pizzas) and calling it carbohydrates. The rule is, do not eat anything that comes out of a box, sorry guys pizza is out check! In order to build muscles successfully, you need to eat healthy and we all know that processed foods aren't healthy no matter how good the can or plastic wrapper looks. Experts on body building believe that a good body building diet consists of fresh and wholesome foods and veggies.

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