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The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Second Edition)(The Build Healthy Muscle Series)

By Michael Matthews

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If you want to know how to build muscle and burn fat by eating healthy, delicious meals that are easy to cook and easy on your wallet, then you want to read this book.

Let me ask you a few questions:

Do you lack confidence in the kitchen and think that you just can't cook great food?

Are you not sure of how to prepare food that is not only delicious and healthy but also effective in helping you build muscle and lose fat?

Are you afraid that cooking nutritious, restaurant-quality meals is too time-consuming and expensive?

Do you think that eating healthy means having to force down the same boring, bland food every day?

If you answered "yes" to any of those questions, don't worry--you're not alone. And this book is the answer: With it, you can cook fast, healthy, and tasty meals every day (and on a reasonable budget) that will help you build muscle or lose weight, regardless of your current skills.

The Shredded Chef is more than just a bunch of recipes, though. In this book, you're going to learn how to eat right without having to obsess over every calorie. These 9 scientifically proven rules for eating are the foundation of every great physique, and they have nothing to do with following weird diets or depriving yourself of everything that tastes good.

And the recipes themselves? In this book you'll find 120 healthy, flavorful recipes specifically designed for athletes that want to build muscle or lose fat. Regardless of your fitness goals, this book has got you covered.

Here's a "sneak peek" of the recipes you'll find inside:

- **14 fast, delicious breakfast recipes like Zucchini Frittata, French Muscle Toast, Sweet Potato Protein Pancakes, Breakfast Pita Wrap, Baked Raisin Oatmeal, and more. Whether you're trying to burn fat or build muscle, you'll find recipes that will help you get there.**
- 18 mouthwatering chicken & turkey dishes like Mike's Mexican Meatloaf, Greek Pita Pizza, Pollo Fajitas, Pineapple Chicken, and more. Forget boring poultry dishes, even when cutting!
- **14 tasty beef recipes like Korean BBQ Beef, Mike's Muscle Burgers, Beef Stroganoff, Adobo Sirloin, and more. Enjoy beef like never before with these creative recipes. You'll even find low-calorie beef dishes perfect for losing weight!**
- 10 savory fish and seafood recipes like Savory Soy and White Wine Halibut, Graham-Coated Tilapia, Salmon Burgers, Tuna Salad Stuffed Peppers, and more. Never again settle for flavorless, unappetizing fish and seafood--these recipes will have you singing praises for the sea!
- **7 hearty, healthy pasta recipes like Asparagus & Goat Cheese Pasta, Chicken Cacciatore, Beef Lasagna, Chicken Fettuccine with Mushrooms, and more. Each of the pasta dishes are high in protein, making them great muscle-building treats.**
- 14 awesome side dishes like Wasabi Cranberry Quinoa Salad, Curry Potatoes and Cauliflower, Couscous Salad, Sweet Potato Chips, Brown Rice Pilaf, and more. You're going to love mixing and matching these side dishes with the entrees and discovering your favorite combinations!
- **5 delectable desserts like Key Lime Pie, Peach Cobbler, Protein Milkshake, and more. These sugar-free desserts will satisfy your sweet tooth without the calorie overload!**
- And more! (I haven't even mentioned the recipes for pork, salads, protein shakes, protein bars, and snacks...)

This book also includes dozens of beautiful, full color, professionally shot photographs of recipes being prepared, and the final meals themselves.

SPECIAL BONUS FOR READERS

With this book, you'll also get a free spreadsheet that lists every recipe in the book along with their calories, protein, carbs, and fats! Chances are you're going to want to use the recipes to plan out your daily meals, and this spreadsheet makes it a simple matter of copy and pasting!

Scroll up and click the "Buy" button now to forever escape the dreadful experience of "dieting" and learn how to cook nutritious, delicious meals that make building muscle and burning fat easy and enjoyable!

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Editorial Review

Review

"I love his carb / protein ratio and his guidelines, and the recipes have helped me lose weight while having enough energy for tough workouts after four years of trying!"

- "MotherofMany" (Amazon Verified Purchase)

"I am currently cutting weight and using his leaning out recipes. They are DELICIOUS. I am losing weight and LOVING every meal."

- Matthew S. (Amazon Reviewer)

"These recipes are fantastic because they are simple. Simple ingredients that can be found in any food store and simple to make. If your looking to add some variety to your diet with a healthy twist, I recommend this book."

- K-Rider (Amazon Verified Purchase)

"Simple recipes, but they taste good, adding variety to my menu. A few recipes have already become regulars and my weight loss program is still on track."

- Jenny Baker (Amazon Verified Purchase)

"This book explains in simple terms how to lose fat and build muscle and gives a ton of great recipes that are separated by those that are for losing weight and those that are for building muscle."

- Kynn (Amazon Verified Purchase)

"This book has great variety and will keep me eating lean and healthy, allowing me to continue to build lean muscle mass, as I continue to progress on my workout program. Definitely worth the download."

- Jeff K --Amazon.com

"These recipes are easy to prepare, fairly cheap, and provide healthy ways to get your micro-nutrients with really tasty foods!"

- Logan Shoen (Amazon Verified Purchase)

"Although this book has a lot of recipes, the author doesn't skimp on quality or variety. I'm a bit of a foodie

and I was really happy to find a diverse selection of meals for breakfast, lunch, and dinner, with a nice collection of snacks and desserts thrown in."

-James Robert (Amazon Verified Purchase)

From the Author

Hi,

I'm Mike and I believe that every person can achieve the body of his or her dreams, and I work hard to give everyone that chance by providing workable, proven advice grounded in science, not a desire to sell phony magazines, workout products, or supplements.

Through my work, I've helped thousands of people achieve their health and fitness goals, and I share everything I know in my books.

So if you're looking to get in shape and look great, then I think I can help you. I hope you enjoy my books and I'd love to hear from you at my site, muscleforlife.com.

Sincerely,

Mike

From the Inside Flap

BOOKS BY MICHAEL MATTHEWS

Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body

Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body

Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making

The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy

Eat Green Get Lean: 100 Vegetarian and Vegan Recipes for Building Muscle, Getting Lean and Staying Healthy

CARDIO SUCKS! The Simple Science of Burning Fat Fast and Getting in Shape

Users Review

From reader reviews:

Kenisha Perkins:

People live in this new day time of lifestyle always try and must have the time or they will get lots of stress from both way of life and work. So , when we ask do people have spare time, we will say absolutely of course. People is human not a robot. Then we inquire again, what kind of activity do you possess when the spare time coming to you of course your answer will certainly unlimited right. Then ever try this one, reading publications. It can be your alternative in spending your spare time, the actual book you have read is

definitely The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Second Edition)(The Build Healthy Muscle Series).

Albert Gilchrist:

In this time globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of references to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publisher that will print many kinds of book. Typically the book that recommended for you is The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Second Edition)(The Build Healthy Muscle Series) this book consist a lot of the information with the condition of this world now. That book was represented how can the world has grown up. The words styles that writer value to explain it is easy to understand. The particular writer made some study when he makes this book. This is why this book suited all of you.

Sharon Garcia:

Many people spending their time frame by playing outside along with friends, fun activity having family or just watching TV all day long. You can have new activity to enjoy your whole day by studying a book. Ugh, do you think reading a book can actually hard because you have to use the book everywhere? It fine you can have the e-book, getting everywhere you want in your Touch screen phone. Like The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Second Edition)(The Build Healthy Muscle Series) which is finding the e-book version. So , why not try out this book? Let's see.

Ronald Peyton:

With this era which is the greater particular person or who has ability to do something more are more treasured than other. Do you want to become one among it? It is just simple approach to have that. What you need to do is just spending your time little but quite enough to get a look at some books. Among the books in the top list in your reading list is definitely The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Second Edition)(The Build Healthy Muscle Series). This book that is certainly qualified as The Hungry Hills can get you closer in turning out to be precious person. By looking right up and review this guide you can get many advantages.

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