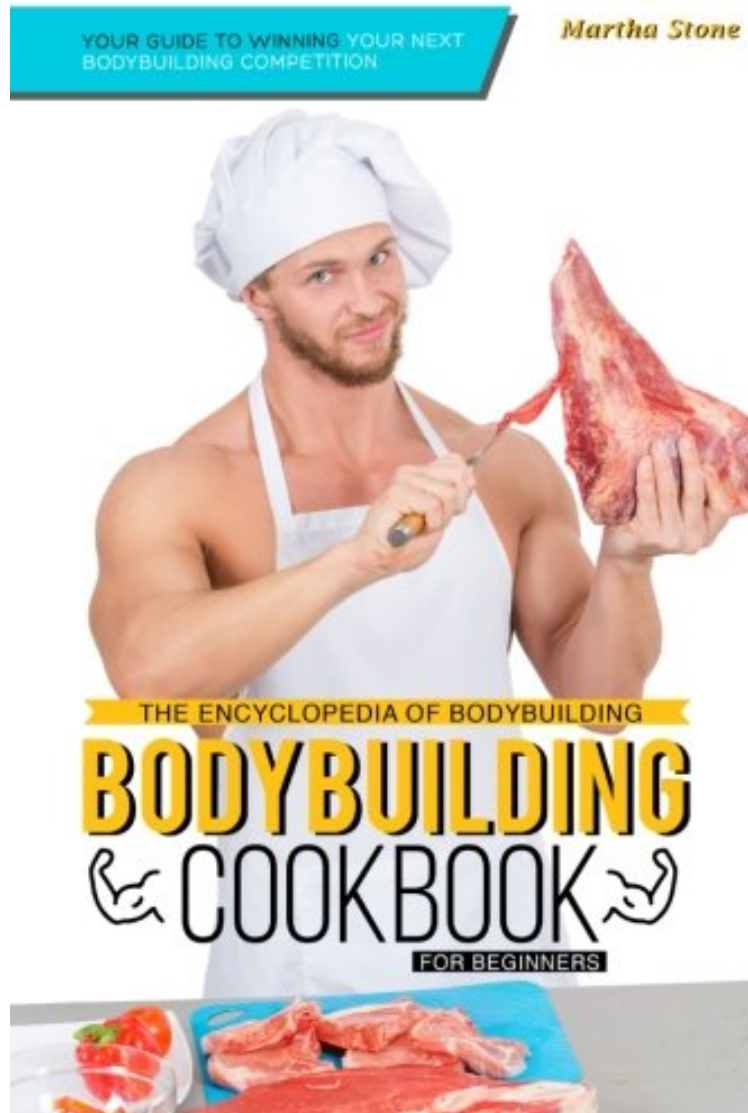


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The Encyclopedia of Bodybuilding - The Bodybuilding Cookbook for Beginners: Your Guide to Winning Your Next Bodybuilding Competition

Martha Stone

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In order to enter any kind of bodybuilding competition or build lean muscle in general, one must understand how to feed your body perfectly to help it do exactly that: build muscle. Unfortunately, the bodybuilding cookbooks that exist today do not go into detail on what types of foods you should consume to help you achieve a healthy and more muscle-toned body until this book. With this book, The Encyclopedia of Bodybuilding-The Bodybuilding Cookbook for Beginners: Your Guide to Winning Your Next Bodybuilding Competition you will discover over 25 of the most delicious bodybuilding recipes that will help you build lean muscle in no time. There truly is no other encyclopedia of bodybuilding quite like this one.