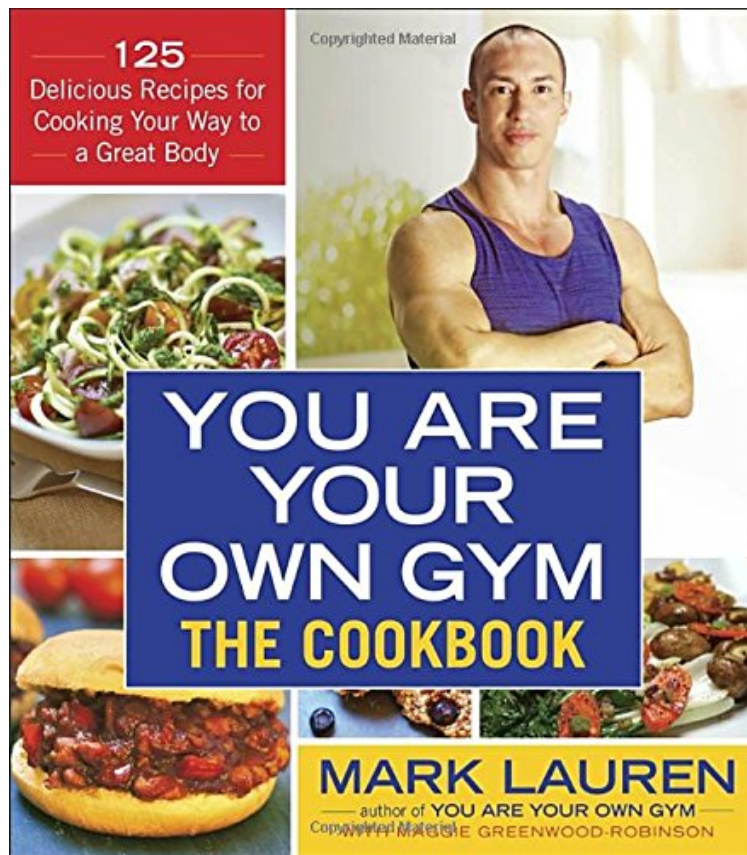


[Mobile book] You Are Your Own Gym: The Cookbook: 125 Delicious Recipes for Cooking Your Way to a Great Body

## You Are Your Own Gym: The Cookbook: 125 Delicious Recipes for Cooking Your Way to a Great Body

Mark Lauren, Maggie Greenwood-Robinson  
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**Mark Lauren, Maggie Greenwood-Robinson : You Are Your Own Gym: The Cookbook: 125 Delicious Recipes for Cooking Your Way to a Great Body** before purchasing it in order to gage whether or not it would be worth my time, and all praised You Are Your Own Gym: The Cookbook: 125 Delicious Recipes for Cooking Your Way to a Great Body:

125 delicious recipes that adhere to fitness phenomenon Mark Laurens unique calorie shifting nutritional philosophy to help you cook your way to weight loss, muscle gain, and improved fitness performance. Just as you dont need a fancy gym membership to get the best workout of your life, you dont need fancy kitchen skills or a personal chef to keep your body optimally fueled. You Are Your Own Gym: The Cookbook capitalizes on ingredients that are fresh and affordable, and simple preparations youll want to make again and again. Categorizing meals as either fast-fueling

or slow-fueling (depending on the carbohydrate content), Laurens recipes cover your needs for breakfast, lunch, dinner, snacks, smoothies, and even dessert! Filled with tempting photos of delicious meals, handy shopping lists, and sample menus to help you fulfill all your fitness goals, *You Are Your Own Gym: The Cookbook* is your best bet for building a stronger, leaner, healthier you with each satisfying bite.