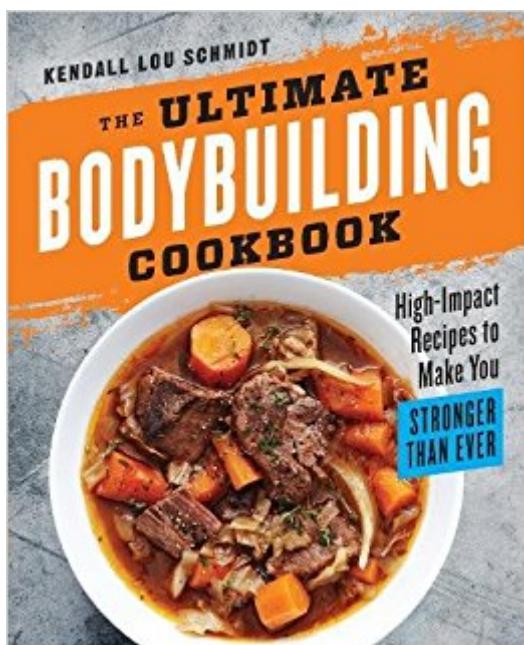


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# The Ultimate Bodybuilding Cookbook: High-Impact Recipes To Make You Stronger Than Ever



## Synopsis

Say goodbye to the chicken breasts, broccoli, and egg whites you're used to. Now you can build muscle, shed weight, and lift more—all while enjoying delicious, flavorful meals with The Ultimate Bodybuilding Cookbook! For over a decade, bodybuilding expert and personal fitness trainer Kendall Lou Schmidt has helped hundreds of clients, including many world-class athletes and elite physique contenders, achieve spectacular results through easy and effective recipes and customizable meal plans, available now in this book. Her exclusive trade secrets for getting stronger and leaner are some of the best in the biz, and are available now in The Ultimate Bodybuilding Cookbook. With The Ultimate Bodybuilding Cookbook, you don't need fancy gadgets or hard-to-find ingredients. You'll use common kitchen utensils and inexpensive ingredients to make satisfying meals that boost your bodybuilding goals. Get the most out of every calorie you eat with these tasty and effective bodybuilding meals. Grow Stronger Use the specialized Muscle-Building resources that accompany each recipe. Get Leaner Comprehensive nutrition tables help you adjust your portions. Make It Last Consult weekly result-driven meal plans for reaching your long-term bodybuilding goals. Eat Healthier Substitute unhealthy ingredients for lean, green, protein-packed alternatives. Getting the bodybuilding results you want doesn't require a bland diet! Enjoy recipes like: Peanut Butter- Nutella Shake \* Pulled Chicken Tacos with Veggies \* 15-Minute Beef Chili \* Pork Chile Verde \* Grilled Balsamic and Rosemary Salmon \* Apple Pie Pockets \* and much more!

## Book Information

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## Customer Reviews

"The Ultimate Bodybuilding Cookbook is one of the most extensive, yet succinct fitness cookbooks

I have ever had the pleasure to read. Kendall's vast knowledge of bodybuilding and fitness, combined with her uncanny talents in the kitchen, make this book a vital addition to anyone's fitness library. This book is for everyone and anyone looking to eat better, train better, and live a healthier life inside and out." •Lou Ferrigno Jr., Actor, Personal Trainer, Co-owner FERRIGNO

LEGACY"Kendall has written the most comprehensive collection of recipes for anyone who's serious about bodybuilding. As a personal trainer and former professional in this field, I can confidently say that this book is paramount in order to meet all of the insane demands needed to excel when training. This book offers a series of tasty ways to prepare meals, which is often an athlete's greatest challenge." •PJ Braun President of Blackstone Labs and

PrimeNutritionGluten-free folks, listen up! We love this book not only because it's filled with undeniably delicious and healthy recipes, but also because most of the recipes are gluten-free! It has brought countless new dishes to our dinner table! "NewGrains.com, an online gluten-free bakeryThis cookbook needs to be front and center in any serious bodybuilder's (or athlete's) kitchen. Kendall's an expert at creating not only delicious recipes but weekly result-driven meal plans, protein-rich alternatives, and tips on combining dietary supplements with fresh natural food. "Chris Minnes, Managing Partner for NPC West Coast and Ferrigno Legacy

KENDALL LOU SCHMIDT is a graduate of UC Davis in Biological Sciences with an emphasis in Neurobiology, Physiology, and Behavior. She is a successful personal trainer, group fitness instructor and contest prep coach, as well as a sponsored athlete, fitness model and writer. As a competitor and athlete with celiac disease, she is excited to offer so many fitness friendly meals that can be prepared gluten free. Her flavor filled recipes set a new delicious standard for eating clean and contest preparation diets.

What a wonderful cook book! These recipes are healthy AND very tasty! It is easy to use and just a real asset in my kitchen. Thank you

As a single guy living alone, bought three healthy, fitness-related cookbooks. This one is by far the best. It had the most recipes that I am interested in, great recipes, most of them quite easy to follow and make, even for quick weekday night dishes. Awesome and inviting photos too.

Alot of good recipes to help mix up what can be a very plain diet plan, but the "Cheesecake" sucks.

I have been trying these recipes as soon as I got the book and they are delicious!! I have definitely havetrouble getting enough protein in my diet then I feel too tired to workout. Definitely have more energy since I havebeen using these recipes and feeling more full so I don't want to cheat on my diet!!I highly recommend this book if you are looking to build muscle but don't want to skimp on taste!!

Awesome cookbook! It is extremely informative but keeps it simple. This is a great cookbook that includes info about what you should be eating pre and post workouts, guidelines to follow based on your goal (lose weight, gain muscle, maintain, etc.) and super easy recipes!! If you have a sweet tooth then you'll really love the insane, yummy recipes that pack a ton of protein!! My fave is the lemon bar cookie!! Anyway, I can be a little ADHD at times and this book is straightforward and simple. No extra "blah blah fluffer" material you don't have time, nor care, to read. It's great for, both, a newbie in weightlifting looking for tips and a guide on WHAT to eat and WHY OR a lifelong gym rat looking for new recipes and extra tips. It's not just for muscle gain either...it's for weight loss, too. Regardless, the more muscle you have, the more fat you burn, right? Great cookbook, fantastic guide and awesome price, check it out!

I love knowing the science. The way it is written in so easy to understand and the recipes are fabulous!!!

It could be better.Right now it's just recipes.... nothing even creative. Might as well get mike matthews new recipe book, you even get free bonus from it

I hate cookbooks- but I actually like this one! Good stuff!

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