



# **185 Bodybuilding Meal and Shake Recipes to Make You Look Incredible: Create a sculpted and ripped body in half the time!**

*Joseph Correa (Certified Sports Nutritionist)*

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## **185 Bodybuilding Meal and Shake Recipes to Make You Look Incredible: Create a sculpted and ripped body in half the time!** Joseph Correa (Certified Sports Nutritionist)

185 Bodybuilding Meal and Shake Recipes to Make You Look Incredible will help you pack lots of protein in your diet and reduce your fat intake to create a ripped and sculpted body. The meal and shake recipes, along with the calendar, will help you increase muscle mass and cut fat in an accelerated and organized manner so that you can schedule what you eat and when. Make sure you know what you're eating by preparing it yourself or having someone prepare it for you. This book will help you to: -Increase muscle mass to look bigger and stronger. - Drop excess fat in your body. -Have more energy during training. - Naturally accelerate Your Metabolism. -Improve how you look and how you feel. Joseph Correa is a certified sports nutritionist and a professional athlete. © 2014 Correa Media Group

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