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The Shredded Chef: 120 Recipes for Building Muscle ...

I am reviewing the 2016 edition, differently titled The Shredded Chef: 125 Recipes for Building Muscle, Getting Lean, and Staying Healthy. Michael Matthews and his recipe developer have produced a really tasty batch of recipes to satisfy hungry lifters looking to supplement their gym gains while losing fat and gaining muscle.

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Start your review of The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy. Write a review. Jan 27, 2019 Ebonique Ellis rated it really liked it. I just finished the book. The two recipes that I tried so far are simple, fulfilling, and delicious with easy to find ingredients.

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Not to mention these recipes that can easily be created:
Grilled shrimp with spicy cilantro salad Awesome Asian beef stir fry (the picture above) Honey dijon pork chops Easy chicken fajitas Apple and cinnamon muscle muffins Fresh muscle toast And more (of course)

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