



## 18 recipes for bodybuilding meals and tips

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# 18 recipes for bodybuilding meals and tips

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This book includes 18 meals. These meals are packed with protein and will help you build lean body mass and the best part about the recipes, they are cheap and easy to make! The instructions and preparations for every meal are also included, so it's as easy as read and make, very simple! I hope you enjoy the book and find the meals very tasty!

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