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Bodybuilding Cookbook Recipe Dinner Idea - Muscle Meat Loaf.

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Ingredients - 2 lbs of ground Turkey - 1 teaspoon of olive oil - 1 diced Onion - 1 teaspoon of Garlic(optional) - 1/3 cup Dried Tomatoes - 1 cup of Whole Wheat Bread Crumbs - 1 Whole Eggs - 1/2 cup of Parsley

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This is another cookbook that offers a decent number of different bodybuilding recipes - 150 in total. The book also has an emphasis on ensuring that all of the recipes are healthy and work for losing fat along with gaining muscle.

Top 11 Bodybuilding Cookbooks - Food For Net

Title: The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time Format: Hardcover Product dimensions: 182 pages, 11 X 8.5 X 0.63 in Shipping dimensions: 182 pages, 11 X 8.5 X 0.63 in Published: 17 mars 2016 Publisher: Lasselle Press Limited Language: English

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