



Men's Health Muscle Chow: More Than 150 Easy-to-Follow Recipes to Burn Fat and Feed Your Muscles

By Gregg Avedon

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Achieving your best body ever requires that two elements merge as one: solid training and good nutrition. This book provides the nutritional component of that muscle-building equation, offering the *Men's Health* take on food for fitness. *Men's Health Muscle Chow* gives you more than 150 simple recipes for delicious meals ranging from workout protein shakes to healthy dinners the whole family will enjoy.

Inside, you'll find:

- Eight easy-to-remember dietary strategies to keep your eating habits in line
- Filling breakfasts like Banana Protein Pancakes; energizing entrées including Muscle-Bound Chili and Mahi Fish Wraps; hunger-killing snacks such as Malted Almond Bombs; even desserts like Key Lime Pie—all designed to help burn fat and build muscle
- A shopping list that makes it easy to stock up on essential ingredients and kitchen tools
- A troubleshooting guide for guys with more experience at the gym than in the kitchen
- Insider strategies, tips, tricks of the trade

And *Men's Health Muscle Chow* is much more than just a cookbook. It offers a solid foundation for understanding meal timing and the effects nutrients have on your body. Author Gregg Avedon also outlines his program of 2-month diet cycles that help you set and reach your fitness goals.

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Editorial Review

From Publishers Weekly

You don't have to be a gym rat to appreciate what certified personal trainer and Men's Health cover model Avedon has to say in this sensible, easily customizable approach to nutrition and fitness. Unsurprisingly, Avedon's technique boils down to eating a series of small meals throughout the day, emphasizing lean meats, whole grains, fresh fruits and vegetables. Some recipes, most notably protein shakes, call for protein powder and/or other nutrients requiring a special trip to the health food store, but most other ingredients are easily sourced. The most jarring adjustment for those following Avedon's program will likely be the absence of salt and refined white sugar in virtually all of his 150-plus recipes: sweet dishes like Raspberry Mocha Chocolate Chip Cookies and Peach Cobbler use stevia or a similar sugar substitute. Once readers get past that hurdle they'll find plenty of easy-to-prepare recipes that taste as good as they sound. Avedon has thoughtfully weighted the book in favor of familiar classics like deviled eggs, chili, meatloaf, lasagna and key lime pie, as well as familiar health-food staples like baked squash and steamed fish.

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About the Author

GREGG AVEDON is one of the world's most successful male models, having appeared in *Esquire*, *GQ*, and *Vanity Fair*, in addition to gracing the covers of nearly 20 issues of *Men's Health*, where he writes the enormously popular "Muscle Chow" column each month. Avedon lives in Weston, Florida.

Users Review

From reader reviews:

Nelson Gendron:

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Jeffry Yanez:

This Men's Health Muscle Chow: More Than 150 Easy-to-Follow Recipes to Burn Fat and Feed Your Muscles is fresh way for you who has intense curiosity to look for some information mainly because it relief your hunger info. Getting deeper you on it getting knowledge more you know or you who still having small amount of digest in reading this Men's Health Muscle Chow: More Than 150 Easy-to-Follow Recipes to Burn Fat and Feed Your Muscles can be the light food to suit your needs because the information inside this particular book is easy to get by means of anyone. These books produce itself in the form which is reachable by anyone, sure I mean in the e-book web form. People who think that in reserve form make them feel drowsy even dizzy this reserve is the answer. So there is no in reading a reserve especially this one. You can find actually looking for. It should be here for an individual. So , don't miss this! Just read this e-book variety for your better life in addition to knowledge.

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