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The Essential Bodybuilding Cookbook 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.

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Bodybuilding Books, Bodybuilding Nutrition, Weightlifting, ... Weight Training, (Nutrition Manual Book 1) 16 February 2017. by George Moller. Kindle Edition 0 344 to buy. Paperback 1,204 offer (3 offers) 4.3 out of 5 stars 5.

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