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healthy, flavorful recipes specifically designed for athletes that want to build muscle or lose fat * Price as of 06/05/ PST Disclaimer: Product prices and availability are accurate as of the date/time indicated and are subject to change.

Pros- the recipes seem easy and delicious, I like that each recipe has the macro breakdown, and the info at the beginning is helpful for people new to cooking or counting macros. Cons- this book was HORRIBLY edited/5. Never again settle for flavorless, unappetizing fish and seafood--these recipes will have you singing praises for the sea!7 hearty, healthy pasta recipes like Chicken Pesto Pasta, Asparagus & Goat Cheese Pasta, Classic Pasta Bolognese, Beef Lasagna, Chicken Fettuccine with Mushrooms, and more.

The Shredded Chef: Recipes for Building Muscle, Getting Lean, and Staying Healthy by Michael Matthews (, Hardcover). The Shredded Chef: Recipes for Building Muscle, Getting Lean, and Staying Healthy (First Edition) Book If you want to know how to build muscle and burn fat by eating healthy, delicious meals that are easy to cook and easy on your wallet, then you want to read this book.

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