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

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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