



## The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3)

By Michael Matthews

[Download now](#)

[Read Online](#) 

**The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3) By Michael Matthews**

### **THE #1 BESTSELLING HEALTHY COOKBOOK WITH OVER 100,000 COPIES SOLD!**

**If you want to build a body you can be proud of without starving or depriving yourself of all the foods you actually like...then you want to read this book.**

What if I told you that just about everything magazines and trainers “teach” you about dieting is wrong?

What if you could build muscle and lose fat eating “naughty” foods every week?

What if you didn’t have to suffer through low-carb dieting to get lean? In fact, what if you could eat all the carbs you wanted?

**In short, what if I told you that proper dieting--whether you want to maximize fat loss or muscle growth--is much simpler and more enjoyable than you’ve been led to believe?**

Imagine...eating delicious, filling meals every day...never feeling starved or stuffed...having great energy levels and workouts...and watching your body respond exactly as you desire, dropping fat or adding muscle each and every week.

And imagine finally understanding how proper dieting really works, never again falling for the BS, tricks, and gimmicks pushed by “gurus” and other shysters.

Well, I have good news.

**When you know how to diet properly--and this doesn’t mean learning to eat**

**boiled chicken and raw broccoli six times per day--getting lean and muscular becomes simple, convenient, and dare I say...enjoyable.**

And this book will show you the way.

Here's a "sneak peek" of what you'll find inside:

- **13 delicious and easy-to-make breakfast recipes, like "BLT" Eggs Benedict, Heuvos Rancheros, High-Protein Banana Oatcakes, Spice Caribbean Oatmeal with Yogurt Swirl, and more.**
- 11 mouthwatering salads and dressings, like Spicy Santa Fe Taco Salad, Grilled Mediterranean Salad with Sun-Dried Tomato Vinaigrette, Creamy Jalapeno-Cilantro Dressing, and more.
- **14 "diet-friendly" snacks that you'll actually want to eat, like Blueberry-Coconut Pancake Batter Smoothie, Maple-Walnut Protein Muffins, Peanut Butter Protein Swirl Brownies, and more.**
- 16 succulent beef and pork recipes that make great lunches and dinners, like Beef Stroganoff, Beef Lo Mein, Parmesan-Crusted Pork Chops, and more.
- **18 poultry recipes that you'll love again and again, like Curry Chicken, Mexican Meatloaf, Pollo Fajitas, and more.**
- 8 savory seafood recipes like Creamy Fettuccine with Scallops, Graham Cracker-Crusted Tilapia, Seared Cod with No-Cook Mustard-Caper Sauce, and more.
- **11 awesome side dishes like Crispy Squash Fries, Sweet Potato Chips, Roasted Garlic Twice-Baked Potato, and more.**
- 10 delectable desserts that can actually fit your macros, like Peach Cobbler, Maple-Raisin Bread Pudding, Triple Berry Crisp, and more.

Simply put, *The Shredded Chef* isn't just another "healthy cookbook."

It's 270 pages of practical dietary wisdom backed by over 115 scientific studies (all referenced, of course!) and decades of anecdotal evidence.

It's also going to give you simple and helpful cooking insights that will immediately upgrade your culinary skills.

So...imagine, just 12 weeks from now, wooing your friends, family, and significant other with restaurant-quality meals that cost a fraction of the price...

...and being constantly complimented on how you look and asked what the heck you're doing.

**Well, scroll up, buy this book now, and start your journey to your best body ever today.**

#### **SPECIAL BONUS FOR READERS**

With this book you'll also get two free eBooks (one for men and one for women) that teach you the fundamentals of strength training and muscle building and give you tried-and-true weightlifting programs that will change your body in just 8 weeks.

You'll also get 10 meal plans (5 for men and 5 for women) that show you how to put flexible dieting principles into practice and make them work for you.

 [Download The Shredded Chef: 120 Recipes for Building Muscle ...pdf](#)

 [Read Online The Shredded Chef: 120 Recipes for Building Muscle ...pdf](#)

# **The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3)**

*By Michael Matthews*

**The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3)** By Michael Matthews

## **THE #1 BESTSELLING HEALTHY COOKBOOK WITH OVER 100,000 COPIES SOLD!**

**If you want to build a body you can be proud of without starving or depriving yourself of all the foods you actually like...then you want to read this book.**

What if I told you that just about everything magazines and trainers “teach” you about dieting is wrong?

What if you could build muscle and lose fat eating “naughty” foods every week?

What if you didn’t have to suffer through low-carb dieting to get lean? In fact, what if you could eat all the carbs you wanted?

**In short, what if I told you that proper dieting--whether you want to maximize fat loss or muscle growth--is much simpler and more enjoyable than you’ve been led to believe?**

Imagine...eating delicious, filling meals every day...never feeling starved or stuffed...having great energy levels and workouts...and watching your body respond exactly as you desire, dropping fat or adding muscle each and every week.

And imagine finally understanding how proper dieting really works, never again falling for the BS, tricks, and gimmicks pushed by “gurus” and other shysters.

Well, I have good news.

**When you know how to diet properly--and this doesn’t mean learning to eat boiled chicken and raw broccoli six times per day--getting lean and muscular becomes simple, convenient, and dare I say...enjoyable.**

And this book will show you the way.

Here’s a “sneak peek” of what you’ll find inside:

- **13 delicious and easy-to-make breakfast recipes, like “BLT” Eggs Benedict, Heuvos Rancheros, High-Protein Banana Oatcakes, Spice Caribbean Oatmeal with Yogurt Swirl, and more.**
- 11 mouthwatering salads and dressings, like Spicy Santa Fe Taco Salad, Grilled Mediterranean Salad with Sun-Dried Tomato Vinaigrette, Creamy Jalapeno-Cilantro Dressing, and more.
- **14 “diet-friendly” snacks that you’ll actually want to eat, like Blueberry-Coconut Pancake Batter Smoothie, Maple-Walnut Protein Muffins, Peanut Butter Protein Swirl Brownies, and more.**
- 16 succulent beef and pork recipes that make great lunches and dinners, like Beef Stroganoff, Beef Lo

Mein, Parmesan-Crusted Pork Chops, and more.

- **18 poultry recipes that you'll love again and again, like Curry Chicken, Mexican Meatloaf, Pollo Fajitas, and more.**
- 8 savory seafood recipes like Creamy Fettuccine with Scallops, Graham Cracker-Crusted Tilapia, Seared Cod with No-Cook Mustard-Caper Sauce, and more.
- **11 awesome side dishes like Crispy Squash Fries, Sweet Potato Chips, Roasted Garlic Twice-Baked Potato, and more.**
- 10 delectable desserts that can actually fit your macros, like Peach Cobbler, Maple-Raisin Bread Pudding, Triple Berry Crisp, and more.

Simply put, *The Shredded Chef* isn't just another "healthy cookbook."

It's 270 pages of practical dietary wisdom backed by over 115 scientific studies (all referenced, of course!) and decades of anecdotal evidence.

It's also going to give you simple and helpful cooking insights that will immediately upgrade your culinary skills.

So...imagine, just 12 weeks from now, wooing your friends, family, and significant other with restaurant-quality meals that cost a fraction of the price...

...and being constantly complimented on how you look and asked what the heck you're doing.

**Well, scroll up, buy this book now, and start your journey to your best body ever today.**

#### **SPECIAL BONUS FOR READERS**

With this book you'll also get two free eBooks (one for men and one for women) that teach you the fundamentals of strength training and muscle building and give you tried-and-true weightlifting programs that will change your body in just 8 weeks.

You'll also get 10 meal plans (5 for men and 5 for women) that show you how to put flexible dieting principles into practice and make them work for you.

#### **The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3) By Michael Matthews Bibliography**

- Sales Rank: #7554 in eBooks
- Published on: 2014-01-15
- Released on: 2014-01-15
- Format: Kindle eBook

 [Download The Shredded Chef: 120 Recipes for Building Muscle ...pdf](#)

 [Read Online The Shredded Chef: 120 Recipes for Building Muscle ...pdf](#)



**Download and Read Free Online The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3) By Michael Matthews**

---

## **Editorial Review**

### **Review**

*"I love his carb / protein ratio and his guidelines, and the recipes have helped me lose weight while having enough energy for tough workouts after four years of trying!"*

#### **-"MotherofMany" (Amazon Verified Purchase)**

*"I am currently cutting weight and using his leaning out recipes. They are DELICIOUS. I am losing weight and LOVING every meal."*

#### **-Matthew S. (Amazon Reviewer)**

*"These recipes are fantastic because they are simple. Simple ingredients that can be found in any food store and simple to make. If your looking to add some variety to your diet with a healthy twist, I recommend this book."*

#### **-K-Rider (Amazon Verified Purchase)**

*"Simple recipes, but they taste good, adding variety to my menu. A few recipes have already become regulars and my weight loss program is still on track."*

#### **-Jenny Baker (Amazon Verified Purchase)**

*"This book explains in simple terms how to lose fat and build muscle and gives a ton of great recipes that are separated by those that are for losing weight and those that are for building muscle."*

#### **-Kynn (Amazon Verified Purchase)**

*"This book has great variety and will keep me eating lean and healthy, allowing me to continue to build lean muscle mass, as I continue to progress on my workout program. Definitely worth the download."*

#### **-Jeff K (Amazon Review)**

*"These recipes are easy to prepare, fairly cheap, and provide healthy ways to get your micro-nutrients with really tasty foods!"*

#### **-Logan Shoen (Amazon Verified Purchase)**

*"Although this book has a lot of recipes, the author doesn't skimp on quality or variety. I'm a bit of a foodie and I was really happy to find a diverse selection of meals for breakfast, lunch, and dinner, with a nice collection of snacks and desserts thrown in."*

#### **-James Robert (Amazon Verified Purchase)**

From the Author

Hi,

I'm Mike and I believe that every person can achieve the body of his or her dreams, and I work hard to give everyone that chance by providing workable, proven advice grounded in science, not a desire to sell phony magazines, workout products, or supplements.

Through my work, I've helped thousands of people achieve their health and fitness goals, and I share everything I know in my books.

So if you're looking to get in shape and look great, then I think I can help you. I hope you enjoy my books and I'd love to hear from you at my site, [muscleforlife.com](http://muscleforlife.com).

Sincerely,

Mike

From the Inside Flap

### **BOOKS BY MICHAEL MATTHEWS**

*Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body*

*Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body*

*Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making*

*The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy*

*Eat Green Get Lean: 100 Vegetarian and Vegan Recipes for Building Muscle, Getting Lean and Staying Healthy*

*CARDIO SUCKS! The Simple Science of Burning Fat Fast and Getting in Shape*

## **Users Review**

### **From reader reviews:**

#### **Arthur Atwood:**

Reading a e-book tends to be a new life style with this era globalization. With reading you can get a lot of information that could give you benefit in your life. Having book everyone in this world could share their idea. Publications can also inspire a lot of people. A great deal of author can inspire their particular reader with their story or their experience. Not only the story that share in the textbooks. But also they write about advantage about something that you need example. How to get the good score toefl, or how to teach your children, there are many kinds of book which exist now. The authors on earth always try to improve their skill in writing, they also doing some investigation before they write to the book. One of them is this *The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy* (*Muscle for Life Book 3*).

**Micheal Ruiz:**

You may spend your free time to learn this book this guide. This The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3) is simple to create you can read it in the area, in the beach, train in addition to soon. If you did not include much space to bring the actual printed book, you can buy the e-book. It is make you easier to read it. You can save typically the book in your smart phone. Therefore there are a lot of benefits that you will get when one buys this book.

**Gregory Kile:**

Beside this The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3) in your phone, it can give you a way to get more close to the new knowledge or details. The information and the knowledge you will got here is fresh from the oven so don't possibly be worry if you feel like an older people live in narrow town. It is good thing to have The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3) because this book offers to you personally readable information. Do you oftentimes have book but you do not get what it's exactly about. Oh come on, that would not happen if you have this inside your hand. The Enjoyable arrangement here cannot be questionable, similar to treasuring beautiful island. So do you still want to miss the idea? Find this book and read it from now!

**Kimberly Plummer:**

What is your hobby? Have you heard this question when you got pupils? We believe that that issue was given by teacher for their students. Many kinds of hobby, Every person has different hobby. And you also know that little person just like reading or as looking at become their hobby. You need to know that reading is very important and also book as to be the factor. Book is important thing to increase you knowledge, except your teacher or lecturer. You will find good news or update regarding something by book. Numerous books that can you take to be your object. One of them is this The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3).

**Download and Read Online The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3) By Michael Matthews #HB5SLYIMRFC**

# **Read The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3) By Michael Matthews for online ebook**

The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3) By Michael Matthews Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3) By Michael Matthews books to read online.

## **Online The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3) By Michael Matthews ebook PDF download**

**The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3) By Michael Matthews Doc**

**The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3) By Michael Matthews MobiPocket**

**The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3) By Michael Matthews EPub**

**HB5SLYIMRFC: The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Muscle for Life Book 3) By Michael Matthews**