



Build Muscle Box Set #1: Get Spartan Shredded: How to Build a Muscular Ripped Physique like a 300 Warrior & The Flexible Dieting Cookbook: 160 Delicious High Protein Recipes

Scott James

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Forge A Strong Shredded Spartan Physique While Eating High Protein Foods You Love! THE ULTIMATE BOX SET TO TRANSFORM YOUR BODY FROM CLAY TO IRON Presenting To You An Enjoyable, Sustainable Workout Regime & Diet Designed Primarily For Results... No BS Here Is A Preview Of What Get Spartan Shredded Contains... •A look into the MOST important reasons why you need to follow this program •An explanation of many training factors such as strength vs. size, training frequency, volume and intensity •3 variations of the Shredded Spartan workout regime – the program I specifically designed for RESULTS suitable for beginners, advanced gym goers and those with minimal free time •Explainations of each and every exercise you will be performing, along with why it is beneficial and how to perform it correctly •The Spartan Shredded Six Pack Routine including a complete explanation as to how to CORRECTLY train all portions of your abdominal region (most people don't know this, so they fail to see results!) •In depth dieting explanation – you don't have to eat chicken and rice all day! Learn how to tailor your diet perfectly to your body and goals •NO BS Supplementation guide – which products out there can give you that edge on your training and which are fairy dust? Find out inside before you spend another dollar on fitness supplements! •A look into training aids and accessories such as belts, straps, weighted equipment etc •Learn how to keep the fire alive and stay motivated for the duration of your transformation •Learn how to accurately track and monitor your progress throughout the journey, this includes a look into weight, photos, bodyfat measurements and more! You will find out the ONLY techniques I recommend for measuring progress accurately, along with which methods to avoid. •Much, much more! The Flexible Dieting Cookbook: 160 Delicious High Protein Recipes for Building Healthy Lean Muscle & Shredding Fat all of the meals within this book are EASY and INEXPENSIVE to make, you don't need to spend hours slaving away in the kitchen, delicious meals designed to help you achieve your fitness goals are only minutes away. Each recipe states the number of calories, with a macronutrient breakdown into Protein, Carbohydrates and Fats. This is far more than just a recipe book, I will explain how you tracking your macronutrients while eating these delicious meals will help you achieve the body of your dreams. The measurements and temperatures for each recipe stated within this book are in both metric and imperial, suitable for worldwide use! Here Is A Preview Of What You'll Learn to Cook... 25 delicious breakfasts such as Protein Pancakes, Vanilla Protein Porridge, Big Breakfast Pizzas, Apple Crisps, Breakfast Fajitas Mouth-watering main meals including Thai Spiced Chicken Beef and Basil, Protein Pumpkin Pie, Creamy Artichoke Chicken, Tuna Melt, Advacado Lime Chicken, Lean Turkey Meatloaf, Teriyaki Salmon Low calorie snacks and desserts including Protein Puddings, Amino Acid Jelly, Protein Snickers, Peanut Butter Ice Cream, High Protein Cheesecake, Protein Donuts Quick and convenient smoothies and shakes such as – Berry Blast, Chocolate Cookie Butter Mass Gainer, Banana Bread smoothies, Mocha Frappuccinos Sides including Low Calorie Chocolate Sauce, Tuna Dip, Shrimp Sliders, Cinnamon Sweet Potato Fries, Clean Protein Nutella Spread It's Time To Forge The Physique Of Your Dreams



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