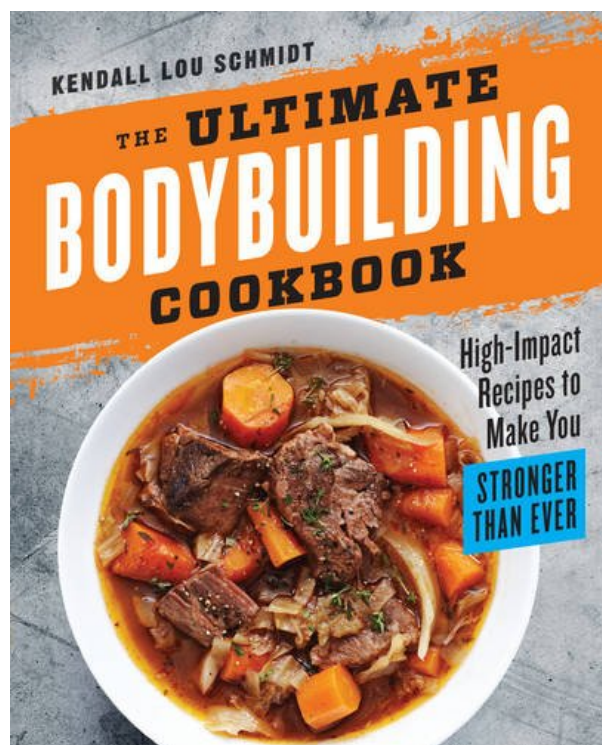
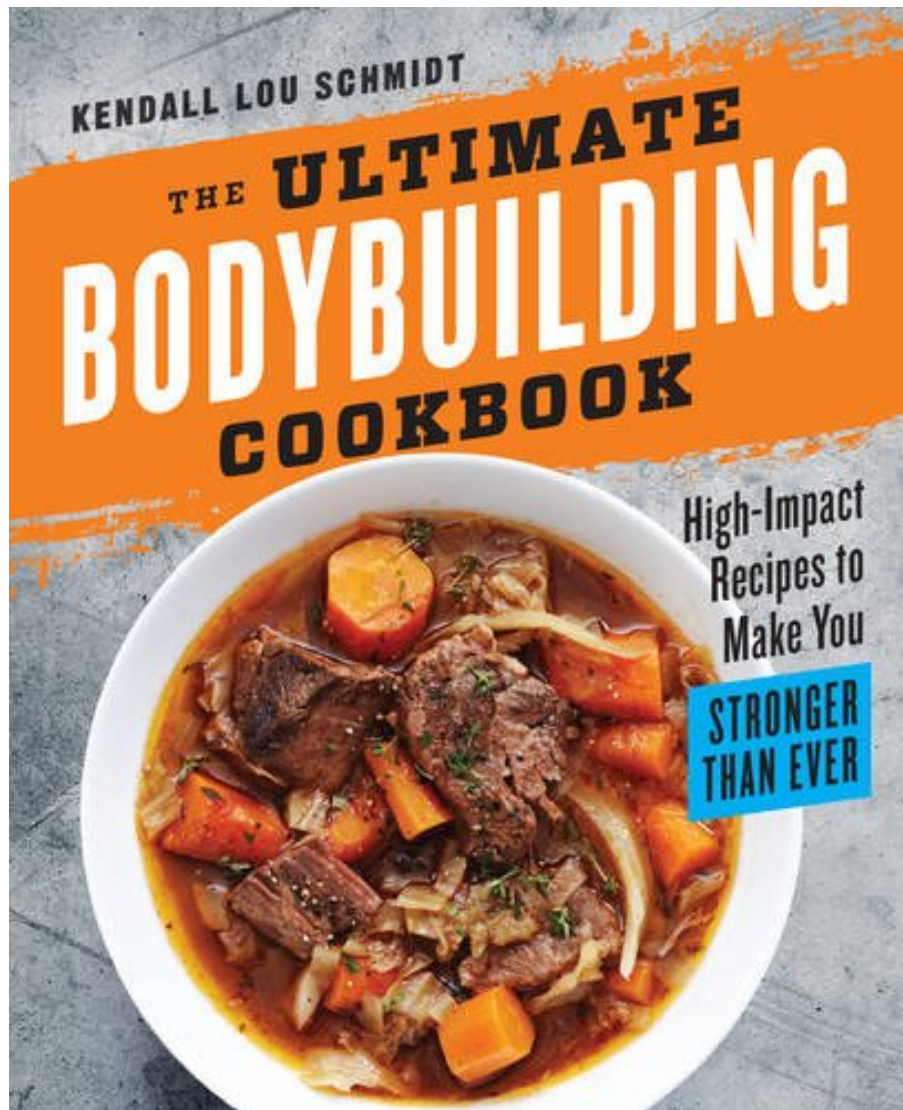


**THE ULTIMATE BODYBUILDING
COOKBOOK: HIGH-IMPACT RECIPES TO
MAKE YOU STRONGER THAN EVER BY
KENDALL LOU SCHMIDT**



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Review

"The Ultimate Bodybuilding CookbookI is one of the most extensive, yet succinct fitness cookbooks I have ever had the pleasure to read. Kendall's vast knowledge of bodybuilding and fitness, combined with her uncanny talents in the kitchen, make this book a vital addition to anyone's fitness library. This book is for everyone and anyone looking to eat better, train better, and live a healthier life inside and out."

?Lou Ferrigno Jr., Actor, Personal Trainer, Co-owner FERRIGNO LEGACY

"Kendall has written the most comprehensive collection of recipes for anyone who's serious about bodybuilding. As a personal trainer and former professional in this field, I can confidently say that this book is paramount in order to meet all of the insane demands needed to excel when training. This book offers a series of tasty ways to prepare meals, which is often an athlete's greatest challenge."

?PJ Braun President of Blackstone Labs and PrimeNutrition

Gluten-free folks, listen up! We love this book not only because it's filled with undeniably delicious and healthy recipes, but also because most of the recipes are gluten-free! It has brought countless new dishes to our dinner table!

—NewGrains.com, an online gluten-free bakery

This cookbook needs to be front and center in any serious bodybuilder's (or athlete's) kitchen. Kendall's an expert at creating not only delicious recipes but weekly result-driven meal plans, protein-rich alternatives, and tips on combining dietary supplements with fresh natural food.

—Chris Minnes, Managing Partner for NPC West Coast and Ferrigno Legacy

About the Author

KENDALL LOU SCHMIDT is a graduate of UC Davis in Biological Sciences with an emphasis in

Neurobiology, Physiology, and Behavior. She is a successful personal trainer, group fitness instructor and contest prep coach, as well as a sponsored athlete, fitness model and writer. As a competitor and athlete with celiac disease, she is excited to offer so many fitness friendly meals that can be prepared gluten free. Her flavor filled recipes set a new delicious standard for eating clean and contest preparation diets.

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Say goodbye to the chicken breasts, broccoli, and egg whites you're used to. Now you can build muscle, shed weight, and lift more?all while enjoying delicious, flavorful meals with The Ultimate Bodybuilding Cookbook!

For over a decade, bodybuilding expert and personal fitness trainer Kendall Lou Schmidt has helped hundreds of clients, including many world-class athletes and elite physique contenders, achieve spectacular results through easy and effective recipes and customizable meal plans, available now in this book. Her exclusive trade secrets for getting stronger and leaner are some of the best in the biz, and are available now in The Ultimate Bodybuilding Cookbook.

With The Ultimate Bodybuilding Cookbook, you don't need fancy gadgets or hard-to-find ingredients. You'll use common kitchen utensils and inexpensive ingredients to make satisfying meals that boost your bodybuilding goals. Get the most out of every calorie you eat with these tasty and effective bodybuilding meals.

- **Grow Stronger** Use the specialized Muscle-Building resources that accompany each recipe
- **Get Leaner** Comprehensive nutrition tables help you adjust your portions
- **Make It Last** Consult weekly result-driven meal plans for reaching your long-term bodybuilding goals
- **Eat Healthier** Substitute unhealthy ingredients for lean, green, protein-packed alternatives

Getting the bodybuilding results you want doesn't require a bland diet! Enjoy recipes like: Peanut Butter-Nutella Shake * Pulled Chicken Tacos with Veggies * 15-Minute Beef Chili * Pork Chile Verde * Grilled Balsamic and Rosemary Salmon * Apple Pie Pockets * and much more!

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- 298 pages

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21 of 22 people found the following review helpful.

There are so many things I love about this book but here are some to share ...

By Sandra

This is not just a cookbook, it is a manual. There are so many things I love about this book but here are some to share with anyone who is wondering why should I buy this cookbook when there are so many out there:

1. if you are a bodybuilder you don't need anything except maybe a professional to take your anthropomorphic measurements and basically off you go. Everything else you need is in the book!
2. if you are not a bodybuilder but a fitness enthusiast who worked hard to lose weight on a very bland diet that is leaving you sometimes drained of energy (and binging on peanut butter at 10pm), and now want to build some muscle, improve your physique and/or maintain it with oh so tasty food, stop here and buy the book.:) You'll love the tastes, and the increase in energy levels!
3. if you are a parent too who is trying to eat right and not have to cook two separate dinners this book is going to simplify your life. My entire family eats this food now. Even my six year old son! My daughter is in love with turkey stroganoff and crab cakes, my husband loves stuffed cabbage (our slavic family favorite) and the pot roast...so many more to explore :)

I have tried more than few recipes from this book and can't decide which recipe is I love more...well, I am addicted to the pre-workout shakes, especially the blueberry beet one! Man, do I feel amazing working out after one of those! The honey nut is awesome too, and, oh, the power bars....

Anyway, this is an honest and straight forward book. No embellishments, just facts, and if you follow the

steps you will feel and see the results.

Bon Appetit!

6 of 6 people found the following review helpful.

Awesome cookbook! It is extremely informative but keeps it ...

By Little Bit

Awesome cookbook! It is extremely informative but keeps it simple. This is a great cookbook that includes info about what you should be eating pre and post workouts, guidelines to follow based on your goal (lose weight, gain muscle, maintain, etc.) and super easy recipes!! If you have a sweet tooth then you'll really love the insane, yummy recipes that pack a ton of protein!! My fave is the lemon bar cookie!! Anyway, I can be a little ADHD at times and this book is straightforward and simple. No extra "blah blah fluffer" material you don't have time, nor care, to read. It's great for, both, a newbie in weightlifting looking for tips and a guide on WHAT to eat and WHY OR a lifelong gym rat looking for new recipes and extra tips. It's not just for muscle gain either...it's for weight loss, too. Regardless, the more muscle you have, the more fat you burn, right? Great cookbook, fantastic guide and awesome price, check it out!

1 of 1 people found the following review helpful.

B+ Cookbook

By Sarah Lynn Peterson

I would have to say overall I liked this book a lot.

The first chapter is a great introduction into nutrition. With key points such as: muscle building food, principles of a bodybuilding diet, and how to make your goals work. The author provide some great formulas on how to determine your caloric and protein need so you can tailor a meal plan that best suits you and your fitness goals. The formulas are great and but are only use full if you Fat-Free Mass. This can be obtained either by having a personal trainer (this is probably the most accurate way to obtain) or having a someone else measure you. I thought the formulas were great but a little hard to follow. I'm more of a visual person and would have loved for there to be actual example showing how the formulas work. I tried using the formulas but got lost and didn't have anything to reference to know if I was doing them correctly or not.

So I basically purchased this cookbook based on the cover photo of their Slow Cooker Beef Stew. Let me say this recipe did not disappoint! Loved it in every way. That being said for me the rest of the recipes are hit or miss. Over all there are a few that I like and have successfully tried (Breakfast Casserole, Turkey Satay Skewers, etc.). But other than the Slow Cooker Beef Stew I didn't find any other standout recipes.

I've been eating clean and exercising for a couple of years now and was looking to expand on my nutrition knowledge and add some more recipes to my repertoire. Unfortunately this was not the book to get me there.

It does have some great information and recipes, which I would recommend more for someone getting started on their fitness journey.

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