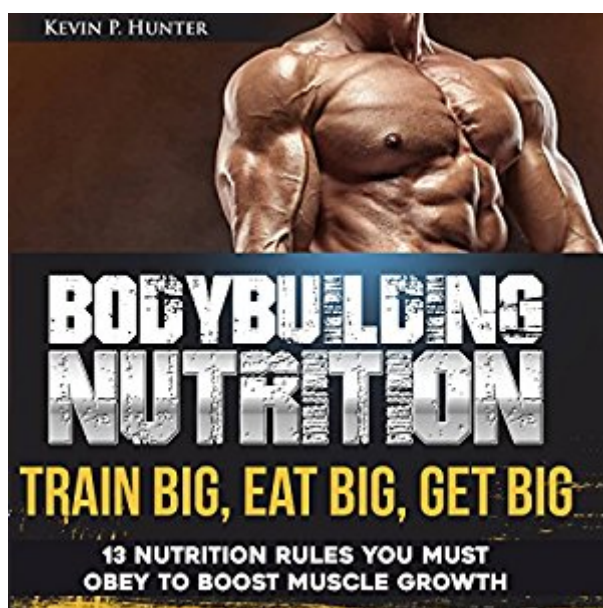


The book was found

# Bodybuilding Nutrition: Train Big, Eat Big, Get Big: 13 Nutrition Rules You Must Obey To Boost Muscle Growth, Volume 1



## Synopsis

Are you spending hours in the weight room, but not seeing the results you're looking for? Learn the real science behind the methods that work to build muscle fast - and how to use it to your advantage. In *Bodybuilding Nutrition* by Kevin P. Hunter, you'll find: How to build muscle and cut fat - the healthy way What to eat while getting ready to destroy bodybuilding competitions A four-week meal plan that will turn your body into a muscle-building factory The nutrients you need to make massive gains and make your gym buddies jealous Important calculations that make sure you're getting your body the fuel it needs Packed with real science, not the promotional fluff you'll find elsewhere The 13 golden rules of bodybuilding nutrition is based on Kevin's 13 Golden Rules for boosting muscle growth. He lets you in on the muscle-making secrets that old pros and promotional hacks don't want you to know: Why hormones are vital to building muscle - and how to get the ones you need How your body responds to demand and nutrition to make you bigger and more powerful How to get the good carbohydrates you need to fuel your training and build healthy mass Why protein is essential to packing on pounds of muscle When - and what - you should eat to maximize gains and minimize recovery time The down-low on nutritional supplements with none of the promotional crap running rampant through the fitness industry Simple, no-fluff, science-backed bodybuilding promotional gurus and pushy personal trainers just want you to buy what they're selling. Hard facts are hard to come by. When you find some good ones, you need to hold on to them and devour every morsel of insight they have to offer.

## Book Information

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in Books > Audible Audiobooks > Nonfiction > Sports & Recreation

## Customer Reviews

I really found this ebook to be helpful in gaining lean muscle mass in a short period of time. It is important to remember that nutrition is 80% of the results you will get in your fitness goals, while 20% is exercise. This ebook shows you everything you need to know, including foods to eat, when to eat them, and most importantly what NOT to eat if you want to gain lean muscle mass. I'd recommend this book to anyone who wants fast results with their bodybuilding efforts.

Now you can quit wasting time on your training routine like what I did after reading this book. Without proper nutrition, you'll never get anywhere worth going and that's a fact. If you've put long, painful hours into your weight training and aren't seeing the progress then this book is also for you.

This book is very informative which needs for building up your body language. Body building is one of the activities that make you stronger and makes an advantage when it comes to lifting heavy things. This book provides good advice about everything relating to bodybuilding. It also contains a list of what to do and what not to do in nutrition. Then it gives you complete plans for effective bodybuilding.

It's an ultimate guide to bodybuilding. If you really want to work those muscles out, then you must read this book. It has great recipes that would definitely help you build your strength and muscles.

This book is literally a money making scam. It was obviously thrown together with zero thought to just try and sell copies, and I'm not even convinced it was by an actual person. If you buy it you'll know what I mean. I just read through the reviews and most of them are from some sort of robotype, so they're scams as well. Some of the pages toward the end are literally exact duplicates from some early pages. The reviews posted here are written in the same manner as the book, so there's some correlation as far as scam reviews. I'm returning the book. If you buy it you will see what I mean.

This book is a total package every serious bodybuilder should read, this is not just a guide book but even more this book will help to understand your body's need to create a perfect shape. I just read the info provided here and I think this is what I am really finding for my body. I will purchase this book right now.

This book is highly recommended for those who aspire to have a perfect body shape. It is true that exercise and diet works together, meaning that muscles cannot grow just relying on workout alone; you should also eat a well balanced diet.

this is was very awesome body building nutrition. if you want to have a big body like a body building you need to read this . this book may help you a lot. highly recommended

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Bodybuilding Nutrition: Train Big, Eat Big, Get Big: 13 Nutrition Rules You Must Obey to Boost Muscle Growth, Volume 1 BODYBUILDING: The Best BODYBUILDING DIET - The Most Effective Tips And Tricks You Need To Know For The Body You Ever Wanted: (bodybuilding, bodybuilding ... bodyweight train, bodybuilding nutrition) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness, strength training, bodybuilding training) Bodybuilding: Gym Bible: 48 Best Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Bodybuilding Workouts) (Bodybuilding Series Book 1) Bodybuilding: Arm Bible: 39 Best Workouts For Bigger And Stronger Arms (Bodybuilding For Beginners, Weight Training, Weight Lifting, Bodybuilding Workouts) (Bodybuilding Series Book 2) Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) Bodybuilding: Meal Plans, Recipes and Bodybuilding Nutrition: Know How to Eat for Strength, Muscle and Fitness Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Essential Bodybuilding Cookbook: 150 Healthy, Simple & Delicious Bodybuilding Recipes To Meet Your Every Need (The Healthy Bodybuilding Cookbook Series) Bodyweight: Bodyweight Bible: 44 Best Exercises To Add Strength And Muscle (Bodyweight Training, Bodyweight Exercises, Bodyweight Bodybuilding, Calisthenics, ... For Beginners) (Bodybuilding Series) Bodybuilding Science: The Formula of Hypertrophy - Optimize Training, Exercises, and Nutrition to Stimulate Maximal Muscle Growth Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle and Strength (Fitness Supplements, Muscle Building,

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