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review. Jan 27, 2019 Ebonique Ellis rated it really liked it. I just finished the book. The two recipes that I tried so far are simple, fulfilling, and delicious with easy to find ingredients.

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The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy 287. by Michael Matthews. NOOK Book (eBook) \$ 7.99. Hardcover. \$19.99. NOOK Book. \$7.99. View All Available Formats & Editions. Sign in to Purchase Instantly. Available on Compatible NOOK Devices and the free NOOK Apps.

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to satisfy hungry lifters looking to  
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Summary: The Shredded Chef allows you to enjoy your food, cooking and save time (and money) without worrying about eating junk nor counting calories. If there's one thing about Shredded Chef that makes it useful and a worthy source of recipes is that it's geared toward bodybuilders and athletes who want to make gains but also stay as lean as possible.

### **The Shredded Chef Review (120 Simple But Delicious Recipes ...**

The Shredded Chef: 125 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Third Edition)

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