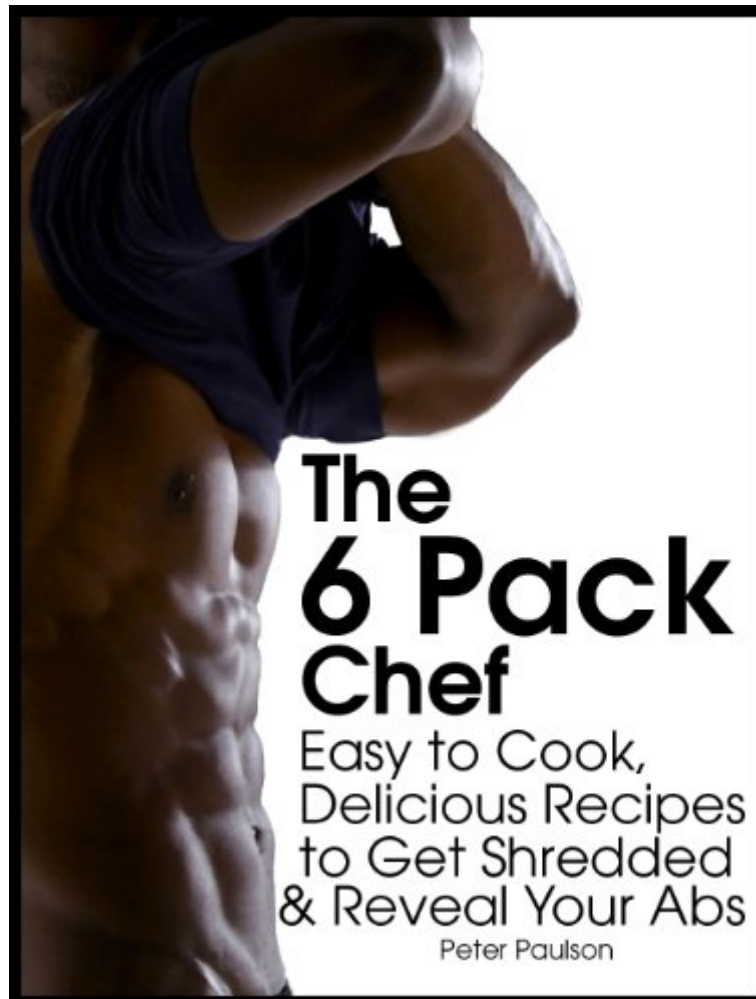


The book was found

The 6 Pack Chef: Easy To Cook, Delicious Recipes To Get Shredded And Reveal Your Abs



Synopsis

The 6 Pack Chef is pretty much the only book on how to get a six pack... This book is the real deal. Very informative, well presented and the recipes are delicious. — Tina Wilson (Reviewer) Let me guess: You've done hundreds of sit ups, crunch and crunch and hour upon hour on the treadmill, yet you don't have that washboard stomach? You've tried to get a 6 pack, not seen results and given up only to try the next fitness fad that promise results (but fails to deliver). Well, don't worry, we've all been there, because most people forget: Abs are made in the kitchen, not the gym. And here's the thing: You can't out train a bad diet. No matter how hard you try. If you're not eating the right foods you will never get that head-turning, cover model physique. It's that simple. You can have the most intense fitness regime ever but if you eat the wrong foods you will not get the results you want. However, if you consistently eat the right foods you will get the torso of a Greek god - I can guarantee you that. But what should you eat and what should you avoid? There is so much noise in the fitness industry (especially around abs) it's tough to know what to listen too. And that's why I wrote this book. I want to give you a proven roadmap to 6 pack success. I want to cut through the fluff and give you a roadmap that delivers result fast. So, let me introduce you to The 6 Pack Chef: Your proven, step-by-step guide to carving out your 6 pack (with no crazy workouts or crash diets). Inside you'll get:- The nutritional rules to follow (don't worry they're simple to adopt)- How to maintain muscle while rapidly losing fat- The secrets to abs that most gurus never talk about- 55 easy to cook, mouthwateringly good 6 pack recipes When you're finished reading you will know the exact, day-to-day steps to finally getting that 6 pack you've always dreamed of. And, best of all... you won't need to suck your stomach in anymore. Yup, I used to do it too. So, buy the book now and get a proven blueprint to success and finally carve out a torso Adonis would be jealous of. To your success (and new sexy 6 pack). Peter Paulson. P.S. If you buy The 6 Pack Chef now I'll give you access to an exclusive bonus. The details are inside the book, but all you need to know is it accelerates your results.

Book Information

File Size: 559 KB

Print Length: 88 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 4, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00HZUV0Y8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #55,848 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10 in Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #11 in Books > Cookbooks, Food & Wine > Special Diet > High Protein #34 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's Health > General

Customer Reviews

No nutritional information on any of the recipes. The recipes look good, easy to make but I won't make any of them without the nutrition facts. I suppose I could calculate them myself but why would I? You wrote a fitness book. Fitness people count calories, fat, carbs, and protein. How can you market to them without this information?? Author should revise.

The biggest problem for me is always breakfast. I've got a sweet tooth, which doesn't make it easy to get the right amount of protein and good carbs in the morning. I've never seen a book with such good breakfast recipes before, let alone all the other one for the rest of the day. Thoroughly recommended.

This book is filled with facts and tips for getting the most out of your workouts. I found the 9 rules for getting shredded really informative and have changed my morning routine as a result. Also, the recipes are really good - even for a carb lover like me. Especially loved the protein pancakes and egg and bacon cups. Thanks!

This book is filled with easy to make recipes. My favorite was the rosemary and garlic chicken with the cauliflower mash...yummy! I was kind of disappointed that there wasn't any calorie or macros information (fats, proteins and carbs) on the recipes. Other than that the recipes I have tried are very tasty. Looking forward to trying all the recipes in this book! N

I use at least 5 recipes from this book each week. It's one of my top-3 cookbooks. Pros: * The recipes are not hard to make * They are ideal for my diet and goals to lose weight while building muscle (hard to do, I know) * Most recipes are 1 serving size Cons: * They are tasty but not "super delicious" (to me at least) * Nutritional values are not listed, and since I count calories and serving sizes that would help Note: The author appears to be British, so some food names are the British equivalent (escarole = endive, courgette = zucchini).

Very easy to follow. Begins with an explanation of how you should be eating and exercising; followed by many great recipes that will fill you up and give you the needed protein your body needs without all the bad calories and fats found in most foods. Just made the protein pancakes for dinner. They were fantastic!

My path to a six pack through food is well on track after purchasing this book. The recipes are easy BUT also tasty, which is a must! I made the rosemary and garlic chicken and cauliflower mash last night for dinner, it was delicious! The lean chilli is on the menu for tomorrow.

A great book with all the inspiration I need to work on myself! The recipes are really delicious and easy to prepare there's no stopping anyone from getting started! Thanks for making it clear and straight to the point.

[Download to continue reading...](#)

The 6 Pack Chef: Easy to Cook, Delicious Recipes to Get Shredded and Reveal Your Abs How to Get Abs: More Fantastic Exercises That Will Help You Flatten Your Stomach and Reveal Those Sexy Abs (Health, Flat Abs, How to Get Abs, How to Get Abs Fast Book 2) Abs: The Ultimate Six Pack Abs Guidebook: Get Shredded Fast - Step By Step Guide, Easy Recipes And Workouts Abs and Core: The Suspension Abs Solution: 4 Simple Suspension Workouts That Will Help You Get Sexy Abs An Athletic Physique Shed Stubborn Fat Perform It Anywhere In 15 Minutes Or Less Superhero Six-Pack: the Complete Bodyweight Training Program to Ripped Abs and a Powerful Core: (Calisthenics Exercises for Getting Shredded and Developing Extreme Core Strength) The 6-Pack Checklist: A Step-by-Step Guide to Shredded Abs The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Second Edition)(The Build Healthy Muscle Series) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) HOW TO GET ABS: FLAT STOMACH EXERCISES (Flat Abs Book 1) The New Abs Diet for Women:Â The 6-Week Plan

to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) What Really Went Wrong: How the Hidden Forces Behind Your Breakup Reveal Exactly How to Get Your Ex Back Quick & Easy Recipes: Super Bowl Party Recipes: 35 Easy and Delicious Super Bowl Recipes, Appetizers, Dips, and More! (Quick and Easy Cooking Series) Baking for Breakfast: Sweet and Savory Treats for Mornings at Home: A Chef's Guide to Breakfast with Over 130 Delicious, Easy-to-Follow Recipes for Donuts, Muffins and More The Power Of Intermittent Fasting: Discover Effortless Abs Diet giving you greater Mental toughness, quick Fat Loss and no Cardio, enabling Lean Muscle-Building!: Abs workout for lean belly included! Gluten Free Every Day Cookbook: More than 100 Easy and Delicious Recipes from the Gluten-Free Chef NUTRIBULLET RECIPES FOR KIDS: 100 Quick and Easy Nutribullet Recipes: Healthy Smoothie Recipes, Nutribullet Recipe Book, Easy Smoothies for Kids, Delicious Smoothie Recipes Easy Chicken Recipes Cookbook: Top 50 Mouth-Watering, Easy to Make Recipes Including Grilled Chicken Recipes, Baked Chicken Recipes, Chicken Soup Recipes, Chicken Thigh Recipes, and Many More! ORGANIC COOKBOOK: Healthy And Delicious Baby Food Recipes Which Are Nutritious And Easy To Cook (organic food, food recipes, nutritious food) Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2) Dump Dinners Cookbook: Quick & Easy Dump Dinner Recipes for the Busy Home Cook (Dump Dinners, Dump Dinners Cookbook, Dump Dinner Recipes, Slow Cooker Recipes, ... Recipes, Crockpot Meals, Meals For One)

[Dmca](#)