



The 6 Pack Chef Easy to Cook, Delicious Recipes to Get Shredded and Reveal Your Abs

By Peter Paulson

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 86 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. The 6 Pack Chef I pretty much have bought every book on how to get a six pack. This book is the real deal. Very informative, well presented and the recipes are delicious. Cant wait to try them all! Highly recommend this book. Tina Wilson Abs Are Made In The Kitchen, Not The Gym! You can exercise as much as you like but if you dont have a solid eating plan you will never have a 6 pack. Sit ups, crunches and planks are NOT going to get you shredded abs but eat correctly and you are guaranteed them. If youre like every other guy and youve been trying for years to get chiselled abs this book is for you. No matter how many times youve failed before The 6 Pack Chef will get you the head-turning beach body youve always dreamed of. This book is your blueprint to being lean, losing fat and revealing your abs. You will learn the nutritional rules and secrets of 6 pack abs as well getting over 55 delicious 6 pack recipes. Every recipe...



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