

THE ULTIMATE BODYBUILDING DIET NUTRITION AND WORKOUT PLAN FOR MEN AND WOMEN PDF

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- The old days of following a pro bodybuilder 6-meal per day style diet are long gone. Research has proven that meal frequency and meal timing don't really matter that much. How much protein, fat and carbs you eat at the end of each day are what really matter.

The Ultimate Muscle Building Diet - Jason Ferruggia -

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