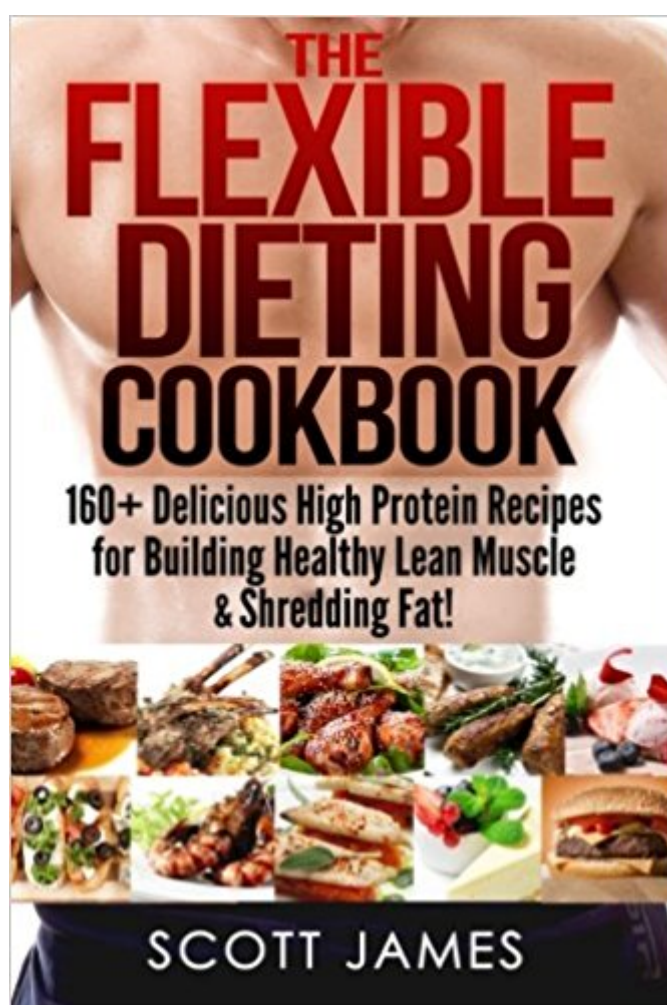


The book was found

# The Flexible Dieting Cookbook: 160 Delicious High Protein Recipes For Building Healthy Lean Muscle & Shredding Fat



## Synopsis

Frustrated with your diet? Sick of eating the same bland food? The Flexible Dieting Cookbook is a must read. Containing over 160 delicious high protein recipes that will help you lose fat and build healthy lean muscle in no time! Best of all – all of the meals within this book are EASY and INEXPENSIVE to make, you don't need to spend hours slaving away in the kitchen, delicious meals designed to help you achieve your fitness goals are only minutes away. Each recipe states the number of calories, with a macronutrient breakdown into Protein, Carbohydrates and Fats. This is far more than just a recipe book, I will explain how you tracking your macronutrients while eating these delicious meals will help you achieve the body of your dreams. The measurements and temperatures for each recipe stated within this book are in both metric and imperial, suitable for worldwide use! Here Is A Preview Of What You'll Learn to Cook... 25 delicious breakfasts such as Protein Pancakes, Vanilla Protein Porridge, Big Breakfast Pizzas, Apple Crisps, Breakfast Fajitas Mouth-watering main meals including Thai Spiced Chicken Beef and Basil, Protein Pumpkin Pie, Creamy Artichoke Chicken, Tuna Melt, Advacado Lime Chicken, Lean Turkey Meatloaf, Teriyaki Salmon Low calorie snacks and desserts including Protein Puddings, Amino Acid Jelly, Protein Snickers, Peanut Butter Ice Cream, High Protein Cheesecake, Protein Donuts Quick and convenient smoothies and shakes such as – Berry Blast, Chocolate Cookie Butter Mass Gainer, Banana Bread smoothies, Mocha Frappuccinos Sides including Low Calorie Chocolate Sauce, Tuna Dip, Shrimp Sliders, Cinnamon Sweet Potato Fries, Clean Protein Nutella Spread

## Book Information

Paperback: 286 pages

Publisher: CreateSpace Independent Publishing Platform (March 13, 2014)

Language: English

ISBN-10: 1496136055

ISBN-13: 978-1496136053

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 52 customer reviews

Best Sellers Rank: #104,454 in Books (See Top 100 in Books) #37 in Books > Cookbooks, Food & Wine > Special Diet > High Protein

## Customer Reviews

Scott James has been addicted to all things fitness, health and nutrition for nearly a decade. With a

large amount of hype surrounding the fitness industry, as well as the dieting and supplementation niches Scott thought it was the right time to come forward and debunk the myths and scams within the industry. All information conveyed in Scott's books is tried and tested - no false hope or bad information is shared. Scott believes that when an individual is equipped with the correct knowledge and a plan of action that he will provide in his books they are unstoppable. Scott is not here to make money, he's here to make a difference and guide you on your journey to unlocking the new, better you.

Awesome cookbook! Everything I was looking for! It contains 160+ super-easy to cook recipes for building healthy lean muscle, shredding fat and many more. Pros:- All the recipes in this book are easy to prepare, you don't have to be a pro chef to make these.- Recipe descriptions are short and to the point- Each recipe is accompanied by the number of calories, grams of proteins, carbs and fats making it super-easy to keep track of your nutrition- Contains recipes with chicken, beef, pork, pasta, sides, salads, snacks, smoothies, breakfast dishes and deserts!- Even though only a few recipes were not to my liking, 99% of the recipes are delicious!- Every recipe comes with an estimated time for prepping and cooking- Recipes usually yield 2 or 4 portions- Each recipe has their ingredients list at the top, making easy to prepare your shopping cart when going to the grocery store Actually eating the same thing day after day can get very boring. But luckily with the abundance of recipes this book has to offer you can easily prepare another recipe that meets your nutritional needs. It really is what it says, High protein meals and the food is good and practical.

The recipes are categorized in breakfast, main meals, snacks & desserts, smoothies & shakes as well as sides. Every recipe has a macronutrient breakdown, an estimated preparation time and a cooking time. I consider the book a very good introduction to the world of Flexible Dieting. It gets you thinking of food as something not only to fuel your training but to enjoy as well. Another thing I like about it is that it contains recipes from different types of cuisines which makes you experiment with ingredients. I have definitely tried a lot of new dishes and found out about spices and ingredients I had never heard of. It will improve your cooking skills to some extent. If you see the book strictly as a recipe book than its short and concise format will win you over. What I miss from it is that I would like to know how well I've executed the recipe. Some sort of picture and/or description of what the result should taste like would be appreciated. Apart from that, I believe some recipes are nothing special and could be omitted. Apart from that, almost all non "Main Meal" recipes are made using protein powder, something to know in case you don't use supplements. All in all, a decent

introduction to Flexible Dieting and a good stimulus to experiment more in the kitchen.

This book appears to have been written by a high school student lacking the basics of punctuation and basic dictation. Overall, the recipes are pretty good for introducing IIFYM, but the inconsistencies make it difficult to adhere strictly. The purpose of buying a textbook with macros included is that it should save US the time of re-calculating macronutrients; however, this book is wrong in many recipes - thus requiring the reader (and the individual who spent money) to spend even more time doing math. Additionally, I found countless spelling and format errors at first glance - I can't wait to see what I find when I read all the methods for every recipe...If it wasn't the author's fault than the publisher is the one to blame. I don't know.

Scott James' book of dieting techniques provides a unique perspective at how we can keep fit through dieting. I will do my best to try and make all 160 of these delicious looking recipes over the next year. Can't wait! I would highly recommend this book to anyone who wants to try something new with their diet.

I grab this cook book since I need to work out on my diet and I want different choices get from. This is has a unique choice of food like asian food and european food which is good in a recipe book. I really love the Protein Granola Yogurt and I would love to try that one in my next cooking challenge to myself.

Healthy meal ideas that will help you achieve your fitness goals that the whole family can enjoy. this guide book can be enjoyed as part of fat loss, muscle gain and healthy living meal plans. Great book if you Looking for some delicious, healthy, high protein, fitness recipes. Thank you

Great Recipes. Wish It had Pictures

the book is really fun and engaging, the recipes are fantastic and well explained, no special techniques are required while preparing the recipes described, i must say that since the first to the last page, i have enjoyed everything, there are also explanations on what to eat during a type of exercise, it has been a great experience, I highly recommend!!

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

The Flexible Dieting Cookbook: 160 Delicious High Protein Recipes for Building Healthy Lean

Muscle & Shredding Fat Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet, High Protein Diet, Perfect Protein Diet, Lose Weight, Protein Diet Plan) DIY Protein Bars: 30 Delicious and Healthy DIY Protein Bars (diy protein bars, protein bars, high protein snacks) Flexible Dieting and IIFYM Cookbook (If It Fits Your Macros): 31 High Protein Recipes to Help You Lose Fat and Build Muscle Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Carb Cycling: Unleash Your Body's Maximal Potential to Burn Fat and Build Lean Muscle Mass While Staying Lean (Including Recipes, Carb Cycling Diet, Ketogenic ... Muscle While Burning Fat, Healthy Body) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert " Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) 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) Intermittent Fasting: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight) Shredding Paganini: Heavy Metal Guitar Meets 9 Masterpieces by Niccolò Paganini, Book & Online Audio (Shredding Styles) High Protein Low Carb Cookbook: Delicious High Protein Low Carb Recipes For Helping You Burn Fat Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series) Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) IIFYM & Flexible Dieting: The Easy Way to Burn Fat & Build Muscle Eating the Foods You Love "Includes Over 40 Macro-Friendly Recipes! High Protein Vegan Cookbook: Delicious And Healthy High Protein Vegan Recipes Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Second Edition)(The Build Healthy Muscle Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)