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25 Gluten-Free Recipes To Build Muscle

By

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25 Gluten-Free Recipes For Muscle Growth

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## Introduction

Hi there! Dimitri here! Thanks for buying my cookbook!

Figuring out meals every single day can 25 Gluten-Free Recipes For Muscle Growth be such a pain, especially if they need to be healthy, to have enough protein (so you build more muscle).  
25 Gluten-Free Recipes For Muscle Growth

Things become even more complex when you have a job, a family, workouts and other activities to be taken care of. If you top on that a gluten intolerance, well, we just came up with hell's recipe: LIFE.

That is why I decided to put this e-book on, so you can pick recipes in it. No more need for imagination, open the book, pick one of the 25 25 Gluten-Free Recipes For Muscle Growth gluten-free recipes and 25 Gluten-Free Recipes For Muscle Growth you are done.

If you want to thank me, drop a review, share the book!

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## Legal Notes

The recipes and information in this book are provided for educational purposes only. Everyone needs are different and these recipes and methods reflect specifically on what has worked for the author.

This book is not intended to provide medical advice or take the place of medical treatment from qualified health care 25 Gluten-Free Recipes For Muscle Growth professionals.

All readers who are taking any form of prescription medication should consult with their physicians before making any changes to their current eating habits.

Consuming raw or undercooked food may increase your risk of food borne illness. People at the most risk are children, the elderly, and persons with a weakened immune system.

Neither the publisher 25 Gluten-Free Recipes For Muscle Growth nor the author takes any responsibility for any possible consequences of any person reading or following the information

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in this book.

## **Blueberry Oatmeal**

### **Ingredients**

3/4 cup oatmeal

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8 egg whites

1/2 scoop (15g) of chocolate protein powder

2 teaspoons of pure cocoa powder

## **25 Gluten Free Recipes For Muscle Growth**

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