



# The MacroNutrient Diet: Recipe Guide

*Jonathan DiLauri*

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# The MacroNutrient Diet: Recipe Guide

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## **The MacroNutrient Diet: Recipe Guide Jonathan DiLauri**

Macronutrients are the one and only foundation for any and all diets on the planet! Hence... The MacroNutrient Diet! The Complete "Do It Yourself" Guide to Getting Lean sets the foundation. The Getting Started Guide implements the plan. The Recipe Guide empowers you to embrace the lifestyle. Most recipes books intend to have you reproduce recipes verbatim—they do not teach you the concepts how to prepare simple and flavorful meals. Well not this one. After reading the Recipe Guide, you will be able to create easy, delicious meals that meet your macronutrient needs. Don't fall victim to a life sentence of grilled chicken and steamed vegetables. Read the Recipe Guide and learn how to prepare limitless variations of meals that will help you get and stay lean forever. Did you know the digital version of this book and the Getting Started Guide are sold together as a bundled, featured product for only \$19.99? Visit [www.MacroNutrientDiet.com](http://www.MacroNutrientDiet.com) [www.MacroNutrientDiet.com](http://www.MacroNutrientDiet.com)

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