

## The Shredded Chef 120 Recipes For Building Muscle Getting Lean And Staying Healthy

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Summary: The Shredded Chef allows you to enjoy your food, cooking and save time (and money) without worrying about eating junk nor counting calories. If there's one thing about Shredded Chef that makes it useful and a worthy source of recipes is that it's geared toward bodybuilders and athletes who want to make gains but also stay as lean as possible.

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Mix in the shredded chicken, cumin, chili powder, and tomato sauce; bring to a boil. Step 5 Reduce heat to low and simmer until chicken is hot and the flavors have blended, about 3 minutes.

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