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News, articles, pictures, videos & advice on everything related to bodybuilding - nutrition, supplementation, training, contest preparation, and more. Bodybuilding is specifically defined for purposes of this subreddit as the sport that involves preparing yourself for a competition (includes bikini, fitness, figure and physique).

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Bill Pearl, whose book, "Keys to the Inner Universe" is considered a classic. Even if you're not a vegetarian, however, meatless recipes can be staples in your culinary repertoire. Vegetarian recipes are frequently innovative, and feature an array of whole foods that are often missing from obsessively-meat centered diets.

Tasty Fat Loss and Muscle Building Recipes - Critical Bench

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12 Fitness Cookbooks You Should Own - Muscle & Strength

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