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The Shredded Chef is more than just a bunch of recipes, though. It's going to teach you the true scientific basics of gaining muscle and losing fat, because bad diet advice is an epidemic these days. In this book, you're going to learn how to eat right without having to obsess over every calorie.

The Shredded Chef: 114 Recipes for Getting Ripped and Healthy

The intro written in The Shredded Chef interested me in Mike's philosophy so I have picked up a couple more of his books and have read Cardio Sucks. Following Mike's ideas and recipes from The Shredded Chef I have lost over 30lbs and Healthy, Delicious and Nutricious!

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