



## The Testosterone Chef: Easy & Delicious Meals Designed To Support Healthy Hormone Production

By *Emily Ness*

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### **The Testosterone Chef: Easy & Delicious Meals Designed To Support Healthy Hormone Production** By Emily Ness

The Testosterone Chef Cookbook is culmination of nearly a year of hard work, putting together absolutely delicious recipes that contain ingredients designed to promote testosterone production and keep you hormonally balanced and healthy. If you want to eat like a king while supporting your endocrine system, then The Testosterone Chef is the cookbook for you.

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### **Editorial Review**

#### **About the Author**

Emily Ness is a full-time food and lifestyle author who's passionate about developing simple yet mouth-watering recipes that anyone can make. Since founding her website [CookingUpHappiness.com](http://CookingUpHappiness.com) in 2013, she's went on to share her passion for cooking healthy and tasty recipes with the thousands of people around the world.

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**William Henderson:**

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