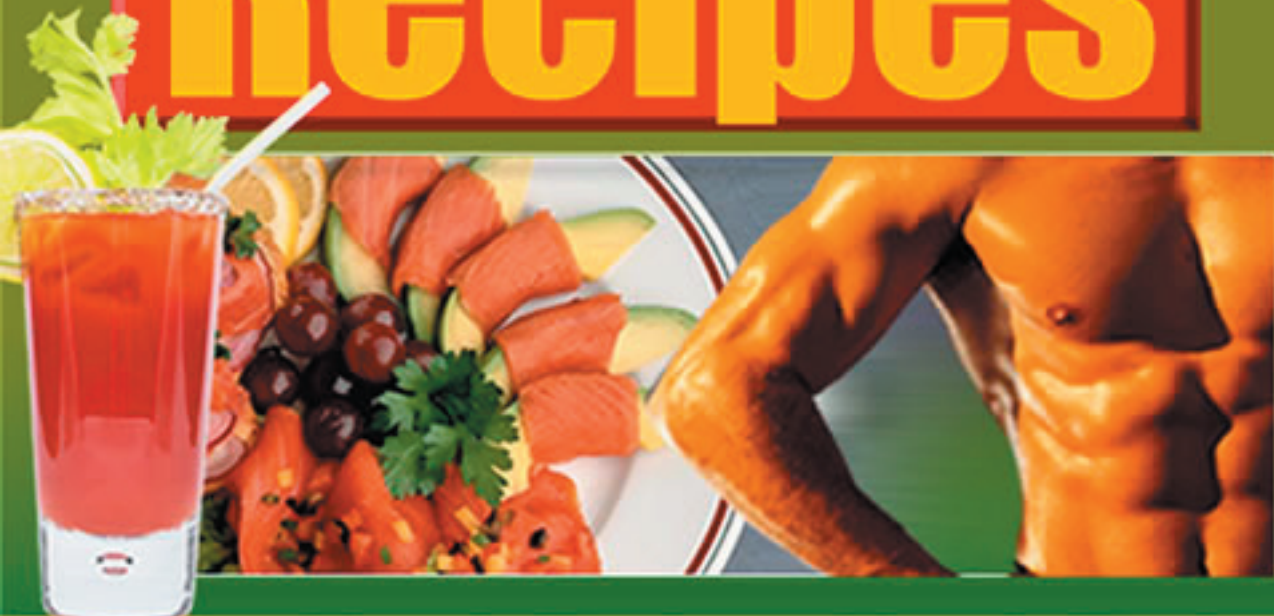


Recipes • Muscle Recipes • Muscle Recipes



# *Tasty* Fat Loss & Muscle Gaining Recipes



Recipes • Muscle Recipes • Muscle Recipes

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# **One**

# **E-BOOKS**

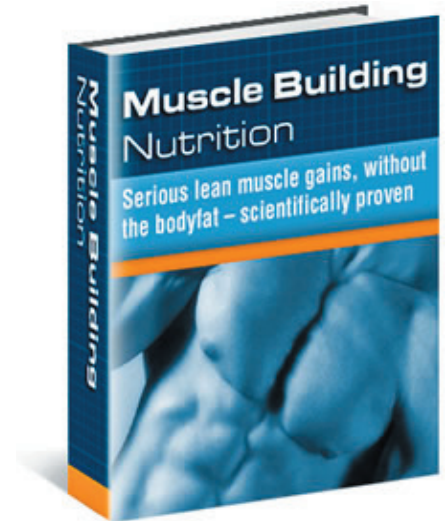
# E-Books Muscle Building Nutrition

by *William D. Brink*

## QUICK INFO

Will Brink is pretty much renowned in bodybuilding circles as the supplement guru, his writings are in hard back and magazines all over the world. He has had a column in Musclemag for years and contributes nearly every month to Muscular Development.

The title 'Muscle Building Nutrition' , is a little misleading as that's only half of this book, as although it contains his tried and tested mass gaining/bodybuilding diet , that he has taught to pro bodybuilders, natural athletes, golfers and many other star athletes , it also contains reviews on over 30 bodybuilding supplements, including creatine, prohormones, whey , casein, ZMA etc.



Not only that there is a huge chapter devoting to training for mass by renowned training guru Charles Poliquin. More details from the link at the end of this quick review.

On top of that, when you buy this ebook you also get access to a **private members forum** which has thousands of members on it who are able to help you with your questions. Will Brink himself, Charles Staley, Byran Haycock & Charles Poliquin are all found on this forum with thousands of like minded individuals.

Not only that, the forum has over 250 brand name supplements reviewed by over 5000 members and comes with it's own rating system that members vote on, giving each supplement a rating out of 5.

It also comes with access to a **private members zone** area, with exclusive

# Muscle Building Nutrition : Cont....

articles from people like Charles Staley, Tom Venuto, Lee Labrada, Will Brink, Byran Haycock, Lorraine Rosa, Milos Sarcev. Not to mention an online meal planning software tool which, if your a little lazy and don't want to work out the diet by reading it from the ebook does everything for you, based on the calculations in the ebook, you just enter all your details and it then lays out all your meals in a table format, tells you your daily calories, protein, fats and carbs etc, lets you either print it or you can tell the system to email you with it all, amazing.

The members zone also incoudes Diet Planning software which lets you keep a record of all the food you have eaten, tells you when your undereating, overeating, calculates your macronutrient split, a fantastic tool and used by many of the more professional members who actually enter contests and must keep a proper record of their food and supplement intake.

Strongly suggest you take a look at the website and check out the screen shots of some of the extras you get.

## **PRODUCT DETAILS**

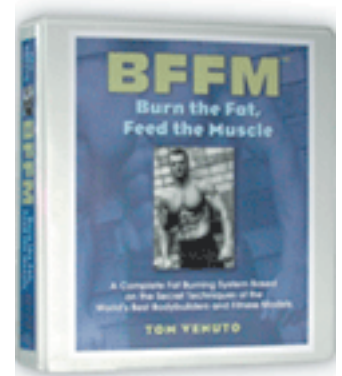
Website: [www.musclebuildingnutrition.com](http://www.musclebuildingnutrition.com)

# **E-Books** **Burn The Fat, Feed The Muscle**

*by Tom Venuto*

## **QUICK INFO**

This ebook really surprised us at the sheer quality of the information. This ebooks restores your faith in ebooks as a whole. If fat loss and getting cut to under 8% body fat or less is your primary aim, your going to be happy with this purchase.



Finally, someone has exposing the truth about fat loss that the magazines and supplement companies don't want you to know.

Burn the Fat, Feed the Muscle" (BFFM), is a complete 337-page e-book based on the little-known secrets of the world's best bodybuilders and fitness models - the leanest athletes on earth.

BFFM is rated by Clickbank as the #1 fitness e-book on the Net with users in 69 countries worldwide. In this revealing book, you will learn all the nutrition, training and motivation tactics you need to lose stubborn body fat quickly and easily at any age, without pills, drugs or gimmicks.

This book has some excellent tips and tricks for fat loss over and above the standard 'eat less calories' credo. In fact he doesn't even suggest you do eat less calories.

This contains a lot of top end tricks used by natural bodybuilders including calorie cycling, carb cycling, macronutrient splits and hormonal control. It lays everything out in a very simplistic fashion allowing you to jump right in. The sheer amount of good feedback we get about this book time and time again is testament to how effective Venuto's methods are at dropping fat fast.

## **WEBSITE**

[www.burnthefat.com](http://www.burnthefat.com)

# **E-Books** **Diet Supplements Revealed**

*by William D. Brink*

## **QUICK INFO**

With the huge amount of false information and marketing hype that surrounds the diet industry (and specifically “diet supplements”) - before you even think about buying any type of fat loss supplement you need an independent review to determine if the supplement is actually worth purchasing... and there is none better than Will Brink’s “Diet Supplements Revealed” (DSR).



Will has built his whole reputation based on his expert, unbiased, straight talking information, and once armed with DSR you will become one of the few educated consumers who doesn't get tricked by the “marketing spin” into wasting hard earned money on supplements that don't work.

But Will's DSR contains much more than just a review of diet supplements. Here's a quick overview of how you'll benefit from reading DSR...

You will:

- Learn the insider secrets to buying diet supplements that work - Lose fat faster by learning exactly which diet supplements actually do help you burn off the fat quickly, effectively and safely.
- See how to save a fortune by knowing those diet supplements which are a complete waste of money - This is the information that the supplement companies don't want you to know because it will cost them a colossal amount of money in lost profits. (Information includes full reviews of the following supplements, Chromium, Chitosan, Carnitine, CLA, and many more...)

# **E-Books** **Diet Supplements Revealed**

*by William D. Brink*

- Learn precisely how to make an effective fat loss diet which will work for you - See the actual diet plan that Will Brink's "personal consultation clients" pay a small fortune to learn. (Will coaches many high profile clients to get into great shape, and now you too can benefit from the exact same info.)

Learn which diet and weight loss supplements are worthless for losing fat but have such strong health benefits that you may want to take them anyway. Health is required for effective fat loss and knowing the truths about these supplements can help your fat loss enormously.

- See the "10 Golden Laws of Fat Loss" and learn why some experts have got it all wrong. Learn the absolute specifics - once and for all - about what, when and how often you should eat to lose fat. Once you know this you can boost your metabolism and lose fat easily - even while you sleep. This is not hype, it is a physiological fact.
- Discover which form of exercise is more effective for long term fat loss, weight training or aerobics (the answer may surprise you), and see a detailed training program which details exactly how to exercise for maximum fat loss.

In short, if you want to proven, expert information to help you reduce bodyfat safely, quickly and permanently then DSR comes with our full recommendation.

Website: [www.aboutsupplements.com](http://www.aboutsupplements.com)

# Part II

## Muscle Recipes

# MUSCLE RECIPES

## Ground Turkey Omelette - Serves 2

### INGREDIENTS

- 8 Large Fresh Chicken Egg
- 2 Large Chicken Egg's Whole
- 2 Small Onions Raw
- 3 oz Turkey Ground , Raw
- 1 1/2 cup cvnned kidney beans (any type)
- 1 Cup chopped green peppers, sweet raw (bell)
- 1 cup, mushrooms (raw)
- 3 table spoons Olive Oil
- 1 dash ground black pepper.
- 1 tsp RTS hot pepper sauce.
- 1 tsp ground tumeric
- 3 cloves raw garlic
- 1 cup chopped red pepper, sweet raw
- 1 tsp lea and perrins worcestershire sauce

### DIRECTIONS

In medium non stick skillet saute' pan cook turkey,vegetables and spices,except turmeric, in 1 tsp olive oil until tender. In mixing bowl, whip all eggs and turmeric. In second saute' pan heat 1 tsp olive oil, add 1/4 egg mixture and cook until omelet is formed. Repeat to make 4 omelettes. Place 1 omelette on place and fill with 1/2 of the turkey mixture then place 1 omelette on top to form a sandwich. Repeat to form 2nd sandwich. Serve hot.

### NUTRITIONAL INFORMATION

**Calories (Per Serving) :** 508

**Protein (g) :** 42

**Carbohydrates (g) -** 50.5

**Fat (g) :** 17

**Carb - Protein : Fat % Ratio:** 39 % - 32% - 29%

# MUSCLE RECIPES

## Indonesian Chicken - [ Serves 2 ]

### INGREDIENTS

8 oz Boneless raw chicken breast, broilers or fryers  
1 cup chopped raw onion  
1/2 cup Jalapeno raw sliced  
5 cups raw shredded cabbage  
2 cups sliced raw red pepper  
2 cups 1% fat cows milk  
4 tsp cornstarch  
5 tsp extra virgin olive oil  
6 cloves raw garlic  
2 tsp raw ginger root  
1 tsp tumeric ground  
1 tsp Corianda leaf (dried cilantro, chinese parsley)  
1 tsp curry powder

### DIRECTIONS

In non stick saute pan combine onion, jalapeno pepper, spices, milk and chicken. Poach (lightly simmer) until chicken is done. Mix cornstarch with a little water to dissolve the add to pan an cook for 3-5 minutes. In seperate pan cook cabbage and red peppers in oil until tender. Divide cabbage between 2 plates and top with chicken. Serve immediately

### NUTRITIONAL INFORMATION

**Calories (Per Serving)** - 475.5

**Protein (g)** - 39.5

**Carbohydrates (g)** - 45

**Fat (g)** - 16.5

**Carb - Protein - Fat % Ratio:** 37-33-30

# MUSCLE RECIPES

## Chocolate Banana Protein Bars - 8 Bars

### INGREDIENTS

300 g raw banana  
1 tsp ground cinnamon  
2 tbsp unsweetened cocoa powder  
3 large chicken egg whites raw  
4 oz non fat milk  
200g 100% whole grain old fashioned oatmeal  
1/3 cup splenda  
1 tbsp Udo's choice oil blend  
60 g Designer Whey Chocolate flavour ( or equivalent brand)

### DIRECTIONS

Mix ingredients in a large mixing bowl. Pour into non stick cake pan. Bake at 300 for 25 minutes or until firm, leave until cooled slightly then cut to size. We have made these into 8 small bars, but you could easily make into 4 larger ones, with double the protein , so around 23g protein per bar.

If you don't want the fat replace the Udo's oil with unsweetened applesauce. It will taste just as good and still retain the moist but firm texture.

### NUTRITIONAL INFORMATION

**Calories (Per bar) :** 188.32

**Protein (g) :** 11.05

**Carbohydrates (g) :** 27.94

**Fat (g) :** 4.56

**Carb - Protein - Fat % Ratio:** 57-22-21

# MUSCLE RECIPES

## Fish Sandwich

### INGREDIENTS

- 1 looseleaf of lettuce
- 2 slices mult-grain oat bread
- 3 Oz orange roughly , cooked
- 1 slice tomato red, ripe , raw approx 1/2" thick

### DIRECTIONS

None.

### NUTRITIONAL INFORMATION

**Calories** : 323

**Protein (g)** : 24

**Carbohydrates (g)** : 51

**Fat (g)** : 3.5

**Carb - Protein - Fat % Ratio:** 61-29-10

# MUSCLE RECIPES

## Protein Fortified Rice (Eggs)

### INGREDIENTS

50 grams raw broccoli, raw, chopped or diced

25 grams raw celery

6 egg whites

100 grams raw mushrooms

1/4 cup long dry brown uncooked rice

1/4 cup pace chunky salsa

2 tbsp naturall brewed soy sauce lite

1 cup raw spinach

50 grams raw onion

### DIRECTIONS

Steam the broccoli to the desired texture. I like it firm and can barely pierce it with a fork. In a pan coated with cooking spray, add soy sauce, chopped onion, sliced mushrooms, steamed broccoli, chopped celery and spinach. Cook on medium heat until spinach is cooked. Add rice and simmer until the soy sauce has cooked away. Once all the ingredients are cooked add in the 6 egg whites and stir until the eggs are completely cooked. Top with picante sauce.

This makes a very large meal for one. Or can be split and served with a side dish.

### NUTRITIONAL INFORMATION

**Calories** : 378.80

**Protein (g)** : 33.09

**Carbohydrates (g)** : 53.98

**Fat (g)** : 1.75

**Carb - Protein - Fat % Ratio:** 59-36-4

# MUSCLE RECIPES

## Curried Chicken (2 Servings)

### INGREDIENTS

5 oz boneless raw chicken breast, broilers or fryers  
1/4 cup canned chicken broth , condensed  
4 tsp cornstarch  
5 cups raw mushroom, sliced/pieces  
4 tsp extra virgin olive oil  
2 cups red pepper, sweet raw  
2 cups green raw snap bean  
1 cup low fat yogour (12g protein per 8 ounce serv)  
2 tsp curry powder.

### DIRECTIONS

In non stick saute pan, place 2/3 tsp oil and diced chicken. Cook chicken until browned and done, then add wine, chicken broth, yogurt, curry powder, and cornstarch, Stirring constantly. Heat until thick sauce forms, then simmer for 5 minutes. While chicken is cooking, in another saute pan place 2 2 tsp oil, mushrooms, bell pepper, and snow peas. Cook until mixture is tender. Place an equal amount of vegetable an 2 plates then top with equal amounts of chicken mixture. Serve.

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** : 373

**Protein (g)** : 32

**Carbohydrates (g)** : 35

**Fat (g)** : 13

**Carb - Protein - Fat % Ratio:** 37-33-30

# MUSCLE RECIPES

## Spicey Turkey Chilli (4 Servings)

### INGREDIENTS

6 oz boneless raw chicken breast, broilers or fryers  
3.5 cups Turkey Breast (HoneySuckle White)  
822 grams Stewed Tomatoes, Cajun, (del monte)  
16 oz Tomato Sauce (Hunt's)  
4 oz Old El paso green chilies chopped  
1 medium raw onion, 2.5" diamter approx  
10.5 tbspc McCormick/Shillin, chili seasoning.

### DIRECTIONS

1. In large sauce pan combine all ingredients.
2. Simmer for 30 minutes
3. Remove from heat and serve hot with shredded cheese.

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** : 319

**Protein (g)** : 43

**Carbohydrates (g)** : 33

**Fat (g)** : 3

**Carb - Protein - Fat % Ratio:** 40-52-8

# MUSCLE RECIPES

## Protein Waffles

### INGREDIENTS

3 egg whites

1/4 cup oat flour

2 scoop vanilla Protein powder

(assumes roughly 4g carbs, 45 g protein, 2 g fat)

1 tbsp applesauce

1 packet artificial sweetner

Dash of cinnamon

### DIRECTIONS

Whisk all ingredients in a bowl. Spoon batter into a preheated waffle iron (Add some nonstick cooking spray).Cook until golden brown and serve with sugar free syrup or free cut strawberries.

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** : 235

**Protein (g)** : 35

**Carbohydrates (g)** : 8

**Fat (g)** :3

# MUSCLE RECIPES

## Chicken Kabob (2 Servings)

### INGREDIENTS

6 oz boneless raw chicken breast, broilers or fryers  
4 cups Sweet raw, red pepper  
3 cups broccoli flower raw  
6 cups raw mushroom, sliced  
2 tbsp vinegar, apple cider  
4 cups red, ripe raw tomato  
5 tsp olive oil  
1 tsp ground basil  
1 1/2 cup canned chicken broth condensed  
1 tsp organo ground  
2 garlic cloves

### DIRECTIONS

Combine oil, broth, vinegar, basil, oregano, and garlic in baking dish to create a marinade. Prepare eight skewer kabobs, on each skewer place chicken, bell pepper, broccoli, mushroom, and tomato repeating the process until all the ingredients have been placed on each skewer. Place skewers in marinade and brush to cover. Tightly seal with foil and bake in preheated 350 degree oven for 20 minutes, remove foil and continue baking 10-15 more minutes. Place on 2 dinner plates and serve.

If you have a rotisserie oven available, even better!!

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** : 500

**Protein (g)** : 43

**Carbohydrates (g)** : 54

**Fat (g)** : 17

**Carb - Protein - Fat % Ratio:** 40-32-28

# MUSCLE RECIPES

## Chicken And Spinach (2 Servings)

### INGREDIENTS

6 oz boneless raw chicken breast, broilers or fryers  
1 cup raw spinach  
3 cups raw onion, sliced  
1 cup raw shallot  
4 tsp extra virgin olive oil  
2 garlic cloves  
1 dash black ground pepper  
1 tsp ground nutmeg  
4 sprigs raw parsley

### DIRECTIONS

In non stick saute pan cook spinach, onion, garlic, in 2 tsp of oil until tender. Just before the vegetables are finished add pepper and nutmeg. Remove from heat and set aside. In another pan cook diced chicken in 2 tsp oil until lightly browned. Add spinach mixture to chicken and heat through. Simmer entire mixture for 3-5 minutes. Place on 2 dinner plates and garnish with fresh parsley.

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** : 310.5

**Protein (g)** : 24.5

**Carbohydrates (g)** : 30.5

**Fat (g)** : 11

**Carb - Protein - Fat % Ratio:** 38-31-31

# MUSCLE RECIPES

## Cheesy Scrambled Eggs

### INGREDIENTS

4 tbsp 4% (borden) cottage cheese  
150 grams cucumber w/peel raw  
4 large egg whites  
2 whole eggs  
1/8 cup of 2% natural reduced fat mozzarella cheese, shredded.  
30 grams raw mushroom  
15 grams black olives  
10 grams onion, scallions  
1/2 tsp pepper , red or cayenne  
1 cup raw spinach

### DIRECTIONS

Blend or beat 4 egg whites with 2 whole eggs. Add cottage cheese, salt, red papper. (I like to blend the two together, Thunderstick is good for this) I use Pam in a non stick pan (butter if you prefer). Preheat the pan, pour in the eggs, when the eggs start to cook, add chopped olives, onions, and mushrooms. Cook the eggs how you like scrambled eggs. Just before you remove the eggs, melt in the mozzarella cheese. I eat the eggs on a bed of baby spinach and sliced cucumbers.

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** : 356

**Protein (g)** : 38

**Carbohydrates (g)** : 12

**Fat (g)** : 16.5

**Carb - Protein - Fat % Ratio:** 14-44-43

# MUSCLE RECIPES

## Breakfast Zucchini Pie (2 Servings)

### INGREDIENTS

6 large egg whites  
3 small onions raw  
1 1/2 tsp extra virgin olive oil  
1 dash ground black pepper  
1 tsp ground turmeric  
1 tbsp raw parsley  
5 cusp chopped zucchini w/skin raw  
2 cloves raw garlic  
2 tbsp fresh basil  
1 tsp ground oregano  
2 oz low moisture mozzarella cheese, part skim

### DIRECTIONS

In medium non stick skillet saute pan cook all vegetables and spices except turmeric in 1/2 tsp olive oil until tender. In mixing bowl, whip all eggs and turmeric. In second saute pan heat 1 tsp olive oil, add 1/2 egg mixture and cook until omelet is formed. Repeat until 2 omelettes are made. Place 1 omelette on plate and fill with 1/2 of the vegetable mixture. Repeat for 2nd omelette. Sprinkle with cheese and serve hot.

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** : 390

**Protein (g)** : 32

**Carbohydrates (g)** : 37.5

**Fat (g)** : 14.50

**Carb - Protein - Fat % Ratio:** 37-31-32

# MUSCLE RECIPES

## Beef Chop Suey (2 Servings)

### INGREDIENTS

6 large egg whites  
7 oz beef eye , fat trimmed.  
3 cups Danish raw cabbage  
2.5 stripes raw celery  
2 cusp raw mushroom, sliced or pieces  
1.5 cups mature soybean  
2 cusp water chestnut , chinese canned  
1.5 cups chopped raw onion  
2 tsp olive oil  
2 tbsp apple cider vinegar  
1 tbsp soy sauce  
1/2 cup broth bouillin canned, ready to serve , beef.

### DIRECTIONS

In non stick pan, place 1 tsp olive oil and beef. Cook until beef is done. In another pan while beef is cooking add 2 tsp olive oil, cabbage, celery, mushrooms, sprouts, water chestnuts, vinegar and onion. Cook until entire mixture is hot, then add soy sauce, beef stock and cooked beef. Cook for 5-10 minutes to blend flavors. Place equal amounts on two plates and serve hot

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** : 471.5

**Protein (g)** : 37

**Carbohydrates (g)** : 50

**Fat (g)** : 17.6

**Carb - Protein - Fat % Ratio:** 40-29-31

# MUSCLE RECIPES

## Whole Oat Flax Loaf (12 Servings)

### INGREDIENTS

1 3/4 cups Water 1 3/4 cup  
1 tbsp Bakers Yeast  
1 tbsp raw honey  
2 tsp sea salt  
2 tbsp milk, non fat, dry - regular  
2 tbsp Udos choice  
4 cups whole oat flour  
1/4 cup flax seed fresh ground

### DIRECTIONS

Dissolve yeast in warm water, Add honey, salt, milk powder, oil and 2 cups whole oat flour. Stir well. Add ground flax seed and remaining flour. Knead on lightly floured surface until smooth and elastic. Shape and put in oiled loaf pan. Let rise until doubled in bulk. Bake at 350F for 45 to 50 minutes until done.

Alternatively, if you have a bread machine, use bread machine yeast and just follow the general bread making instructions for your machine. With mine you just mix the ingredients as instructed in the machine, allow to allow to rise and then let the machine do the rest.

This is an excellent bread to use for dipping oils. I use equal parts extra virgin olive, flax oil and garlic and herb spices. This is fantastic with the bread fresh from the oven (or machine).

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** :173

**Protein (g)** :6.5

**Carbohydrates (g)** : 24

**Fat (g)** : 6

**Carb - Protein - Fat % Ratio:** 55-15-30

# MUSCLE RECIPES

## Home Made MRP

### INGREDIENTS

2 scoops VPX Micellean Protein or Snytrax Isomatrix or equivalent casein/whey blend

50 grams of quaker rolled oats

1/2 tbsp Udo's choice oil or flax seed oil (7grams)

### DIRECTIONS

Simply add all the ingredients to blender and blend thoroughly for around 30 seconds. This home made MRP, is superior to the maltodextrin filled off the shelf MRP's and has the distinct advantage of being highly adjustable depending on your current diet and/or macronutrient requirements. The addition of a banana adds additional carbs and texture if required. The protein sources used are whey/micellar casein blends which offer a slow and fast acting protein ideal for general day to day use.

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** :437

**Protein (g)** :45

**Carbohydrates (g)** : 35

**Fat (g)** : 12

# MUSCLE RECIPES

## Beef and Bean Stew (2 Servings)

### INGREDIENTS

1 1/2 cup raw onion  
3 tsp extra virgin olive oil  
1/2 tsp red or cayenne pepper  
1 cup canned kidney beans  
6 oz round eye beef, roasted, trimmed to 0" fat  
1 cup beef canned boullion broth  
1/2 cup canned tomato puree  
1 cup ready to server pace picante salsa  
1 tsp chilli powder  
1 tsp ground basil  
1/2 curry powder  
1 tsp ground oregano

### DIRECTIONS

In sauce pan cook beans and onion in 2 tsp of oil until tender, then add tomato puree, sauce beef broth, spices and salsa. Continue to cook vegetable mixture under medium heat until hot. While the vegetables are cooking, in non stick pan add remaining oil and stir fry beef until cooked. Add beef to vegetables and simmer for 5 minutes. Place equal amounts on 2 plates and serve.

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** :422

**Protein (g)** :37

**Carbohydrates (g)** :43

**Fat (g)** : 13

**Carb - Protein - Fat % Ratio:** 39-34-27

# MUSCLE RECIPES

## Chocolate Brownies (20 Servings)

### INGREDIENTS

EGG WHITE, CHICKEN, RAW - fresh 2 large

HONEY - honey 1/2 cup

IsoPure Chocolate 1.5 carb 200 grams

MILK, COW'S, NONFAT (SKIM) - fluid w/o added Vit-A 1/2 cup

Natural Peanut Butter (Smucker's) - Creamy 1 cup

Oatmeal, Old Fashioned - 100% Whole Grain 2 Cups



### DIRECTIONS

We used IsoPure here mostly because I had some. Sub with your favorite chocolate protein powder and adjust the number accordingly. Mix the pb and honey in a bowl, microwave on full for 100 secs. Add the rest and mix together. This is tough to mix and it takes time. If you don't have the tools you may want to cut the oatmeal a bit to make it easier to work. Preheat oven to 320 deg. Smooth into 13x9 tray bake for 20 minutes. Oven times may vary, use the toothpick test. Cut into 20 equal bars and wrap and store in fridge. These portions are what we did for portion control but can be modified however.

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** :170

**Protein (g)** :12

**Carbohydrates (g)** :15

**Fat (g)** : 7

**Carb - Protein - Fat % Ratio:** 36-28-37

## MUSCLE RECIPES

# Spicy French 'Un' Fries (4 Servings)

### INGREDIENTS

- 1 1/2 cup raw onion
- 2 large potatoes approx 4" diameter
- 2 servings mazola, cooking oil spray
- 1/2 tsp fresh ground chili pepper (laurel leaf)
- 1 tsp garlic salt(lawry's)

### DIRECTIONS

Cut potatoes lengthwise (like French Fries). Preheat oven at 375 degrees. Combine garlic salt and red chili pepper (adjusting amounts to suit your taste). Arrange the potato strips in a single layer in a glass baking dish. Coat the potatoes with the vegetable oil spray. Flip them over and spray the other side. Sprinkle with garlic salt and red pepper seasoning. Bake at 375 degrees for one hour.

Note: A serving of the spay oil is a 2.5 second spray.

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** :53

**Protein (g)** 4

**Carbohydrates (g)** :10

**Fat (g)** : 1.5

**Carb - Protein - Fat % Ratio:** 67-25-8

# MUSCLE RECIPES

## Spicy Beef Chilli (4 Servings)

### INGREDIENTS

822 grams Stewed cajun tomatoes  
1 cup tomato sauce (hunts)  
4 oz old el paso green chilies chopped  
1 raw onion, medium size  
24 oz pre cooked extra lean 4% fat ground beef  
60 grams chili seasoning (lawry's)  
1/4 tsp cumin seed  
1/4 tsp ground cayenne pepper  
1/4 tsp garlic powder

### DIRECTIONS

1. In large sauce pan combine all ingredients.
2. Simmer for 30 minutes
3. Remove from heat and serve hot with shredded cheese.

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** :343

**Protein (g)** 40.5

**Carbohydrates (g)** :32.5

**Fat (g)** : 37.5

**Carb - Protein - Fat % Ratio:** 21-26-54

# MUSCLE RECIPES

## Potatoe Salmon with Cucumber

### INGREDIENTS

32 oz atlantic wild raw salmon  
1/4 cup raw lemon juice  
1 large 7-8" raw carrot  
1 tsp bay leaf crumbled  
1/2 medium peeled raw cucumber  
8 oz no fat 'real dairy' 2 tbsp  
1/2 small raw onion  
1 medium 2.5" roughly onion

### DIRECTIONS

Added ingredients: 2 cloves and 1 black peppercorn. Arrange the salmon steaks in a large skillet. Pour the lemon juice over the salmon. Fill the skillet with 1 inch of water. Add sliced carrot, thinly sliced onion, cloves, bay leaf and peppercorn. Bring to a boil, then reduce heat and cover. Simmer gently for 20 minutes, or until fish flakes easily with fork. Remove fish to warm platter, and serve with carrots on side as garnish. Mix peeled, chopped cucumber, 1/2 chopped onion and sour cream together and serve as a sauce.

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** :343

**Protein (g)** 26

**Carbohydrates (g)** :5.5

**Fat (g)** : 7.5

**Carb - Protein - Fat % Ratio:** 12-54-34

# MUSCLE RECIPES

## Turkey Meatloaf (6 Slices)

### INGREDIENTS

4 eggwhites large  
1/2 tsp garlic powder  
1/2 cup ketchup, unsweetened  
4 oz quaker oatmeal  
1 cup boiled unsalted onion  
2 dash ground black pepper  
8 oz medium tomatillo salsa  
1 lb ground raw turkey  
1 cup a soup - vegetable soup, spring mix

### DIRECTIONS

Mix all ingredients except ketchup until well blended. Place in meatloaf pan and cover the top of the meatloaf with ketchup. Bake in a preheated oven at 350 degrees for 1-1/2 hours.

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** :164

**Protein (g)** 16.5

**Carbohydrates (g)** :9

**Fat (g)** : 7

**Carb - Protein - Fat % Ratio:** 22-41-37

# MUSCLE RECIPES

## Vegetarian Chili (4 Servings)

### INGREDIENTS

4 egg whites large  
16 oz tofu, burger mix  
1 cup chopped onion  
1 cup chopped green pepper, sweet (bell)  
1/2 cup slices carrot  
3 cloves garlic  
16 oz crushed tomato canned  
16 oz tomato sauce  
16 oz canned kidney beans  
2 tbsp chili powder  
3/4 cumin seed  
1/4 tsp cayenne pepper

### DIRECTIONS

Use 1 package vegetarian burger mix (enough to make four burgers) Cook the four burgers according to package directions. Chop onions, green peppers and garlic. Combine the rest of the ingredients in a large pot. Crumble the burgers with your fingers and add to chili sauce. Simmer for 30 minutes

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** :360

**Protein (g)** 30

**Carbohydrates (g)** :62

**Fat (g)** : 3

**Carb - Protein - Fat % Ratio:** 63-30-7

# MUSCLE RECIPES

## Tuna & Cheese Melts

### INGREDIENTS

6 ounce can of tuna

1 egg white (stirred beaten)

2 tablespoons of oatmeal (USA tablespoons, UK you need 4 TS)

2 TS of diced onion

1/4 teaspoon of garlic powder

2 tsp of mozzarella

Some salt and pepper

### DIRECTIONS

Throw all the ingredients (except the mozzarella) into a bowl. Heat the pan, spray with non stick spray (you can use olive oil if you want). Make 2 patties by just dumping half the mixture into each pile and sort of shape it much as you want to. Cook one side until brown (not long) then turn , when the second side is nearly done, sprinkle cheese over it. (I have used plain old cheddar cheese instead of Mozeralla and it still works fine, but Mozeralla seems better. Place under grill for about 1 minute tops to melt the cheese. You can then serve with your choice of carbs, potatoes, oven chips/fries etc or a just a good salad

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** :145

**Protein (g)** 25.5

**Carbohydrates (g)** :4.5

**Fat (g)** : 2

# MUSCLE RECIPES

## Strawberry & Banana Oatmeal

### INGREDIENTS

1/2 cup steel-cut oats  
1/3 cup oat bran  
3/4 cup frozen or fresh strawberries  
1 medium banana, sliced  
1.5 scoops strawberry or vanilla whey protein powder  
Water, as directed  
¼ teaspoon salt  
Dash of cinnamon (big dash)

### DIRECTIONS

In the evening, prepare the oats in the same manner as the Blueberry Oatmeal recipe. Again in the morning, bring the oats to a simmer and add the banana, salt, cinnamon, and oat bran. Keep stirring and simmer until you have the desired consistency (10 minutes or so), remove from heat, and stir-in the strawberries and protein powder.

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** :696

**Protein (g)** 50

**Carbohydrates (g)** 115

**Fat (g)** : 11

## MUSCLE RECIPES

# Home Made Chocolate Protein Bars (Serves 8)

### INGREDIENTS

200 g Oats  
30 g Whey Powder (use chocolate flavour)  
2 Table Spoons Natural Peanut butter (any brand)  
3 Egg Whites  
2 150 g Bananas (or average size)  
1 Table Spoon Honey (Natural version if possible)  
100 ml Skim Milk  
1 tsp cinnamon

### DIRECTIONS

Preheat your Oven for 5 minutes at 180 C

Mix the oats, the whey and the cinnamon.

Add the Peanut Butter and stir in thoroughly

Add your three egg whites, your mashed up banana and the honey and again, stir in really well whilst slowly add the 100ml of skimmed milk.

Once fully stirred, spoon the mixture into a greased lined cake tin and smooth with knife until nice and level.

Place in oven for 15 minutes at 180c.

Remove from oven and allow to cool slightly, (beware this is very hot and sticky) then cut into 8 bars.

### NUTRITIONAL INFORMATION (PER SERVING)

**Calories** :147

**Protein (g)** 9.5

**Carbohydrates (g)** :21.3

**Fat (g)** : 3.4

**MUSCLE RECIPES**

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## **INGREDIENTS**

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