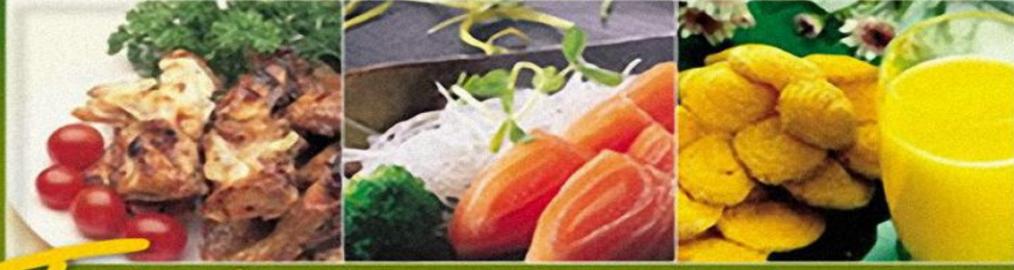
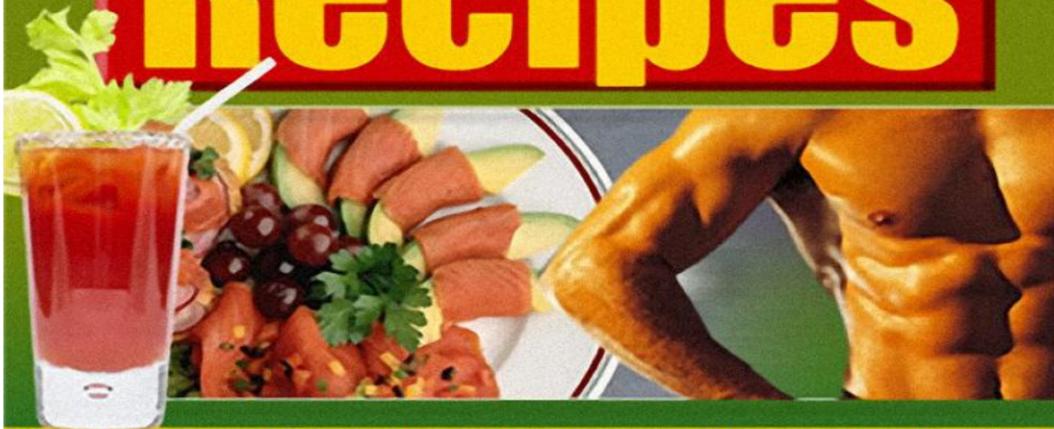


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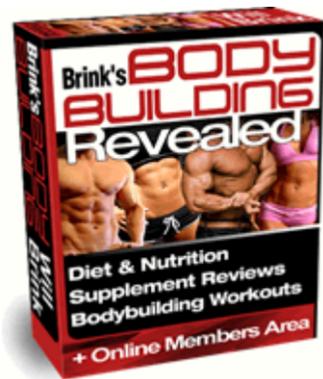
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Recipes

Ground Turkey Omelette
Indonesian Chicken
Chocolate and Banana Protein Bars
Asian Tuna Salad
Protein-Fortified Rice
Curried Chicken
Spicy Turkey Chili
Protein Waffles
Chicken Kabobs
Chicken and Spinach
Cheesy Scrambled Eggs
Breakfast Zucchini Pie
Beef Chop Suey
Whole Oat Flax Loaf
Homemade MRP
Beef and Bean Stew
Chocolate Brownies
Spicy French ‘Un-Fries’
Spicy Beef Chili
Poached Salmon with Cucumber
Turkey Meat Loaf
Vegetarian Chili
Tuna & Cheese Melts
Strawberry and Banana Oatmeal
Homemade Chocolate Protein Bars

Abbreviations & Units

Several common abbreviations are used in the recipes to for different measurements. These are:

Abbreviation:	Definition:
c.	cup
tbsp.	tablespoon (US)
tsp.	teaspoon
oz.	ounce
g	gram
lbs.	pound

The units are standard US measurements. The following table can be used to convert these to metric units:

Unit:	Conversion:
1 cup	~ 240 ml (236.6)
1 tablespoon (US)	~ 15 ml (14.8)
1 teaspoon (US)	~ 5 ml (4.9 ml)
1 ounce	28.3 grams
1 pound	453.6 grams

Ground Turkey Omelette

Serves 2

Ingredients

8 large, fresh egg whites
2 large whole eggs
2 small, raw onions, diced
3 oz. ground, raw turkey
1 1/2 cups canned kidney beans, drained (any type)
1 c. chopped green bell peppers
1 c. chopped red bell peppers
1 c. raw mushrooms, sliced
3 tbsp. extra virgin olive oil
1 dash ground black pepper.
1 tsp. hot pepper sauce.
1 tsp. ground turmeric
3 cloves raw garlic, minced
1 tsp. worcestershire sauce

Directions

Saute' turkey, vegetables and spices - except turmeric - in a non- stick skillet w/1 tsp olive oil until tender. In mixing bowl, whip the eggs, egg whites and turmeric together. Pre-heat 2 tsp olive oil in a second skillet, then add 1/4 egg mixture and cook until omelet is formed. Repeat to make 4 omelettes. Place 1 omelette on plate, top 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%

The perfect omelettes you're served in restaurants are flipped. Flipping an omelette is a skill that takes some practice to master. If you've never done it before, you may have a mess on your hands. A simpler solution is to use a rubber spatula to gently lift up the layer of cooked eggs, and let the uncooked, liquid portion slide underneath. Hold the pan underneath the broiler for a few moments to completely set the top.

Indonesian Chicken

Serves 2

Ingredients

8 oz. boneless raw chicken breast, broilers or fryers
1 c. chopped raw onion
1/2 c. raw jalapeno peppers, thinly sliced
5 c. raw cabbage, shredded
2 c. raw red bell pepper, sliced
2 c. lowfat (1%) milk
4 tsp. cornstarch
5 tsp. extra virgin olive oil
6 cloves raw garlic, minced
2 tsp. peeled, raw ginger root, chopped fine
1 tsp. ground turmeric
1 tsp. dried coriander (cilantro, Chinese parsley)
1 tsp. curry powder

Directions

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

Nutritional Information

Calories (Per Serving): 476

Protein (g): 39.5

Carbohydrates (g): 45

Fat (g): 16.5

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

Jalapeno peppers get their heat from capsaicin and related compounds. The heat from hot peppers is measured in “Scoville Units” - fiery Jalapenos can rate up to 10,000 SU! Fortunately, most of the heat is concentrated in the seeds - so you can control the heat level by removing the seeds, or limiting how many are added to the dish. Exercise caution when cutting/seeding Jalapenos - wash your hands thoroughly after handling, and keep your hands away from your eyes!

Chocolate-Banana Protein Bars

8 Bars

Ingredients

2 large, ripe bananas (about 300 g)
1 tsp. ground cinnamon
2 tbsp. unsweetened cocoa powder
3 large raw egg whites
4 oz. nonfat milk
2 1/2 c. (200 g) old-fashioned rolled oats
1/3 c. Splenda
1 tbsp. olive oil
60 g chocolate Designer Whey (or equivalent brand/flavor)

Directions

Mix ingredients in a large bowl. Pour into non-stick cake pan. Bake at 300° F for 25 minutes or until firm. Let cool slightly before cutting. We have made these into 8 small bars, but you could easily make into 4 larger ones, with double the protein (e.g., 23 g protein per bar).

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

Nutritional Information

Calories (Per bar): 190

Protein (g): 11

Carbohydrates (g): 28

Fat (g): 4.6

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

Commercial protein bars are often made with cheap protein blends, such as soy and hydrolyzed collagen. Many are low in fiber and need to be fortified in order to offer any vitamins and minerals at all. Making your own is easy, and is considerably less expensive than what you can buy in a store.

Bars like these make excellent snacks and can also be used as a part of a quick meal on-the-go.

Asian Tuna Salad

Serves 2

Ingredients

1 12 oz. can of light tuna in water
3 green onions
1 large or 2 small celery ribs
5 whole water chestnuts
1 oz. whole raw almonds (about 24)
1 tbsp. extra-virgin olive oil
2 tbsp. rice vinegar
2 tbsp. soy sauce
5 - 6 drops sesame oil
1/2 tsp. sugar

Directions

Drain tuna and flake into bowl to break up chunks. Put almonds into a skillet, and toast over low heat until lightly browned and fragrant. Finely chop green onions and celery and add to tuna. Coarsely chop water chestnuts and almonds and add to mixture. Drizzle tuna mixture with olive oil and toss. Add soy sauce, rice vinegar, sesame oil and sugar. Mix salad thoroughly and chill.

Nutritional Information

Calories (Per Serving): 323

Protein (g): 52.2

Carbohydrates (g): 6.5

Fat (g): 14

Carb - Protein - Fat % Ratio: 7% - 58% - 35%

Making food ahead of time can take the sting out of preparing and eating 6 meals a day. Cold salads made from leftover meat, poultry or fish work especially well for meals that need to be eaten away from home: just scoop into a container, toss into a cooler with some “blue Ice” packs, along with some pre-cut veggies, whole grain crisp-breads, etc., and you’re good to go.

This tuna salad has a complex blend of flavors and a nutty crunch. It’s great in lettuce wraps, and takes only a few minutes to toss together.

Protein-Fortified Rice

Serves 2

Ingredients

1/2 c. (50 g) raw broccoli, chopped or diced
 1 small stalk (25 g) of raw celery, diced
 6 egg whites
 1 c. (100 g) sliced raw mushrooms
 1/4 c. long-grain, raw, brown rice
 1/3 c. water or broth
 1/4 c. pace chunky salsa
 2 tbsp. lite soy sauce
 1 c. raw spinach
 1/3 c. (50 g) grams raw onion, chopped
 salt to taste

Directions

Lightly steam the broccoli to a crisp-tender texture. 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 water/broth, soy sauce and rice and simmer until liquid 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 salsa.

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

Nutritional Information

Calories (Per Serving): 380

Protein (g): 33.1

Carbohydrates (g): 54

Fat (g): 1.8

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

“Vegetarian bodybuilder” is an oxymoron to some - although some vegetarians have been able to attain impressive physiques. One of the best-known vegetarian bodybuilder was 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.

Curried Chicken

Serves 2

Ingredients

5 oz. boneless raw chicken breast, diced
1/4 c. canned chicken broth, condensed
4 tsp. cornstarch
5 c. raw mushrooms, sliced/pieces
4 tsp. extra-virgin olive oil
2 c. red bell pepper, chopped (large pieces)
2 c. snow pea pods
1 c. plain, lowfat yogurt (12 g protein per 8 oz. serving)
2 tsp. curry powder.

Directions

Put 2 tsp. oil and diced chicken in a non-stick saute pan. Cook chicken until browned and done, then add chicken broth, yogurt, curry powder, and cornstarch, stirring constantly. Heat until thick sauce forms, then simmer for 5 minutes. While chicken is cooking, put 2 tsp oil, mushrooms, bell pepper, and snow peas into a second skillet. Cook until vegetables are tender. Place an equal amount of vegetable on 2 plates and top with equal amounts of chicken mixture. Serve.

Nutritional Information

Calories (Per Serving): 373

Protein (g): 32

Carbohydrates (g): 35

Fat (g): 13

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

Ready-to-cook, boneless, skinless chicken breasts are a mainstay of muscle-building diets as they're low in fat, high in protein, and simple to prepare. Chicken is also extremely versatile, and can be prepared in a variety of ways without being boring.

Spicy Turkey Chili

Serves 4

Ingredients

6 oz. boneless raw chicken breast, cubed
3.5 cups turkey breast (Honeysuckle White), cubed
2 14.5 oz. cans (822 g) cajun-style stewed tomatoes
16 oz. tomato sauce
4 oz. Old El Paso green chilies, chopped
1 medium raw onion, approx. 2 1/2" diameter, chopped
1 1/2 tbsp. McCormick/shilling chili seasoning
salt to taste

Directions

Combine all ingredients in a large sauce pan. Simmer for 30 - 60 minutes. Remove from heat and serve hot with shredded cheese.

Nutritional Information

Calories (Per Serving): 319

Protein (g): 43

Carbohydrates (g): 33

Fat (g): 3

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

Chili is a perennial favorite, and whole cookbooks are devoted to the topic. Some versions are extremely complex and can take hours to cook properly. But it also lends itself to quick versions like this one.

Chili can also be assembled and cooked in a crock pot. Put it on in the morning, and it's ready for dinner when you walk in the door after work.

Protein Waffles

Serves 2

Ingredients

3 egg whites
1/4 c. oat flour
2 scoops vanilla whey protein powder
(assumes roughly 4g carbs, 45 g protein, 2 g fat)
1 tbsp. applesauce
1 packet artificial sweetener
dash of cinnamon

Directions

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

Nutritional Information

Calories (Per Serving): 199

Protein (g): 35

Carbohydrates (g): 8

Fat (g): 3

Carb - Protein - Fat % Ratio: 16% - 70% - 14%

Making oat flour is as simple as a container of old-fashioned rolled oats and a blender. Whole oat flour is an effective substitute for wheat flour in a variety of recipes: waffles, pancakes, muffins, etc.

Oats are a source of beta-glucan: a soluble fiber that has been shown to help reduce cholesterol levels. As such, oatmeal/oat bran are among the few foods that the FDA allows health claims for on product labels.

Chicken Kabobs

Serves 2

Ingredients

6 oz. boneless raw chicken breast, cut into chunks
4 c. raw, red bell pepper, cut into large pieces
3 c. raw broccoli florets
6 c. raw mushrooms, whole
2 tbsp. apple cider vinegar
4 c. tomatoes, cut into pieces
5 tsp. olive oil
1 tsp. ground basil
1 1/2 c. chicken broth, condensed
1 tsp. ground oregano
2 cloves of garlic, peeled and finely chopped

Directions

Combine oil, chicken 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.

Nutritional Information

Calories (Per Serving): 500

Protein (g): 43

Carbohydrates (g): 54

Fat (g): 17

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

Kabobs are one of those flexible recipes where substitutions and variations can easily be made. For example, you can substitute lean beef, firm fish like salmon, pork tenderloin, - even tofu. You can use different vegetables, different marinades, or cook them under the broiler or on an outdoor barbecue grill. Use your imagination to create endless variations on the theme.

Chicken and Spinach

Serves 2

Ingredients

6 oz. boneless raw chicken breast, diced
1 c. raw spinach
3 c. raw onion, sliced
1 c. raw shallot
4 tsp. extra virgin olive oil
2 cloves garlic
1 dash ground black pepper
1 tsp. ground nutmeg
4 sprigs raw parsley
salt to taste

Directions

Put spinach, onion and garlic in a non-stick skillet with 2 tsp of oil and cook 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

Calories (Per Serving): 311

Protein (g): 24.5

Carbohydrates (g): 30.5

Fat (g): 11

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

Spinach is rightfully known as a “superfood” - calorie for calorie, it’s one of the most nutrient dense foods there is. It provides substantial amounts of vitamin K, pro-vitamin A (beta-carotene), manganese, folate, magnesium, vitamin C, iron, and potassium. Spinach is also a good source of lutein, along with a carotenoid called neoxanthin, which has anti-cancer activity.

Cheesy Scrambled Eggs

Serves 2

Ingredients

1/4 c. 4% cottage cheese
4 large egg whites
2 whole eggs
1/8 c. 2% natural reduced fat mozzarella cheese, shredded.
1/2 c. (30 g) raw mushrooms, sliced
1/2 oz. (15 g) black olives, sliced
1 scallion (10 g), chopped
1/2 tsp. pepper, red or cayenne
salt to taste
1 c. raw spinach
1/2 of a raw cucumber (150 g) w/peel, sliced

Directions

Blend or beat the egg whites and whole eggs together. Add cottage cheese, salt, red/black pepper. Use a cooking spray like Pam in a non-stick pan to cook the eggs. Preheat the pan, pour in the eggs. When the eggs start to cook, add chopped olives, scallions, and mushrooms. 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

Calories (Per Serving): 356

Protein (g): 38

Carbohydrates (g): 12

Fat (g): 16.5

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

Eggs are considered one of nature's most perfect foods, and they've been used as the standard for evaluating the protein quality from other food sources. Although eggs have gotten a bad rap for their cholesterol content, data has shown that dietary cholesterol has less impact on serum cholesterol than was previously supposed. Most people who eat eggs on a regular basis find they don't increase their cholesterol levels.

Breakfast Zucchini Pie

Serves 2

Ingredients

6 large egg whites
3 small raw onions, chopped
1 1/2 tsp. extra virgin olive oil
1 dash ground black pepper
1 tsp. ground turmeric
1 tbsp. raw parsley, chopped
5 c. raw zucchini, chopped or coarsely shredded
2 cloves raw garlic, minced
2 tbsp. fresh basil, finely chopped
1 tsp. ground oregano
2 oz. part-skim mozzarella cheese, shredded

Directions

Add 1/2 tsp. olive oil to a medium non-stick skillet and cook all vegetables and spices except turmeric until tender. In mixing bowl, whip all eggs and turmeric. In a second skillet, 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

Calories (Per Serving): 390

Protein (g): 32

Carbohydrates (g): 37.5

Fat (g): 14.5

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

Egg whites are a good source of practically fat-free protein and can be used as a substitute for whole eggs in a number of different recipes. Liquid egg whites are also available, and are more convenient than separating the whites from whole eggs. Egg substitutes such as “Egg Beaters” can also be used - they’re 98% egg whites, with some added color and thickeners to resemble whole eggs.

Beef Chop Suey

Serves 2

Ingredients

7 oz. beef eye of round, fat trimmed and thinly sliced
3 c. raw danish cabbage, coarsely shredded
2 large stalks raw celery
2 c. raw mushroom, sliced or pieces
1 1/2 c. soybean sprouts
2 c. canned water chestnuts, sliced
1 1/2 c. raw onion, chopped
2 tsp. olive oil
2 tbsp. apple cider vinegar
1 tbsp. soy sauce
1/2 c. canned beef broth

Directions

Place 1 tsp. olive oil and beef in a non-stick pan and cook until beef is done. While the beef is cooking, add 1 tsp olive oil to another pan and add 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.

Nutritional Information

Calories (Per Serving): 472

Protein (g): 37

Carbohydrates (g): 50

Fat (g): 17.6

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

Stir-frys make quick, convenient one-dish meals. This is another very flexible dish, that can make use of different combinations of meat, fish, poultry, vegetables and nuts/seeds. A stir fry combo can be turned into a “rice bowl” entree by the addition of some cooked/steamed brown rice.

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