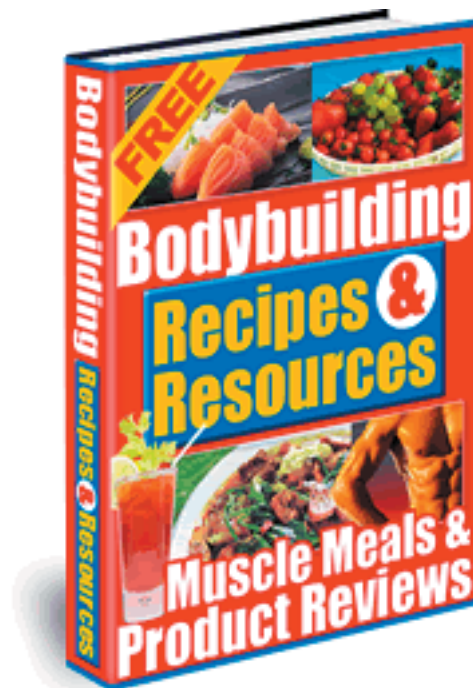


Bodybuilding Recipes And Resources

www.bodybuildingrecipes.com



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Part I

Bodybuilding Resources

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One

E-BOOKS

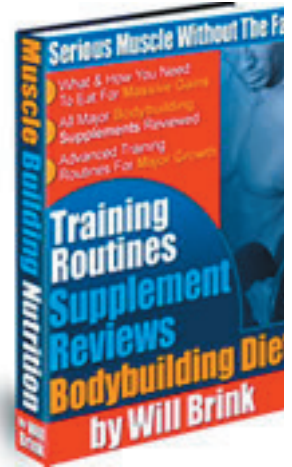
E-Books Muscle Building Nutrition

by William D. Brink

QUICK INFO

The title of this ebook is a little misleading as although it contains all you need to know about his bodybuilding diet, it also contains reviews on all the major bodybuilding supplements available today including creatine, prohormones, whey , casein etc. It also contains a chapter by training guru type Charles Poliquin.

So, Muscle Building Nutrition is more than just nutrition but a sort of **'all in one' guide to bodybuilding.**



OTHER BENEFITS

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.

It also comes with access to a **private members zone** area, with exclusive 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 prints out your daily calories, protein, fats and carbs etc.

Well worth a look at the website....

PRODUCT DETAILS

Website: Muscle Building Nutrition

Authors Website: www.brinkzone.com

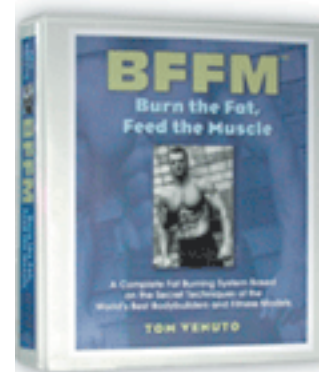
E-Books **Burn The Fat, Feed The Muscle**

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 9% 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

E-Books

The Chris Report : 1 Year on Steroids with Chris Hart

by *Mick Hart*

QUICK INFO

This report is quite amazing and testament to the faith that Mick Hart (author of the Layman's Guides to steroids) has in his knowledge of safe and effective steroid use. The Chris Report is the complete step by step diary of his own son's (Chris) one year on anabolic steroids preparing for his first bodybuilding show.

You should take a look yourself to see the end results... he went from virtually "zero" to British Championship qualifier in just under 12 months, an incredible feat...

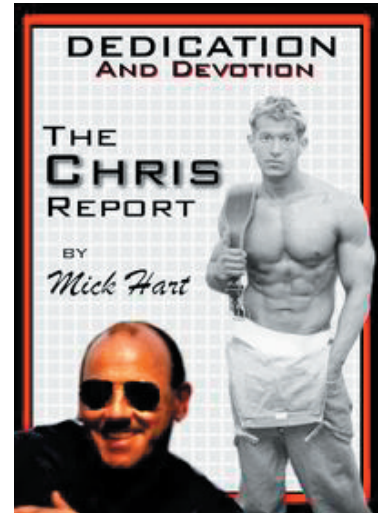
more so when you consider that most people who use steroids would consider the amounts Chris used to be way to low to achieve anything serious.

This report is very much in the Mick Hart vein of using steroids only as the "icing on the cake" in a training routine, and his insistence on safety and getting the maximum results from the smallest dosages enabled his son to produce a remarkable physique, with no side effects, in less than 1 year.

The report cover's exactly what Chris ate, which supplements he took, which steroids he used (including all stacking and dosages etc.), plus the exact training routines he followed... and the success of the plan is fully documented by Chris's photos and competition results.

WEBSITE

www.mickhart.com



Chris Hart
After 1 Year On Roids

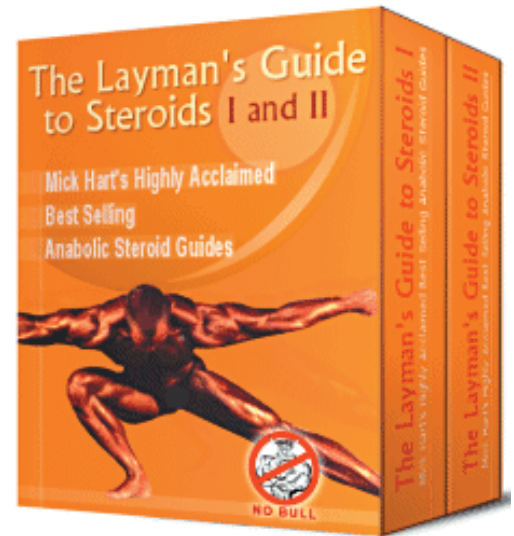
E-Books

The Laymans Guide To Anabolic Steroids

by Mick Hart

QUICK INFO

These are real world best selling steroid books that are now available online as ebooks, written by the UK's leading bodybuilding and steroid coach - the very straight talking Mick Hart. The incredible popularity of these ebooks has provoked plenty of recent media coverage including recent issues of Men's Health and even the UK's highly regarded "Guardian" newspaper.



Mick Hart is one of the very few coaches globally who is completely open and honest about the widespread use of steroids in not only bodybuilding but sports in general, and in these "Layman's Guides" he explains what can be a very complicated subject in simple terms that anyone can understand, as well as offering clear advice on correct use; always with safety as the main focus.

Mick's claim is that these guides will "teach you how to use anabolic steroids safely and effectively and achieve maximum gains in the shortest possible time"... exactly what anyone who trains using steroids want!

If you have any interest in steroid use at all then without question the "Layman's Guides" are a good place to start.

WEBSITE

www.mickhart.com

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Two

Supplements

QUICK INFO

Bodybuilding.com is the biggest bodybuilding website on the net, it's that simple, they have a huge audience and that shows in their sales of supplements. According to the top brass over there, they have shipped in excess of half



a million separate orders for supplements today. That's a lot of supplements, and the upside of that to you is that with that buying power their prices are low.

They probably have the lowest prices online as far as big sites go. There are smaller online supplement resellers out there selling at lower prices and they may well be reputable, but as this free ebook is only recommending the tried and tested resources whether they be ebooks, supplement resellers or whatever we are sticking to companies that have the infrastructure to do good business and a reputation they can't afford to lose from lousy service.

This supplement site is equal to Netrition.com in terms of sheer amounts of products sold and perhaps in some items are cheaper, we think Netrition has the edge in ease of finding what you want but there's not much in it. Both are reputable, reliable and offer a huge range at a low price.

Really it's up to you, neither are going to give you a headache and both seem to have similar shipping costs.

Bodybuilding.com does seem to ship abroad more readily however which may be good if you're based in Europe or Canada etc. Many UK people tell us they can buy from these guys cheaper than from the UK and that includes the shipping. Another thumbs up from this monster of a website.

WEBSITE

www.bodybuilding.com

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Subscription sites & Courses

ONLINE SUBSCRIPTIONS / PROGRAMS

Steroid Enclopaedia

QUICK INFO

"SE" is a massive online reference guide for steroid information... a huge website with literally thousands of pages of quality, unbiased anabolic steroid information.

In a Muscle Mag review of online steroid websites "SE" achieved their maximum rating and the following review:

"This is a superb site on the topic of anabolic steroids and their use, with drug profiles, sample cycles, supplier info, articles, forums, a search engine for steroids, and a list of links to great sites. It's a site dedicated to educating those who want to use anabolic steroids to gain a competitive edge and develop their bodies to the fullest. Moral objections aside, imparting information is the best way to prevent mishaps and educate the masses for intelligent anabolic steroids use rather than haphazard abuse. This is a highly educational and responsible vehicle for education, not a cavalier fuck you to the legal system. That's refreshing!"

Such is this sites reputation online that SE was also recently consulted to provided content, reference material and steroid users testimonials for a recent Discovery Channel documentary on Anabolic Steroid use.

Info includes

Trusted anabolic steroids supplier info

Private member's board

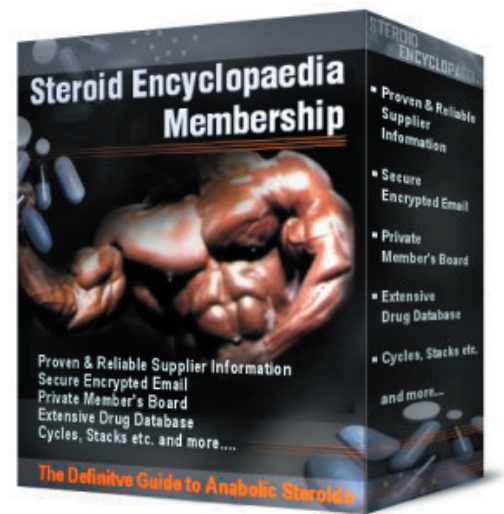
Extensive steroids / drug database

Steroid cycles, stacks etc.

Anabolic steroids pics, profiles & more

WEBSITE

<http://www.steroid-encyclopaedia.com/>



CHAPTER

Six

film

FILM & MEDIA

Ronnie Coleman - The Unbelievable



QUICK INFO

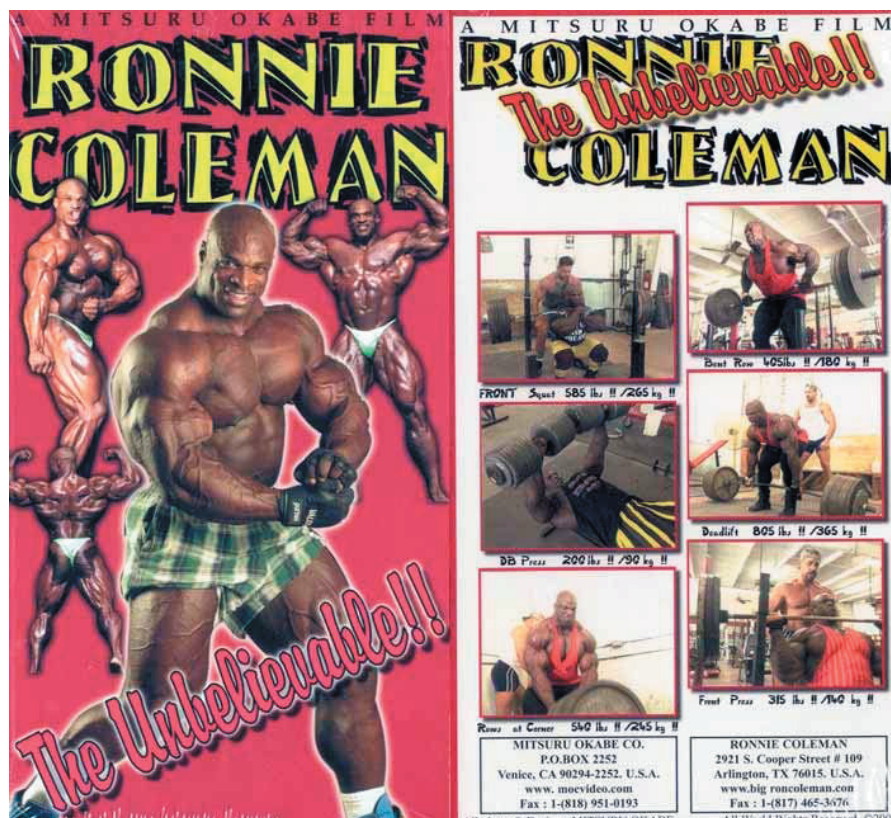
We must have watched 15 or more , so called training DVD's from pro bodybuilders before we finally settled on Ronnie and Dorian Yates' DVD's.

To be perfectly honest some were very poor, some were pretty good, honourable mentions goes to Jay Cutlers but only two DVD's really stood out , and that was Ronnie & Dorians.

The truth is , if insane size, out of this world poundages and mind boggling muscle is your gig, then watching Ronnie workout in four different sessions is the DVD you should consider buying. They simply don't come any bigger or more muscular than Ronnie, when you see this film you realise why he just keeps winning Olympia after Olympia. The truth is, when Ronnie is on form, nobody can touch him, he's really is like something from another planet, the muscle just simply doesn't stop. He has veins in his legs bigger than most people's forearms and the physical poundages he can shift would make powerlifters jealous at times.

You'll see Ronnie train full sessions, watch Ronnie at work in the Police force, watch him eat and talk about his nutrition a little bit and so on. We don't think any of the other pro's videos are quite as good, this is our pick if you had to choose one.

Website: www.ronniecoleman.com



FILM & MEDIA

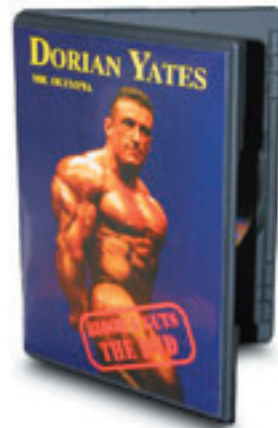
Dorian Yates - Blood & Guts

 MultiRegion

QUICK INFO

90% of the bodybuilding world were Dorian Yates fans and many people already own this gem.

This is Dorian at his best, over 300lbs of Dorian and his Irish training partner going balls to the wall at Yates's temple gym in Birmingham, England.



This is not some 'sweat sprayed on' movie.

This is Yates going through his workouts for real, with serious weights and a determination that's hard to match anywhere in the sport, we don't think anyone trains harder than Yates, his intensity has to be seen to be believed.

We think the Ronnie Coleman video is overall more fun to watch as you see Ronnie out of the gym, but if pure inspiration for training is what you're after, then they simply don't come any better than Yates's Blood & Guts.

Don't expect a load of tips on Diet, and pre contest planning or anything along those lines. This is just 80 minutes or so of Yates showing what made him a 6 time Mr Olympia.

All his high intensity training is shown in this DVD or video, massive application of pain management and if you're one of those people who needs some motivation to get down the gym, just slap 10 minutes of this on and you'll be down there post haste.

Our vote for the best overall bodybuilding DVD goes to Ronnie, but the best for sheer motivation goes to Dorian.

DORIAN YATES.NET

<http://www.dorianyates.net>

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 MI 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