

**MOUTH-WATERING GUARANTEED**

# *The Muscle Cook's* **10 Most** *Anabolicicious* **Recipes**



**By "The Muscle Cook"  
Dave Ruel**



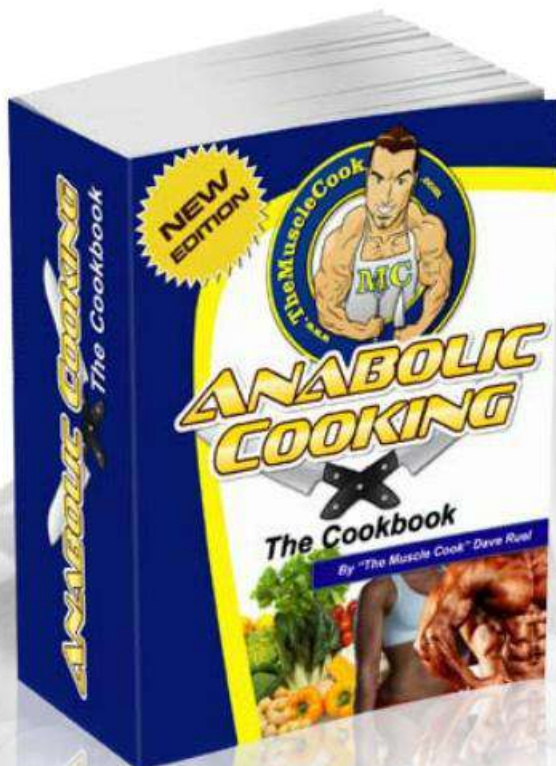


## INTRODUCTION

# The Muscle Cook's Top 10 Most Anabolics Recipes

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## RECIPES

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## DAVE'S ANABOLIC BLUEBERRY OATMEAL

Makes 1 serving

### INGREDIENTS

- $\frac{3}{4}$  cup oatmeal
- 8 egg whites
- $\frac{1}{2}$  scoop chocolate protein powder
- 2 tsp pure cocoa powder
- $\frac{1}{2}$  tsp stevia
- 1 tbsp flax oil
- 1 cup frozen blueberries
- $\frac{1}{4}$  cup water

### DIRECTIONS

1. In a big bowl, mix all the ingredients (except for the frozen blueberries)
2. Cook in a microwave for about 3-4 minutes (cooking time vary from one microwave to another) - stir the mix 2 minutes after cooking has started (so the mix doesn't stick or create chunks)
3. Once the mix is cooked, add the frozen blueberries, mix everything and enjoy!

### Nutritional Value

PER SERVING  
1 CUP

Calories 580

Protein 52g

Carbohydrates 57g

Fats 16g



## APPLE & CINNAMON MUFFINS

Makes 1 serving - 3 big muffins

### INGREDIENTS

- ¾ cup oatmeal
- ¼ cup oat bran
- 1 tbsp whole wheat flour
- 6 egg whites
- ½ scoop vanilla protein powder
- ¼ tsp baking soda
- ½ tsp stevia
- 1 tbsp flax oil
- 1 diced apple
- 2 tbsp unsweetened apple sauce
- ½ tsp cinnamon
- ½ tsp vanilla extract

### DIRECTIONS

1. In a blender, mix all the ingredients (except for the diced apple). Blend until the mix gets thick.
2. Add the diced apple and stir (with a spoon or a spatula)
3. Pour the mix into a muffin cooking pan, and cook at 350°F. until cooked (about 30 minutes).

### Quick Tip:

*You can cook a big batch and freeze the muffins. Then just microwave the muffins when needed...*

### Nutritional Value

PER SERVING  
1 CUP

Calories 110  
Protein 5Fg  
Carbohydrates 11g  
Fats 1Hg



## DAVE'S FAMOUS TURKEY MEAT LOAF

Makes 6 servings

### INGREDIENTS

- 2 lbs ground turkey
- 1 tsp olive oil
- 1 diced onion
- 1 tsp garlic (optional)
- 1/3 cup dried tomatoes
- 1 cup whole wheat bread crumbs
- 1 whole egg
- 1/2 cup parsley
- 1/4 cup low fat parmesan
- 1/4 cup skim milk
- Salt and pepper
- 1 tsp oregano

### DIRECTIONS

1. Cook the onion with olive oil separately
2. Mix everything together in a big bowl, add the cooked onions
3. Put the mix in a big baking pan
4. Bake at 375-400°F for about 30 minutes

### Nutritional Value

PER SERVING  
1 CUP

Calories 393

Protein 46g

Carbohydrates 14g

Fats 17g



## BAKED CRISPY CHICKEN NUGGETS

Makes 6 servings

### INGREDIENTS

- 3 boneless, skinless chicken breasts weighing about 6oz. each
- ¼ cup/60ml oat bran
- ¼ cup/60ml wheat germ
- 1 tbsp/15ml coarsely ground flaxseed
- ¼ cup/60ml coarsely ground almonds
- ½ tsp/2½ml sea salt
- ½ tsp/2½ml white pepper
- Pinch garlic powder
- ½ cup/120ml water or low-sodium chicken broth
- 1 large egg white, lightly beaten

### DIRECTIONS

1. Preheat oven to 400°F. Prepare baking sheet by lining with parchment paper or coating lightly with best-quality olive oil.
2. Cut chicken breasts into nugget-sized pieces, about 1.5 inches square. Set aside.
3. Next, combine all dry ingredients in a large container with a tightly fitting lid. Shake well. This is your coating mixture.
4. Combine water and egg in a medium bowl. Dip each piece in the water/egg-white mixture. Then dip each piece in the coating mixture. Make sure each piece is well coated.
5. Place on the baking sheet. When all of your chicken has been coated and your baking sheet is full, place in the oven and bake for 10-15 minutes or until golden.

### Nutritional Value

PER SERVING  
1 CUP

Calories 148  
Protein 22g  
Carbohydrates 6g  
Fats 4g



## THE MUSCLECOOK'S CHILI

Makes 9 cups

### INGREDIENTS

- 1.5 lbs ground buffalo (Bison) or extra Lean ground beef
- 1 diced onion
- 1 diced green pepper
- 3 garlic cloves, minced
- 1 tbsp chili powder
- 1 tsp Turmeric
- 1 tsp oregano
- 2 cans (15oz/can) black beans
- 2 cans (15oz/can) diced tomatoes (with juice)
- 1 can (14oz) low sodium Beef broth
- ¼ tsp salt/1 tsp pepper

### DIRECTIONS

1. In a pan, cook the Buffalo, green pepper, onion, garlic for 5-6 minutes, until it is almost cooked
2. Transfer everything in a big casserole. Add chili powder, turmeric, oregano, beans, tomatoes, broth, salt and pepper
3. Make it boil
4. Reduce intensity and stir for 20 minutes until it reaches wanted thickness for 2 additional minutes.

### Nutritional Value

PER SERVING  
1 CUP

Calories 260  
Protein 30g  
Carbohydrates 26g  
Fats 4g





## BEEF AND BROCCOLI STIR FRY

Makes 1 serving

### INGREDIENTS

- 6oz. sirloin steak cut into strips
- 1 tsp olive oil
- 3 cups broccoli
- 2 thinly sliced carrots
- 1 onion, cut into wedges
- 3 tbsp low sodium chicken or beef broth
- 1 tbsp reduced sodium soy sauce
- 1 tsp whole wheat flour
- ½ tsp stevia

### DIRECTIONS

1. Heat olive oil in a large skillet and add the prepared vegetables.
2. Cook, stirring until veggies are crisp tender and onions are browned. Put aside.
3. Stir in the beef strips, cook until desired doneness.
4. In a small bowl, combine the remaining ingredients, stirring to dissolve the flour; add to the beef mixture and cook stirring constantly until sauce thickens.

### Nutritional Value

PER SERVING  
1 CUP

Calories 554

Protein 58g

Carbohydrates 38g

Fats 19g



## CLASSIC TUNA MELT PATTIES

Makes 2 servings

### INGREDIENTS

- 16oz. can tuna, drained
- 1 egg white, beaten
- 2 tbsp oatmeal
- 2 tbsp onion, diced (or ¼ tsp onion powder)
- ¼ tsp garlic powder
- Salt and pepper

### DIRECTIONS

1. Mix all ingredients together in a small bowl
2. Heat a small non-stick frying pan over medium heat and spray with non-stick cooking spray
3. Make two small patties and cook until both sides are brown

### Quick Tip:

*You can top the patties with fat free cheese*

### Nutritional Value

PER SERVING  
1 CUP

Calories 144

Protein 25g

Carbohydrates 4g

Fats 2g



## HIGH PROTEIN FUDGE BARS

Makes 10 bars

### INGREDIENTS

- 8 scoops chocolate protein powder
- 1 cup oatmeal
- 1/3 cup natural peanut butter
- 3 tbsp honey
- 1/2 cup low fat milk
- 3 tbsp crushed peanuts

### DIRECTIONS

1. Mix together the protein powder, oatmeal, peanut butter, honey and milk.
2. Form into 10 bars and then roll in the crushed peanuts to finish.
3. Place in the fridge for about 30 minutes

### Nutritional Value

PER SERVING  
1 CUP

Calories 244

Protein 25g

Carbohydrates 18g

Fats 8g



## LEMON CHEESECAKE

Makes 2 servings

### INGREDIENTS

- 250g fat free cottage cheese
- 2 eggs
- ¾ cup splenda
- 2 lemons, juiced
- ½ tsp baking powder
- zest from half a lemon

### DIRECTIONS

1. Preheat oven to 375oF
2. In a blender, blend cottage cheese and eggs until smooth and creamy in texture. Remove mixture from blender and place into a mixing bowl. Mix in splenda and lemon juice. Finally, add baking powder and lemon zest and mix well.
3. Fill two 2.5" ramekins with the mixture.
4. Fill a large baking pan half-full with hot water. Place the ramekins inside the baking pan so that the water comes approximately half way up the sides of ramekins.
5. Place the baking pan containing the ramekins into the oven and allow to bake for 35 to 40 minutes.
6. When finished baking, remove the baking pan from the oven and the ramekins from the water. Allow ramekins to cool outside of the water pan. When cool to the touch, place into the fridge over night..

### Nutritional Value

PER SERVING  
1 CUP

Calories 324

Protein 57g

Carbohydrates 8g

Fats 7g



## BANANA BREAD SHAKE

Makes 1 shake

### INGREDIENTS

- 2 scoops vanilla Whey Protein
- 1 banana
- ½ cup oatmeal (measured dry, cooked in water)
- ½ cup Bran Flakes
- 350 ml water
- Zest from half a lemon
- 25g dextrose (only post-workout)

### DIRECTIONS

1. Blend and Enjoy!

### Nutritional Value

PER SERVING  
1 CUP

Calories 478

Protein 56g

Carbohydrates 59g

Fats 2g



## INTRODUCING ANABOLIC COOKING: THE COOKBOOK

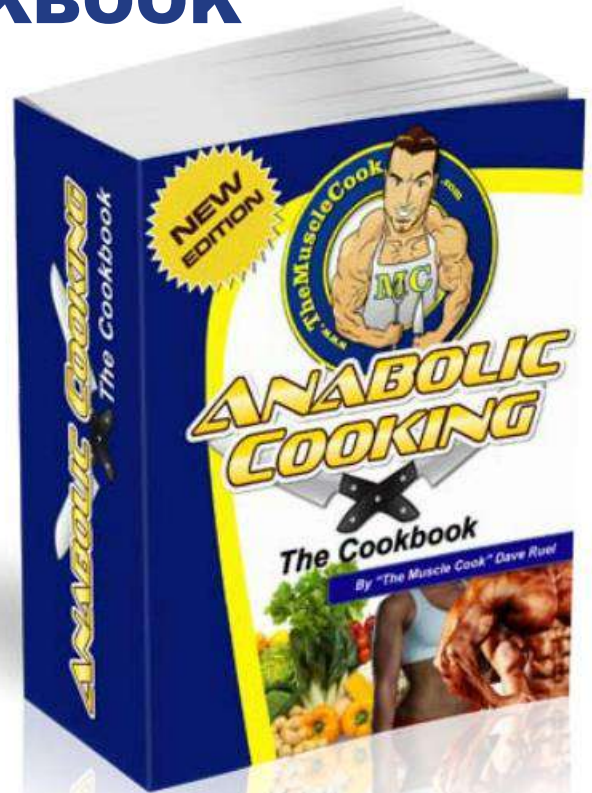
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