

MOUTH-WATERING GUARANTEED

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



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

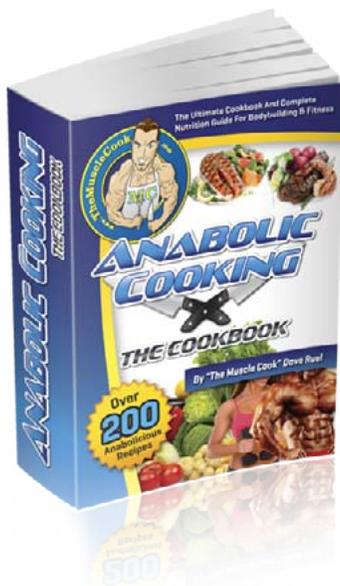


INTRODUCTION

The Muscle Cook's Top 10 Most Anabolic Recipes

Compliments of Dave Ruel
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DAVE'S ANABOLIC BLUEBERRY OATMEAL

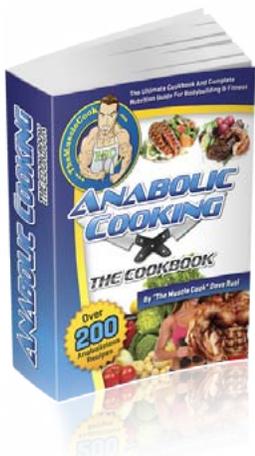
Makes 1 serving

Ingredients

- ¾ cup oatmeal
- 8 egg whites
- ½ scoop chocolate protein powder
- 2 tsp pure cocoa powder
- ½ tsp stevia
- 1 tbsp flax oil
- 1 cup frozen blueberries
- ¼ 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!



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- Per Serving --

CALORIES: 580

PROTEIN : 52g

CARBS : 57g

FAT : 16g

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APPLE & CINNAMON MUFFINS

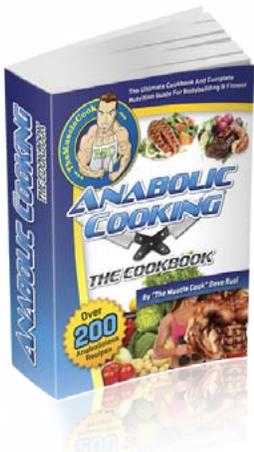
Makes 1 serving - 3 big muffins

Ingredients

- $\frac{3}{4}$ cup oatmeal
- $\frac{1}{4}$ cup oat bran
- 1 tbsp whole wheat flour
- 6 egg whites
- $\frac{1}{2}$ scoop vanilla protein powder
- $\frac{1}{4}$ tsp baking soda
- $\frac{1}{2}$ tsp stevia
- 1 tbsp flax oil
- 1 diced apple
- 2 tbsp unsweetened apple sauce
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{2}$ 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...



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- Per Serving --

CALORIES: 598

PROTEIN : 51g

CARBS : 65g

FAT : 13g

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DAVE'S FAMOUS TURKEY MEAT LOAF

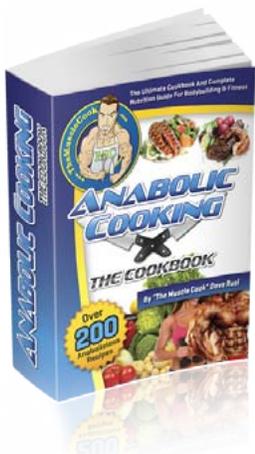
Makes 6 servings

Ingredients

- 2 lbs ground turkey
- 1 tsp olive oil
- 1 diced onion
- 1 tsp garlic (optional)
- ⅓ cup dried tomatoes
- 1 cup whole wheat bread crumbs
- 1 whole egg
- ½ cup parsley
- ¼ cup low fat parmesan
- ¼ cup skim milk
- 1 tsp oregano
- Salt and pepper

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



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- Per Serving --

CALORIES: 393

PROTEIN : 46g

CARBS : 14g

FAT : 17g

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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/2.5ml sea salt
- ½ tsp/2.5ml white pepper
- Pinch of 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. Next, combine all dry ingredients in a large container with a tightly fitting lid. Shake well. This is your coating mixture.
3. 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.
4. 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.

- Per Serving -

CALORIES: 100

PROTEIN : 12g

CARBS : 7g

FAT : 3.5g

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THE MUSCLECOOK'S CHILI

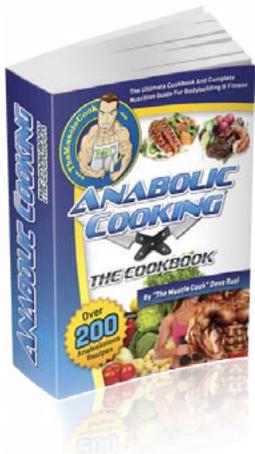
Makes 9 cups

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



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- Per Serving --

CALORIES: 260

PROTEIN : 30g

CARBS : 26g

FAT : 4g

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BEEF AND BROCCOLI STIR FRY

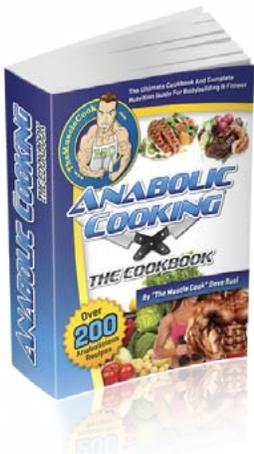
Makes 1 serving

Ingredients

- 1 tsp olive oil
- 3 cups broccoli
- 2 thinly sliced carrots
- 1 onion, cut into wedges
- 6oz. sirloin steak cut into strips
- 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.



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- Per Serving --

CALORIES: 554

PROTEIN : 58g

CARBS : 38g

FAT : 19g

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CLASSIC TUNA MELT PATTIES

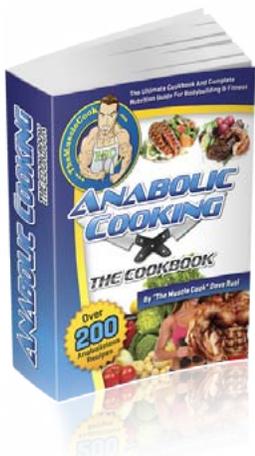
Makes 2 servings

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



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- Per Serving --

CALORIES: 144

PROTEIN : 25g

CARBS : 4g

FAT : 2g

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HIGH PROTEIN FUDGE BARS

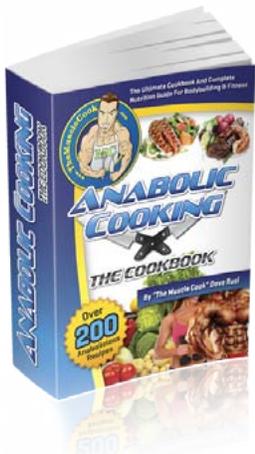
Makes 10 bars

Ingredients

- 8 scoops chocolate protein powder
- 1 cup oatmeal
- ⅓ cup natural peanut butter
- 3 tbsp honey
- ½ cup 1% 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



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- Per Serving --

CALORIES: 244

PROTEIN : 25g

CARBS : 18g

FAT : 8g

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LEMON CHEESECAKE

Makes 2 servings

Ingredients

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

Directions

1. Preheat oven to 375°F.
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

- Per Serving --

CALORIES: 324

PROTEIN : 57g

CARBS : 8g

FAT : 7g

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BANANA BREAD SHAKE

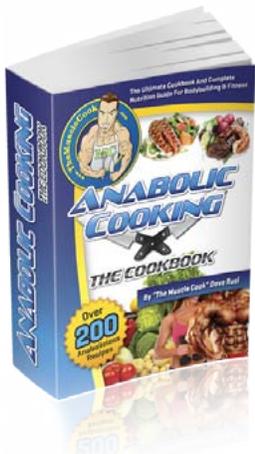
Makes 1 shake

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!



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- Per Serving --

CALORIES: 478

PROTEIN : 56g

CARBS : 59g

FAT : 2g

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All full of flavour, designed to promote muscle building and fat loss, and that you can prepare in minutes - in fact recipes so easy to make even a 10 year old can do it!

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I will tell you what to eat, when to eat, and how to prepare all your meals, with the complete shopping list and full step-by-step directions. All supported by my Best Nutrient Timing Strategies.

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Optimize your results as well as my best Post-Workout Shake recipes!

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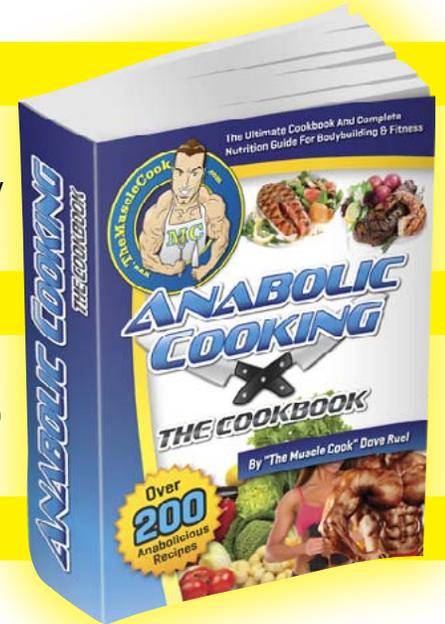
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