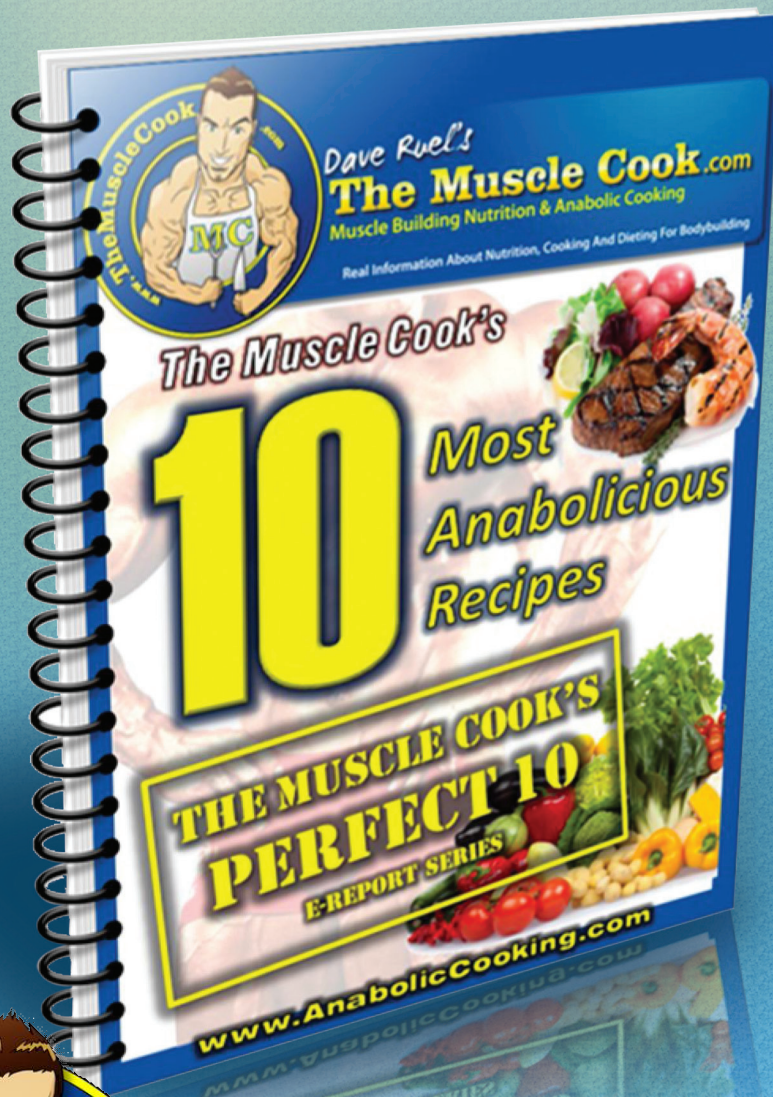


The Muscle Cook's Top 10 Most Anabolicious Recipes



by: Dave Ruel

Anabolic Cooking

The Cookbook
*The Complete Cookbook and Nutrition Guide
for Bodybuilding and Fitness*



RECIPES

Dave's Anabolic Blueberry Oatmeal

Apple & Cinnamon High Protein Muffins

Dave's Famous Turkey Meatloaf

Baked Crispy Chicken Nuggets

The MuscleCook's Chili

Beef & Broccoli Stir Fry

Classic Tuna Melt Patties

High Protein Fudge Bars

Lemon Cheesecake

Banana Bread Shake



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Dave 's Anabolic Blueberry Oatmeal

Makes 1 Serving

Ingredients

- 3/4 cup oatmeal
- 8 Egg Whites
- 1/2 scoop (15g) of Chocolate Protein Powder
- 2 teaspoons of Pure Cocoa Powder
- 1 teaspoon of Splenda
- 1 tbsp of Flax Oil
- 1 cup of frozen Blueberries
- 1/4 cup of water

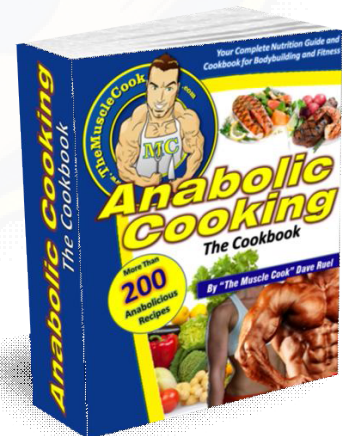
Directions

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 Facts

(Per Serving)

- Calories: 580
- Protein: 52g
- Carbohydrates: 57g
- Fat: 16g



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Breakfast

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Apple and Cinnamon High Protein Muffins

Makes 1 Serving (3 Big Muffins)

Ingredients

- 3/4 cup Oatmeal
- 1/4 cup of Oat Bran
- 1 tbsp of Whole Wheat Flour
- 6 Egg Whites
- 1/2 scoop (15g) of Vanilla Protein Powder
- 1/4 teaspoon of Baking Soda
- 1 teaspoon of Splenda
- 1 tbsp of Flax Oil
- 1 diced Apple
- 2 Tbsp of Unsweetened Apple Sauce
- 1/2 teaspoon of Cinnamon
- 1/2 teaspoon of Vanilla Extracts

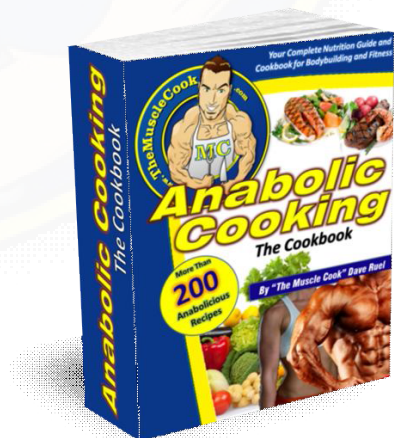
Directions

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 spatula)
3. Pour the mix in a muffin cooking pan, and cook at 350 degrees F. until cooked (About 30 minutes).

Quick Tip: You can cook a big batch and freeze the muffins. Then just

Nutritional Facts (Per Serving - 3 Big Muffins)

- Calories: 598
- Protein: 51g
- Carbohydrates: 65g
- Fat: 13g



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Dave's Famous Turkey Meat Loaf

Makes 6 Servings

Ingredients

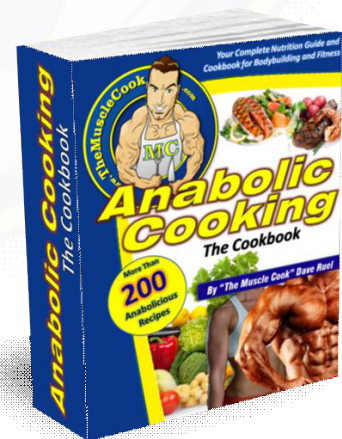
- 2 lbs of Ground Turkey
- 1 teaspoon of olive oil
- 1 diced Onion
- 1 teaspoon of Garlic (optional)
- 1/3 cup Dried Tomatoes
- 1 cup of Whole Wheat Bread Crumbs
- 1 Whole Eggs
- 1/2 cup of Parsley
- 1/4 cup of Low Fat Parmesan
- 1/4 cup Skim Milk
- Salt and Pepper
- 1 teaspoon of Oregano

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 30mins

Nutritional Facts (Per Serving)

- Calories: 393
- Protein: 46g
- Carbohydrates: 14g
- Fat: 17g



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Baked Crispy Chicken Nuggets

Makes 6 Servings

Ingredients

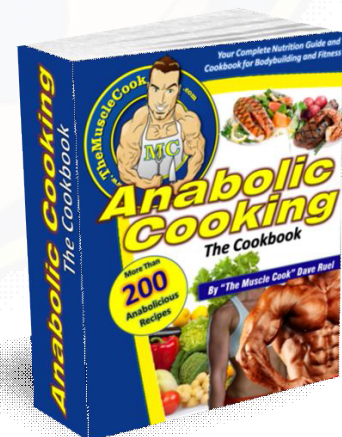
- 3 boneless, skinless chicken breasts weighing about 6 oz. each
- 1/4 cup / 60 ml of oat bran
- 1/4 cup / 60 ml of wheat germ
- 1 Tbsp / 15 ml coarsely ground flaxseed
- 1/4 cup / 60 ml coarsely ground almonds
- 1/2 tsp / 2 1/2 ml sea salt
- 1/2 tsp / 2 1/2 ml white pepper
- Pinch garlic powder
- 1/2 cup / 120 ml water or low-sodium chicken broth
- 1 large egg white, lightly beaten

Directions

1. Preheat oven to 400 Degrees 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

Nutritional Facts (Per Serving)

- Calories: 100
- Protein: 12g
- Carbohydrates: 7g
- Fat: 3.5g



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The MuscleCook's Chili

Makes 9 Cups

Ingredients

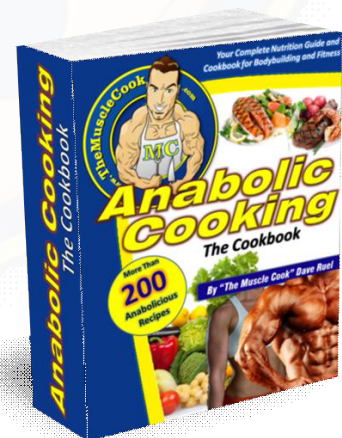
- 1.5 lbs of Ground Buffalo (Bison) or Extra Lean Ground Beef
- 1 diced Onion
- 1 diced Green Pepper
- Garlic (3 cloves, minced)
- 1 tbsp of Chili Powder
- 1 teaspoon of Curcuma
- 1 teaspoon of Oregano
- 2 Cans (15oz/can) of Black Beans
- 2 Cans (15oz/can) of Diced Tomatoes (with juice)
- 1 Can (14oz) of Low Sodium Beef Broth
- 1/4 teaspoon of salt / 1 teaspoon of 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, Curcuma, Oregano, Beans, Tomatoes, Broth, salt and pepper
3. Make it boil
4. Reduce intensity and stir

Nutritional Facts (Per Serving- 1 cup)

- Calories: 260
- Protein: 30g
- Carbohydrates: 26g
- Fat: 4g



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Red Meat and Pork

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Beef and Broccoli Stir Fry

Makes 1 Serving

Ingredients

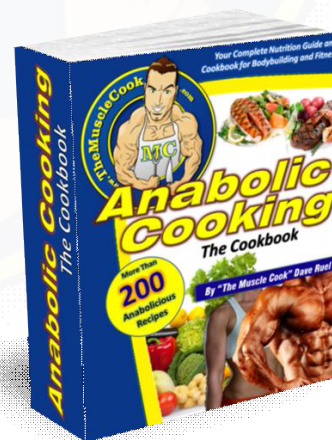
- 1 teaspoon olive oil
- 3 cups broccoli
- 2 thinly sliced carrot
- 1 onion, cut into wedges
- 6 oz. sirloin steak cut into strips
- 3 tbsp low sodium chicken or beef broth
- 1 tbsp reduced sodium soy sauce
- 1 teaspoon whole wheat flour
- 1/2 teaspoon Splenda

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 Facts (Per Serving)

- Calories: 554
- Protein: 58g
- Carbohydrates: 38g
- Fat: 19g



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Classic Tuna Melt Patties

Makes 2 Servings

Ingredients

- 16oz. can tuna, drained
- 1 egg white, beaten
- 2 tablespoon of oatmeal
- 2 tablespoon of onion, diced (or 1/4 teaspoon of onion powder)
- 1/4 teaspoon garlic powder
- salt & pepper

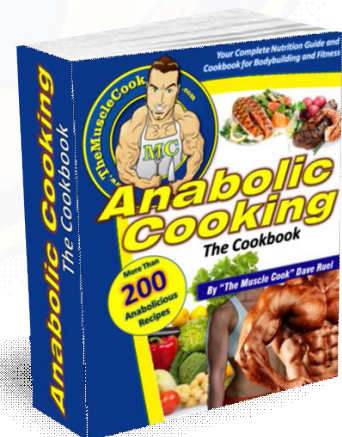
Directions

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 Facts (Per Serving)

- Calories: 144
- Protein: 25g
- Carbohydrates: 4g
- Fat: 2g



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High Protein Fudge Bars

Makes 5 Bars

Ingredients

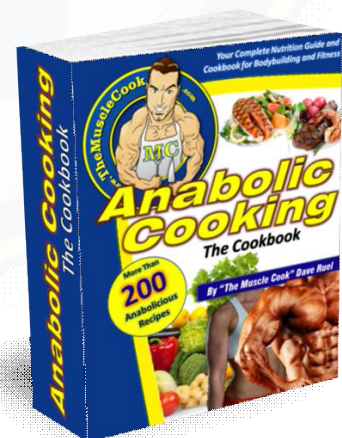
- 8 scoops chocolate Protein Powder
- 1 cup Oatmeal
- 1/3 cup Natural Peanut Butter
- 3 Tbsp Honey
- 1/2 cup 1% Milk
- 3 tbsp crushed Peanuts

Directions

1. Mix together the protein powder, oatmeal, peanut butter, honey and milk.
2. Form into 5 bars and then roll in the crushed peanuts to finish.
3. Place in the fridge for about 30 minutes

Nutritional Facts (Per Serving)

- Calories: 452
- Protein: 50g
- Carbohydrates: 36g
- Fat: 12g



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Lemon Cheesecake

Makes 2 Servings

Ingredients

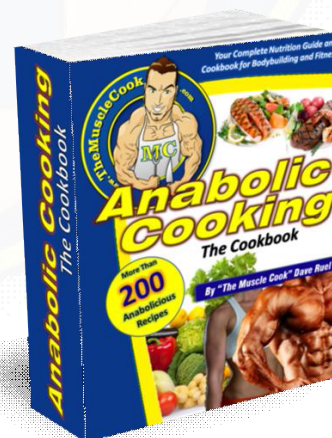
- 250 g Fat Free Cottage Cheese
- 2 Eggs
- 3/4 cup Splenda
- 2 lemons, juiced
- 1/2 teaspoon baking powder
- Zest from half a lemon

Directions

1. Preheat oven to 375 degrees 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.

Nutritional Facts (Per Serving)

- Calories: 324
- Protein: 57g
- Carbohydrates: 8g
- Fat: 7g



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Banana Bread Shake

Makes 1 Shake

Ingredients

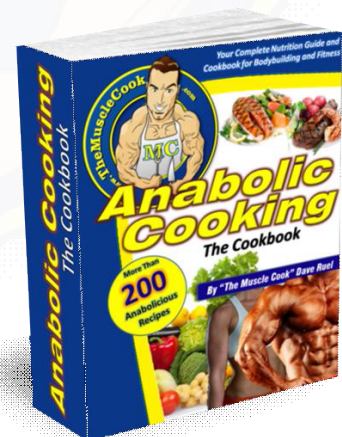
- 2 scoops Vanilla Whey Protein
- 1 Banana
- 1/2 cup oatmeal (measured dry, cooked in water)
- 1/2 cup Bran Flakes
- 350 ml Water
- Zest from half a lemon
- 25g Dextrose (only Post-Workout)

Directions

Blend and Enjoy!

Nutritional Facts (Per Serving)

- Calories: 478
- Protein: 56g
- Carbohydrates: 59g
- Fat: 2g



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Post Workout Shakes

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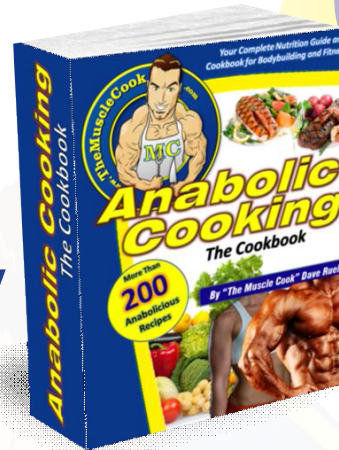
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- ✔ **Done-For-You Meal Plans** : I will tell you what to eat, when to eat, and how to prepare all your meals, with the complete shopping list and full step-by-step directions. All that supported by my Best Nutrient Timing Strategies
- ✔ **Anabolic Cooking and Nutrition Fundamentals**: everything that a person involved in bodybuilding or fitness **MUST** know about nutrition. You will know exactly what’s in the food your eating!
- ✔ **A Virtual Cooking Class**: learn how to read a recipe, the different cutting techniques and cooking methods, completed with the Anabolic Cooking Glossary. All you need to know to get started cooking will be covered from A to Z!
- ✔ **How to prepare ALL your meals for the week in less than 3 hours!**
- ✔ **My Best Post-Workout nutrition secrets and tactics** to optimize your results as well as by best Post-Workout shake recipes
- ✔ **Money Saving Tips**: Stop wasting your money! Learn all my tips and tricks about smart grocery shopping. I’m going to show you how to fit the food you need into your budget, and demonstrate that eating the right food is in reality way cheaper than pre-packaged meals and take out!
- ✔ **How to build your Anabolic Cooking Kitchen on a budget**, and all the tools you will need to prepare your meals and become the best cook in the family!
- ✔ **How to manage your cheat meals** and my action plan when you are eating out