

MUSCLE MEALS

**15 RECIPES FOR BUILDING MUSCLE, GETTING LEAN, AND STAYING
HEALTHY**

Michael Matthews

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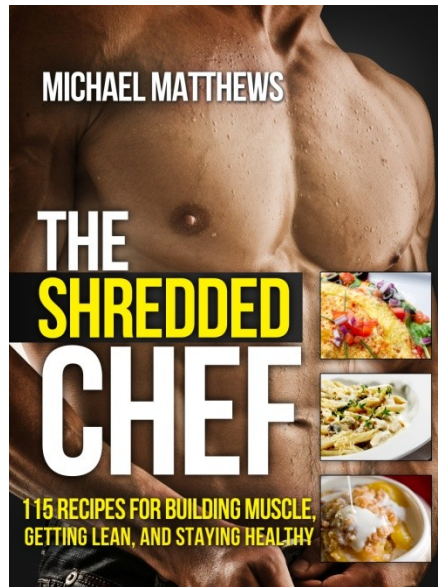
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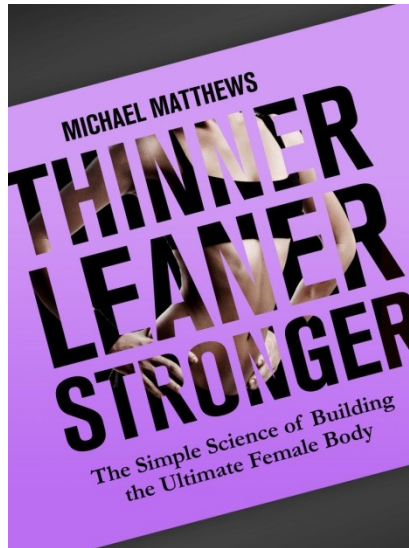
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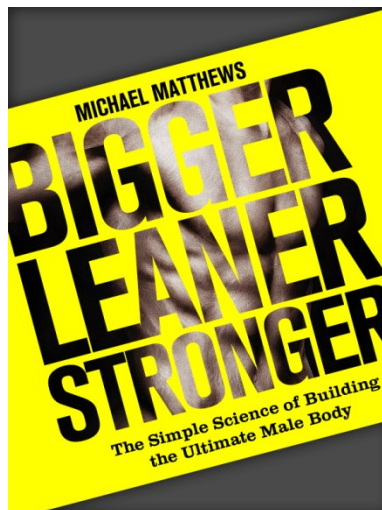
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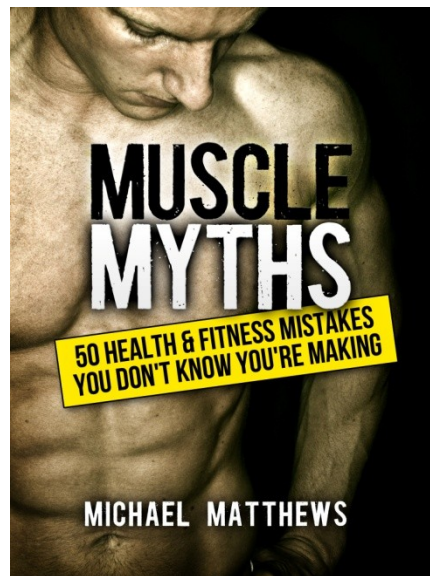
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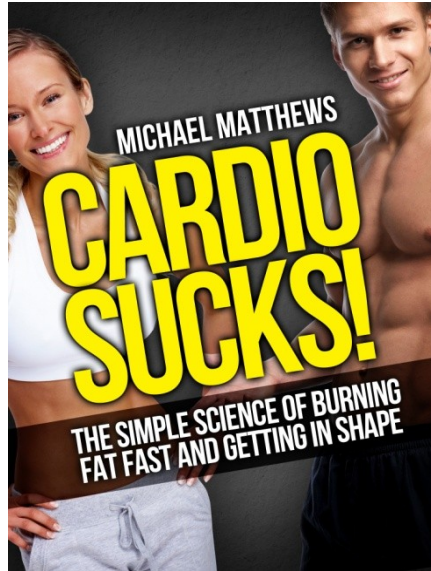
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CHAPTER 1

Build Muscle and Lose Fat by Eating Tasty, Nutritious Food

Dieting to put on lean mass or strip away fat is SO much more pleasurable when you can enjoy your food.

CHAPTER 2

It's Time to Escape the Dreaded Diet Traps

Nothing is worse than having to starve yourself to lose weight. Well, you don't have to ever again!

CHAPTER 3

How to Eat Right without Obsessing Over Every Calorie

You can look and feel great without breaking out a calculator every time you eat.

CHAPTER 4

Let's Get Cooking

Before we get to the recipes...

CHAPTER 5

Breakfast

When you wake up, your body is starved for nutrients. Feed it right!

CHAPTER 6

Chicken & Turkey

Never be bored with a poultry dish again!

CHAPTER 7

Pasta & Grains

Whole grains are a great source of slow-burning carbohydrates and fiber.

CHAPTER 8

Sides

Great side dishes are a perfect way to add some excitement and variety of taste to your meals.

CHAPTER 9

Finally! How to Get Lean and Toned Without Hating Your “Diet”

if you want to know how to build muscle and burn fat by eating healthy, delicious meals that are easy to cook and easy on your wallet, then you want to read this chapter.

BONUS REPORT

12 Health & Fitness Mistakes You Don’t Know You’re Making

If you want to learn the truth about 12 myths and mistakes that ruin people’s efforts to get fit, get this free report.

Would You Do Me a Favor?

You’re awesome for reading my book! I have a small favor to ask...

Other Books by Michael Matthews

1

BUILD MUSCLE AND LOSE FAT BY EATING TASTY, NUTRITIOUS FOOD

I used to hate cooking because I sucked at it.

Literally everything I made tasted horrible—and it took way too long.

To make things worse, I'm into weight lifting and had to eat a lot of that crappy food every week.

When I was eating to gain muscle, I couldn't really enjoy it because I didn't know how to make tasty meals that gave me enough calories and macronutrients (protein, carbs, and fats). I basically felt like a farm animal hitting the daily troth of chicken, eggs, oatmeal, brown rice, and potatoes.

When I was dieting to lose weight, well, I cringe when I think of the bland, plain chicken breasts and vegetables that I used to force down every day for months (I became quite a connoisseur of hot sauce, but eventually even that couldn't redeem the food). I would get excited over the banana I got to have with my afternoon shake. My buddies joked that I had the palette of a Rottweiler.

Finally, after years of desensitizing myself to food, I decided to figure out how to cook fast, healthy meals that tasted good and also met my nutritional needs. I wanted to look forward to hearty, nutritious meals when eating to gain muscle, and I wanted to enjoy some of what I got to eat while losing weight.

This book is a compilation of 15 of my favorite recipes that fit the bill. Every recipe in this book is designed to help you build lean muscle or lose fat while actually getting healthier (because who cares if you look great but feel like crap?). And they all TASTE GOOD.

So why download this book?

Because following a diet, whether to get bigger or lose fat, is SO much more pleasurable when you can enjoy your meals. I think this book will become a good friend.

2

IT'S TIME TO ESCAPE THE DREADED DIET TRAPS

As you probably know, you *must* eat properly to see good results from working out. You can grind away on the treadmill and pound weights until the cows come home and still see little to no results if you don't know how to support those activities with the right nutrition.

Muscles can't grow unless the body has the right nutrients to repair the damage caused by lifting weights. Eat too little, and you can not only fail to make gains, but you can actually *lose* muscle.

Your body can't lose fat unless you make it operate at just the right deficit of calories. Eat just a few hundred too many calories per day, and you'll find yourself stuck in the miserable rut of feeling like you're "on a diet" without losing any weight.

That being said, many diet plans out there exist in a vacuum. That is, they assume that eating conditions will always remain the same. They don't take into account the fact that most people can't stomach the same handful of food options every day, or that being severely restricted in one's diet can lead to all-out splurging, which then leads to the dreaded weight yo-yo.

What's needed is *balance*—a diet that allows for a variety of foods and that allows you to indulge now and again. It also has to be simple and practical so as to fit in with the craziness of our daily lives. And last but not least, it needs to enhance your overall health by incorporating healthy carbs and fats instead of the junk found in most people's fridges.

Well, that's what *Muscle Meals* is all about. If you follow the advice given in this book, you'll find it easier to eat right so you can build muscle or lose fat, and actually enjoy it.

So yes, this is a cookbook, but it's also going to teach you a bit about how to use these recipes to get bigger, leaner, and stronger...*and* healthier.

3

HOW TO EAT RIGHT WITHOUT OBSESSING OVER EVERY CALORIE

I have good news.

You can look and feel great without breaking out a calculator every time you eat.

Getting proper nutrition is a precise science, but it doesn't have to be agonizing. In fact, I recommend a more laid-back approach. If you make planning or tracking meals too complicated, you'll have trouble sticking with it.

That being said, in order to lose fat, you must keep your body burning more energy than you're feeding it, and the energy potential of food is measured in calories. Eat too many calories—give your body more potential energy than it needs—and it has no incentive to burn fat.

In order to gain muscle, your body needs a surplus of energy to repair and rebuild itself (along with plenty of protein). Thus, you need to eat slightly more than your body burns to get bigger.

In this chapter I'm going to share some simple rules that you can follow to eat right. Just by following these rules, you'll find that you can lose or gain weight when you want to and that you'll feel healthy and vital.

1. MAKE SURE YOU EAT ENOUGH

A calorie is a measurement of the potential energy found in food, and your body burns quite a bit of energy every day. Everything from the beating of your heart to the digestion of your food requires energy, and your body has to get it from the food you eat.

Thus, it's important that you feed your body enough, and that's especially true when you work out. If you underfeed your body, don't be surprised if you don't have the energy to train hard or if you feel generally exhausted.

- Eat 1 gram of protein per pound of body weight per day.

- Eat 1.5 grams of carbs per pound of body weight per day.
- Eat 1 gram of healthy fats per 4 pounds of body weight per day.

That's where you start. For a 200 lb male, it would look like this:

- 200 grams of protein per day
- 300 grams of carbs per day
- 50 grams of fat per day

That's about 2,500 calories per day, which should work for making slow, steady muscle and strength gains without any fat added along the way (which really should be the goal of "maintenance"—not staying the exact same).

If your priority is to gain muscle, then you need to add about 500 calories per day to your "maintenance" diet. The easiest way to do this is to bump up your carbs by about 50 grams per day, and your fats by about 30 grams per day.

If you're trying to lose fat, then you need to subtract about 500 calories per day from your maintenance diet. To do this, drop your carbs by about 100 grams per day and your fats by about 10 grams per day.

It's also important that you consume high-quality calories. Junk food calories, such as white bread and pastas, chips, and juice and soda, will make you look and feel like crap, while good calories, such as fruits, vegetables, whole grains, and lean proteins, will keep you in tip-top shape.

2. EAT ENOUGH PROTEIN

If you work out, you need more protein than someone who doesn't work out. Why? Because exercise causes muscle damage.

With every rep you perform, you're causing "micro-tears" in your muscle fibers, and your body needs protein to fully repair this damage. The body doesn't just repair them to their previous state, however; it builds them bigger and stronger so it can better handle the stress of exercise.

So, in order to get the most out of your workouts, you need to eat enough protein. And that doesn't mean just eating a lot after working out. It means having protein 4 - 6 times per day with a few hours in between each meal.

By doing this, you can keep your body in an "anabolic" state, which means a state in which it is building muscle and repairing tissue. If you fail to feed your body enough

protein, it will fall behind in the muscle breakdown and repair cycle, and your body will go into a “catabolic” state, meaning that it will actually break down muscle and other tissue despite exercise.

There are two main sources of protein out there: whole food protein and supplement protein.

Whole food protein is, as you guessed, protein that comes from natural food sources, such as beef, chicken, fish, etc. The best forms of whole food protein are chicken, turkey, lean red meat, fish, eggs, and milk.

If you're vegetarian, your best options are eggs, low-fat cottage cheese (Organic Valley is my favorite brand), low-fat European style (Greek) yogurt (0% Fage is my favorite), tempeh, tofu, quinoa, almonds, rice, and beans.

While we're on the subject of vegetarianism, some people claim that you must carefully combine your proteins if you're vegetarian or vegan to ensure your body is getting “complete” proteins (all of the amino acids needed to build tissue). This theory and the faulty research it was based on was thoroughly debunked as a myth by the American Dietetic Association, yet it still hangs around. While it's true that some sources of vegetable protein are lower in certain amino acids than other forms of protein, there is no scientific evidence to prove that they lack them altogether.

Protein supplements are powdered or liquid foods that contain protein from various sources, such as whey (a liquid remaining after milk has been curdled and strained in the process of making cheese), egg, and soy—the three most common sources of supplement protein. There are also great plant-based supplements out there that are a blend of high-quality protein sources such as quinoa, brown rice, peas, hemp, and fruit.

You don't NEED protein supplements to eat well, but it can be impractical for some to try to get all protein from whole foods considering the fact that you will be eating protein 4 - 6 times per day.

Now, there are a few things you should know about eating protein. First is that your body can only digest and absorb so much in one sitting. According to various studies, this ranges between 30 - 60 grams depending on your metabolism and digestive tract. To be safe, you can assume your body can absorb 40 - 50 grams per meal. That means that if you miss a few meals in which you were supposed to eat 30 grams of protein, you can't just “make it up” by eating 90 grams in your next meal. Your body won't be able to absorb it all.

Another thing to know about protein is that different proteins digest at different speeds, and some are better utilized by the body than others. Beef protein, for example, is digested quickly, and 70 - 80% of what's eaten is utilized by the body (the exact number varies based on what study you read, but they all fall between 70 - 80%). Whey protein is also digested quickly and its "net protein utilization" (NPU) is in the low 90% range. Egg protein digests much slower than whey and beef, and its NPU also falls in the same range.

NPU and digestion speeds are important to know because you want to rely on high-NPU proteins to meet your daily protein requirement, and you want a quick-digesting protein for your post-workout meal, and a slow-digesting protein for your final meal before you go to bed (to help you get through the fasting that occurs during sleep).

I could give you charts and tables of the NPU rates of various proteins, but I'm going to just keep it simple. In order to meet your daily protein requirements, here are your choices:

Whole Food Proteins

Lean meats (beef, pork, chicken, and turkey)

Fish

Eggs

Vegetarian sources noted above

Protein Supplements

Egg

Whey

Casein

High-quality plant-based protein supplements

These are all considered "complete proteins," meaning they contain all of the essential amino acids for cellular repair and growth that your body can't synthesize itself (it creates some and has to get the rest from food).

In case you're wondering why I left soy protein off the list of recommended supplements, it's because it's just a bad protein source. To start, most soy protein supplements use genetically modified soybeans (which is a very dangerous trend encroaching further and further into the world of agriculture), and studies have shown that too much of it can increase estrogen levels and inhibit your body's testosterone production (due to a plant estrogen found in soybeans). Just stay away from it.

3. EAT HEALTHY FATS

Fats are the densest energy source available to your body. Each gram of fat contains over twice the calories of a gram of carbohydrate or protein. Healthy fats, such as those found in olive oil, avocados, flax seed oil, many nuts, and other foods, are actually an important component for overall good health. Fats help your body absorb the other nutrients that you give it; they nourish the nervous system, help maintain cell structures, regulate hormone levels, and more.

Certain fats are unhealthy, though, and can lead to disease and other health problems. These types of fats are called saturated fats and trans fats.

Saturated fats are a form of fat found mainly in animal products such as meat, dairy products, and egg yolks. Some plant foods, such as coconut oil, palm oil, and palm kernel oil, are also high in saturated fats. Eating too many saturated fats can negatively affect cholesterol levels, so they should be eaten in moderation.

Trans fats are scientifically modified saturated fats that have been engineered to give foods longer shelf lives. Many cheap, packaged foods are full of trans fats (such as run-of-the-mill popcorn, yogurt, and peanut butter) as are many frozen foods (such as frozen pizza, packaged pastries, cakes, etc.). And fried foods are often fried in trans fats. These fats are bad news, and eating too much of them can lead to all kinds of diseases and complications. They have no nutritional value for the body and thus should be avoided altogether.

Most people eat more fat than is necessary, thus adding lots of unnecessary calories to their daily intake. Getting enough healthy fats every day is pretty simple. Here's how it works:

- Keep your intake of saturated fats low (below 10% of your total calories). Saturated fat is found in foods like meat, dairy products, eggs, coconut oil, bacon fat, and lard. If a fat is solid at room temperature, it's a saturated fat.
- Completely avoid trans fats, which are the worst type of saturated fat. Trans fats are found in processed foods such as cookies, cakes, fries, and donuts. Any

food that contains “hydrogenated oil” or “partially hydrogenated oil” likely contains trans fats, so just don’t eat it. (Sure, having a cheat here and there that contains trans fats won’t harm anything, but you definitely don’t want to eat them regularly.)

- Get your fat from unsaturated fats such as olive oil, nuts, peanut oil, avocados, flax seed oil, safflower oil, sesame oil, or cottonseed oil. If a fat is liquid at room temperature, it’s an unsaturated fat.

By simply sticking to the recipes in this book, you’ll avoid unhealthy fats and include healthy fats without even trying.

4. EAT GOOD CARBS

The carbohydrate is probably the most misunderstood, maligned, and feared macro-nutrient. Thanks to the scores of bogus diet plans and suggestions out there, many people equate eating carbs with getting fat. While eating TOO MANY carbs can make you fat (just as eating too much protein or fat can), carbs are hardly your enemy. They play an essential role in not only muscle growth but in overall body function.

Regardless of what type of carbohydrate you eat—broccoli or apple pie—the body breaks it down into two substances: *glucose* and *glycogen*. Glucose is commonly referred to as “blood sugar,” and it’s an energy source used by your cells to do the many things they do. Glycogen is a substance stored in the liver and muscles that can be easily converted to glucose for immediate energy. When you lift weights intensely, your muscles burn up their glycogen stores to cope with the overload.

Now, why is broccoli good for you but apple pie isn’t? Because your body reacts very differently to broccoli than to apple pie. You’ve probably heard the terms “simple” and “complex” carbs before and wondered what they meant. You might have also heard of the *glycemic index* and wondered what it was all about.

These things are actually pretty simple. The glycemic index is a numeric system of ranking how quickly carbohydrates are converted into glucose in the body. Carbs are ranked on a scale of 0 to 100 depending how they affect blood sugar levels once eaten. A GI rating of 55 and under is considered “low GI,” 56 to 69 is medium, and 70 and above is high on the index. A “simple” carb is one that converts very quickly (is high on the glycemic index), such as table sugar, honey, and watermelon, while a “complex” carb is one that converts slowly (is low on the glycemic index), such as broccoli, apple, and whole-grain bread.

It's very important to know where the carbs you eat fall on the index, because studies have linked regular consumption of high-GI carbs to increased risk for heart disease, diabetes, and obesity.

The amount of carbohydrates that you should eat every day depends on what you're trying to accomplish. Building muscle requires that you eat a substantial amount of carbs, while dieting to lose weight requires that you reduce carbs.

Regardless of how many carbs you need to eat per day, there's a simple rule to follow regarding high-, medium- and low-glycemic carbs.

Eat carbs in the medium-high range of the glycemic index (70 - 90 is a good rule of thumb) about 30 minutes before you exercise, and again within 30 minutes of finishing your workout.

The reason you want some carbs before training is that you need the energy for your training. The reason you want them after is that your muscles' glycogen stores are heavily depleted, and by replacing it quickly, you actually help your body maintain an anabolic state and not lose muscle tissue.

My favorite pre- and post-workout carbs are bananas and rice milk, but other good choices are baked potato, instant oatmeal, and fruits that are above 60 on the glycemic index, such as cantaloupe, pineapple, watermelon, dates, apricots, and figs. Some people recommend eating foods high in table sugar (sucrose) after working out because it's high on the GI, but I stay away from processed sugar as much as possible.

All other carbs you eat should be in the middle or at the low end of the glycemic index (60 and below is a good rule of thumb). It really is that simple. If you follow this rule, you'll avoid so many problems that others suffer from due to the energy highs and lows that come with eating high-GI carbs that burn the body out.

Below are some examples of tasty, healthy carbs that you can include in your diet:

<u>FOOD</u>	<u>GI</u>
Multi-grain bread	43
Multi-grain muffin	45
Whole grain sourdough bread	48
Basmati rice	43
Brown rice	55
Apple	38
Yam	37
Black beans	30
Peanuts	14
Almonds	10
Strawberries	40
Blackberries	32
Oatmeal	58
Orange	42

So, forget stuff like sugar, white bread, processed, low-quality whole wheat bread, bagels, junk cereals, muffins, white pasta, crackers, waffles, rice cakes, corn flakes, and white rice. I wouldn't even recommend eating these things often as pre- or post-workout carbs because they're just not good for your body.

Even certain fruits, such as watermelon and dates, are bad snack foods because of where they fall on the glycemic index. If you're unsure about a carb you like, look it up to see where it falls on the glycemic index. If it's above 60, just leave it out of your meals that aren't immediately before or after working out.

5. EAT YOUR FRUITS AND VEGGIES

Your body requires many different things to function optimally. It can't look and feel great on protein and carbs alone. You need calcium to ensure your muscles can contract and relax properly. You need fiber to help move food through the digestive tract. You need iron to carry oxygen to your cells and create energy.

There are many other “little helpers” that your body needs to perform its many physiological processes, and fruits and vegetables contain many vital nutrients that you can’t get from vitamin supplements. By eating 3 - 5 servings of both fruits and vegetables per day, you enjoy the many benefits that these nutrients give to your body, such as lowering your risk of cancer, heart disease, diabetes, and many other diseases.

This isn’t hard to do, either. A medium-sized piece of fruit is one serving, as is half a cup of berries. A cup of greens is a serving of vegetables, as is half a cup of other vegetables.

Fruit *juices*, however, are another story. While they may seem like an easy way to get in your daily fruits, they are actually not much more than tasty sugar water. Not only do most fruit juices have sugar added, but the juice has also been separated from the fruit’s fibrous pulp, which slows down the metabolism of the sugars. Without that, the juice becomes a very high-glycemic drink. You’re better off drinking water and eating whole fruit.

The exception to this is creating juice using a juicer or blender to grind up the entire piece of fruit, removing nothing. This, of course, is no different than chewing up the fruit in your mouth.

Fruits widely recognized as the healthiest are apples, bananas, blueberries, oranges, grapefruit, strawberries, and pineapples.

Vegetables often recommended as the healthiest are asparagus, broccoli, spinach, sweet potatoes, tomatoes, carrots, onions, and eggplant.

6. PLAN AND PROPORTION YOUR MEALS PROPERLY

Many people’s meal plans are engineered for getting fat. They skip breakfast, eat a junk food lunch, come home famished, have a big dinner with some dessert, and then have a snack like chips or popcorn while watching TV at night.

I like to make breakfast my largest meal of the day, and my meals get progressively smaller as the day goes on. This is because your metabolism is at its natural peak in the morning and then slows down as night approaches.

Generally speaking, my breakfast usually contains about 30% of my total daily calories.

Protein

You should be eating protein every 3 - 5 hours. You never want to go more than 5 hours without eating protein, as studies have shown that the body's anabolic response to protein consumption lasts about 5 hours. This means you'll need to eat protein 4 - 6 times per day, and enough each meal to meet your dietary targets.

Carbohydrates

Much of your daily carbohydrates should come before and after training, when your body needs them most. I eat about 10 - 15% of my daily carbs before training, and about 30 - 40% after, in my post-workout meal.

It's also important when dieting to lose weight to not eat carbs within several hours of going to bed. This advice has been kicking around the health and fitness world for quite some time, but usually with the wrong explanation.

There's no scientific evidence that eating carbs at night or before bed will lead to gaining fat, but it can *hinder* fat loss. How?

The insulin created by the body to process and absorb carbs eaten stops the use of fat as an energy source. Your body naturally burns the most fat while sleeping, and so going to sleep with elevated insulin levels interferes with fat loss.

Related to this is the fact that studies have indicated that the production and processing of insulin interferes with the production and processing of growth hormone, which has powerful fat-burning properties. Your body naturally produces the vast majority of its growth hormone while sleeping, so again, if your body is flushed with insulin when you go to sleep, your growth hormone production will suffer, which in turn robs you of its fat-burning and muscle-building benefits.

So, as a general rule, when you're dieting to lose weight, don't eat any carbs within 4 - 5 hours of bedtime. You should only consume lean proteins after dinner. I follow this rule when bulking too, not because I'm worried about fat burning (you don't burn fat when bulking), but because I don't want to stunt my growth hormone production.

Fats

You can spread your fats throughout the day. I like to start my day with 1 - 2 tablespoons of a 3-6-9 blend, but you don't have to get one if you don't want to. You can simply stick to the sources of healthy fat given earlier.

7. DRINK A LOT OF WATER

The human body is about 60% water in adult males and about 70% in adult females. Muscles are about 70% water. That alone tells you how important staying hydrated is

to maintaining good health and proper body function. Your body's ability to digest, transport, and absorb nutrients from food is dependent upon proper fluid intake. Water helps prevent injuries in the gym by cushioning joints and other soft-tissue areas. When your body is dehydrated, literally every physiological process is negatively affected.

I really can't stress enough the importance of drinking clean, pure water. It has zero calories, so it will never cause you to gain weight regardless of how much you drink. (You can actually harm your body by drinking too much water, but this would require that you drink several gallons per day.)

The Institute of Medicine reported in 2004 that women should consume about 91 ounces of water—or three-quarters of a gallon—per day, and men should consume about 125 ounces per day (a gallon is one 128).

Now, keep in mind that those numbers include the water found in food. The average person gets about 80% of their water from drinking it and other beverages, and about 20% from the food they eat.

I've been drinking 1 - 2 gallons of water per day for years now, which is more than the IOM baseline recommendation, but I sweat a fair amount due to exercise and I live in Florida, which surely makes my needs higher. I fill a one-gallon jug at the start of my day and simply make sure that I finish it by dinner time. By the time I go to bed, I'll have drank a few more glasses.

Make sure the water you drink is filtered, purified water and not tap water (disgusting, but some people drink it). There's a big difference between drinking clean, alkaline water that your body can fully utilize and drinking polluted, acidic junk from the tap or bottle (which is the case with certain brands such as Dasani and Aquafina).

8. CUT BACK ON THE SODIUM

The average American's diet is so over-saturated with sodium it makes my head spin.

The Institute of Medicine recommends 1,500 milligrams of sodium per day as the adequate intake level for most adults. According to the CDC, the average American aged 2 and up eats *3,436 milligrams* of sodium per day.

Too much sodium in the body causes water retention (which gives you that puffy, soft look) and it can lead to high blood pressure and heart disease.

Frozen and canned foods are full of sodium, as are cured meats like bacon and sausage (one slice of bacon contains *1,000 milligrams* of sodium!).

Whenever possible, I chose low- or no-sodium ingredients for the recipes in this book. When you need to add salt, I recommend sea salt or Himalayan rock salt (sounds like fancy BS, but it's actually great stuff) because it has many naturally occurring minerals, whereas run-of-the-mill table salt has been "chemically cleaned" to remove "impurities," which includes these vital elements.

9. CHEAT CORRECTLY

Many people struggling with diets talk about "cheat days." The idea is that if you're good during the week, you can go buck wild on the weekends and somehow not gain fat. Well, unless you have a very fast metabolism, that's not how it works. If you follow a strict diet and exercise, you can expect to lose 1 - 2 pounds per week. If you get too crazy, you can gain it right back over a weekend.

So don't think cheat DAYS, think cheat MEALS—meals where you eat more or less anything you want (and all other meals of the week follow your meal plan). When done once or twice per week, a cheat meal is not only satisfying, but it actually can *speed up* your metabolic rate. Scientists aren't sure why, but it might have to do with a similar factor of muscle growth: overload. By "overloading" your metabolism occasionally, you make it work extra hard, and it has to always be ready to handle a large influx of calories.

I would recommend, however, that you don't go too overboard with your cheat meals—don't eat 2,000 calories of junk food and desserts and think it won't do anything.

How many cheat meals you should eat per week depends on what you're trying to accomplish.

When you're eating to stay lean and gain muscle slowly, two cheat meals per week is totally fine. When you're dieting to lose weight, you can have one cheat meal per week

SUMMARY

You may find this chapter a bit hard to swallow (no pun intended). Some people have a really hard time giving up their unhealthy eating habits (sugar and junk food can be pretty addictive). That being said, consider the following benefits of following the advice in this chapter:

1. If this is a completely new way of eating for you, I *guarantee* you'll feel better than you have in a *long* time. You won't have energy highs and lows. You won't feel lethargic. You won't have that mental foggiess that comes with being stuffed full of unhealthy food every day.

2. You will appreciate “bad” food so much more when you only have it once or twice per week. You’d be surprised how much better a dessert tastes when you haven’t had one in a week. (You may also be surprised that junk food that you loved in the past no longer tastes good.)
3. You will actually come to enjoy healthy foods. I *promise*. Even if they don’t taste good to you at first, just groove in the routine, and soon you’ll crave brown rice and fruit instead of doughnuts and bread. Your body will adapt.

This chapter teaches you all there really is to eating properly so you can build muscle or lose weight on demand, all while staying healthy.

4

LET'S GET COOKING

Getting lean, while still feeding your muscles and body what they need, can be tough. That's why I wrote this book, and I'm confident that you'll be able to find the right recipes to fit your needs.

Nothing in this book is fancy or hard to make, yet many of the recipes are quite delicious. I'm sure that you'll find some new staples for your diet in this book.

The most you'll need to make these recipes is a blender and a couple pots and pans (most don't even need the blender). The instructions are easy to follow, the prep times are minimal, and the ingredients are easy to find. Cooking doesn't get much simpler than this.

So, let's get started!

5

BREAKFAST

Although the body appears to “shut down” during sleep, this is far from the truth. It’s incredibly active while you sleep; repairing muscle and producing hormones.

If you slept eight hours and ate your last meal five hours before going to bed, your body has gone thirteen hours without food. If you were to wake up and skip breakfast, waiting another five hours for the noon lunch, the fasting period stretches to eighteen hours.

During the starvation period of sleep, your body goes into a catabolic state (breaking muscle down), and the longer you extend it, the worse the situation gets. You want to end this as soon as possible, and you do it by eating food.

So, make a little time each morning for a breakfast—even if it’s only a few minutes.

Baked Raisin Oatmeal

(Per Serving)

Calories: 399

Protein: 38 grams

Carbohydrates: 42 grams

Fat: 8 grams

Makes 1 serving

Ingredients

- 1/2 cup quick cooking oats
- 1 teaspoon vegetable oil
- 2 egg whites
- 2 tablespoons skim milk
- 1/8 teaspoon salt
- 1/4 teaspoon baking powder
- 1 scoop chocolate or vanilla whey protein powder
- 1 tablespoon raisins
- 1/2 teaspoon brown sugar
- 1/2 teaspoon stevia or other sugar alternative
- 1/8 teaspoon cinnamon

Directions

1. In a large mixing bowl, beat together the oil and stevia, slowly mix in the eggs, skim milk, salt, baking powder, and oats. Top with the brown sugar and cinnamon and place in refrigerator overnight.
2. Heat the oven to 350 °F, bake until firm, around 35 minutes.

Sweet Potato Protein Pancakes

(Per Serving)

Calories: 358

Protein: 24 grams

Carbohydrates: 59 grams

Fat: 3 grams

Makes 1 serving (2 pancakes)

Ingredients

- 1 medium-sized sweet potato
- 1/2 cup oatmeal
- 4 egg whites
- 1 large egg
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 cup fat-free plain yogurt

Directions

1. Puncture the sweet potato several times with a fork. Wrap it in a paper towel and microwave it for 5 minutes on high. Run it under cool water and then remove the skin with a knife.
2. Blend the oats until they are a powder and dump into a bowl. Blend the sweet potato until smooth and place it into the bowl with the oats. Stir in the egg, egg whites, vanilla extract, cinnamon, and yogurt. Blend the mixture until a smooth batter.

3. Coat a pan with cooking spray and wipe away the excess with a paper towel. Save this for wiping the pan after cooking each pancake. Heat the pan on medium-low heat.
4. Spoon about 1/2 cup of batter into the pan and cook for 1 - 2 minutes or until golden brown. Flip the pancake and cook for 30 seconds to 1 minute or until golden brown and firm. Put the pancake on a plate and wipe the pan with the paper towel.
5. Repeat step 4 with the rest of the batter.

Turkey Bacon & Veggie Omelet

(Per Serving)

Calories: 283

Protein: 35 grams

Carbohydrates: 8 grams

Fat: 12 grams

Makes 1 serving

Ingredients

- 5 egg whites
- 1 large egg
- 3 spears of asparagus, cut into 2-inch pieces
- 1/2 cup sliced fresh mushrooms
- 1/3 cup green onions, chopped
- 1 tablespoon low-fat Parmesan cheese
- 1 2 slices turkey bacon, cooked and cut into small slices

Directions

1. Place a large skillet over medium heat, lightly coat in oil and, once hot, add the mushrooms, asparagus, and onions. Cook, stirring occasionally until the asparagus is fairly soft, about 4 minutes. Whisk the eggs and pour over the ham and vegetables, reduce heat to medium.
2. While the omelet cooks, lift the edge to allow all of the uncooked egg to flow underneath. Once most of the egg is cooked, add the turkey bacon and cheese on

top and let melt to desired consistency, fold the omelet in half and remove from heat.

Lean and Mean Zucchini Hash

(Per Serving)

Calories: 202

Protein: 15 grams

Carbohydrates: 11 grams

Fat: 11 grams

Makes 1 serving

Ingredients

- 2 large eggs
- 1 cup zucchini, grated
- 1/4 cup onion, diced
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- salt and ground black pepper, to taste

Directions

1. Mix all the ingredients together in a bowl.
2. Heat a pan on high and then lower to medium heat.
3. Spray some cooking spray into the pan and spoon the mixture into it. Cook about 5 minutes and flip. Cook another 5 minutes.

Zucchini Frittata

(Per Serving)

Calories: 239

Protein: 31 grams

Carbohydrates: 6 grams

Fat: 9 grams

Makes 1 serving

Ingredients

- 1/4 cup chopped onion
- 1/2 cup shredded zucchini
- 6 egg whites
- 1 large egg
- salt and ground black pepper, to taste
- 1 tablespoon low-fat cheddar cheese

Directions

1. Preheat the oven to 350 °F.
2. Coat an 8 inch oven-proof skillet in cooking spray and place over medium heat. Add the onion and zucchini and sauté for 2 - 3 minutes.
3. In a large mixing bowl, whisk together the eggs. Pour over the top of vegetables, sprinkle with salt and pepper. Cook until almost set, about 6 - 7 minutes. Sprinkle the cheese on top and transfer to the oven. Bake for 4 - 5 minutes or until the cheese is melted.

6

CHICKEN & TURKEY

Like anyone who is into working out, I've come to love chicken and turkey. They're relatively cheap, super lean, full of protein, and they can be made to taste many different ways (and turkey can replace ground beef in many different recipes like meat loaf, chili, spaghetti sauce, hamburgers, and meatballs).

Turkey and chicken also make great "fast food." You can cook up a whole batch and keep it in the fridge. When you're in a hurry, grab about 5 ounces and an apple, and there's a quick meal.

Mike's Mexican Meatloaf

(Per Serving)

Calories: 307

Protein: 27 grams

Carbohydrates: 29 grams

Fat: 14 grams

Makes 8 servings

Ingredients

- 1 pound lean ground turkey
- 1 pound ground chicken
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can whole kernel corn, drained and rinsed
- 1/2 (4 ounce) can fire-roasted diced green chiles
- 1 cup mild chunky salsa
- 1 (1 ounce) package dry taco seasoning mix
- 3/4 cup plain breadcrumbs
- 3 egg whites
- 1 (28 ounce) can enchilada sauce, divided
- salt and ground black pepper to taste

Directions

1. Preheat the oven to 400 °F. Coat a 9x13-inch baking dish with cooking spray.

2. In a large mixing bowl, combine the ground turkey, ground chicken, black beans, corn, green chiles, salsa, taco seasoning, bread crumbs, and egg whites and mix thoroughly.
3. Form the mixture into a loaf shape and place inside the prepared baking dish, top with half of the enchilada sauce and place in the oven for 45 minutes.
4. Remove from the oven and top with the remaining enchilada sauce, return to the oven and bake until the meatloaf is no longer pink inside, about 10 - 15 minutes. A thermometer inserted into the center should read at least 160 °F.

Aussie Chicken

(Per Serving)

Calories: 372

Protein: 44 grams

Carbohydrates: 20 gram

Fat: 12 grams

Makes 4 servings

Ingredients

- 4 boneless, skinless chicken breasts, rinsed, dried, trimmed of fat (6 ounces each) and pounded to 1/2 inch thickness
- 2 teaspoons seasoning salt
- 6 slices bacon, cut in half
- 1/4 cup yellow mustard
- 1/4 cup honey
- 1/8 cup mayonnaise
- 1 tablespoon dried onion flakes
- 1 tablespoon vegetable oil
- 1 cup fresh mushrooms, sliced
- 1/2 cup reduced fat Monterey Jack cheese, shredded
- 2 tablespoons fresh parsley, chopped

Directions

1. After prepping your chicken breasts, rub with the seasoning salt, cover and refrigerate for 30 minutes.
2. Preheat the oven to 350 °F.
3. Cook the bacon in a large skillet over medium high heat until crisp, set aside.
4. In a medium sized mixing bowl, mix together the mustard, honey, mayonnaise, and dried onion flakes.
5. Heat the oil in a large skillet over medium heat. Add the chicken to the skillet and cook for 3 to 5 minutes per side, or until browned. Transfer the chicken to a 9x13 inch baking dish. Top with the honey mustard sauce, then a layer of mushrooms and bacon. Sprinkle the shredded cheese on top.
6. Bake for 15 minutes, or until cheese is melted and chicken juices run clear. Top with the parsley for garnish.

Greek Pita Pizza

(Per Serving)

Calories: 440

Protein: 44 grams

Carbohydrates: 36 grams

Fat: 13 grams

Makes 1 serving

Ingredients

- 1 boneless, skinless chicken breast, rinsed, dried, trimmed of fat (6 ounces)
- 1 whole grain pita bread
- 1/2 tablespoon olive oil
- 2 tablespoons olives, sliced
- 1 teaspoon red wine vinegar
- 1/2 clove garlic, minced
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried basil
- 1/4 cup fresh spinach
- 2 tablespoons low-fat feta cheese
- 1/2 small tomato, chopped and seeded
- salt and ground black pepper, to taste

Directions

1. Coat a medium sized skillet with cooking spray and place over medium heat. Place chicken on the skillet and cook for 3 - 5 minutes per side or until cooked through. Remove from heat and set aside.
2. Prepare your pizza by brushing the pita with the oil. Place on a baking sheet and broil 4 inches from the heat for 2 minutes. Meanwhile, get a mixing bowl and add the olives, vinegar, garlic, oregano, basil, salt, pepper, and any remaining oil.
3. Spread the mixture over the pita. Chop the chicken breast into slices. Top the pita with the spinach, feta, tomato, and chopped chicken. Broil for about 3 more minutes, or until the cheese is desired consistency

Super-Fast Chicken Salad Sandwich

(Per Serving)

Calories: 299

Protein: 30 grams

Carbohydrates: 30 grams

Fat: 7 grams

Makes 2 servings

Ingredients

- 1 celery stick, finely chopped
- 1 tablespoon onion, finely chopped
- 1 tablespoon pine nuts
- 1 heaping teaspoon spicy brown mustard
- 1 heaping teaspoon fat-free sour cream
- 1 heaping teaspoon fat-free plain yogurt
- pinch of ground black pepper
- 2 cans (3 ounces each) chunk chicken, rinsed and drained twice
- 4 slices whole grain bread
- 2 leaves lettuce

Directions

1. In a bowl, mix the celery, onion, pine nuts, mustard, sour cream, yogurt, and pepper.
2. Mix in the chicken.
3. Spread half of the mixture on a slice of bread. Top with a lettuce leaf and then with another slice of bread. Repeat with the rest of the mixture to make a second sandwich.

Chicken Stroganoff

(Per Serving)

Calories: 277

Protein: 47 grams

Carbohydrates: 2 grams

Fat: 9 grams

Makes 4 servings

Ingredients

- 4 boneless, skinless chicken breasts, rinsed, dried, trimmed of fat, sliced (6 ounces each)
- 1 medium onion, chopped
- 2 1/2 cups fresh mushrooms, sliced
- 3/4 cup low sodium chicken broth
- 2 tablespoons garlic
- 2 tablespoons dried tarragon
- 1/2 (8 ounce) container fat-free sour cream
- salt and ground black pepper, to taste

Directions

1. Coat a 12 inch skillet with cooking spray and place over medium-high heat. Add salt and pepper to your chicken breast and place into skillet. Cook until golden on one side, about 2 minutes, turn and repeat.

2. Push the chicken pieces to one side of the skillet and pour off any dripping. Add the onion to the other side and sauté until softened. Stir in the garlic, tarragon, and mushrooms and cook for 2 more minutes.
3. Add the chicken broth and stir, lower the heat to medium-low. Add the sour cream and mix the chicken in well with the rest of the sauce. Simmer for 5 minutes, stirring occasionally until sauce slightly thickens.

7

PASTA & GRAINS

Carbohydrates are a vital source of energy for your body. They provide fuel in the form of glucose and glycogen and are the macronutrient that you manipulate most when trying to gain muscle or lose fat. When you're eating to gain muscle, the abundance of carbs in your diet not only increases your strength and endurance in the gym, but also gives you an overall sense of satiety and well-being. When you're eating to lose fat, your drastically lowered carb intake not only leads to dropped pounds, but also gives you that dry, hard look.

A good source of slow-burning, low-fat carbohydrates are whole grains such as wheat, brown rice, quinoa, oats, and barley. What are whole grains, exactly? They're grains that contain all the essential parts and naturally occurring nutrients of the entire grain seed. If the grain has been processed (cracked, crushed, rolled, chopped up, or cooked) and still has 100% of the original kernel, it's still a whole-grain product.

In contrast to whole grains are *refined grains*, which are grains that have been considerably modified from their natural state. Modifications include processes that remove essential parts of the grain, bleaching, and mixing back in a fraction of the nutrients removed.

So, stick to the whole grains and reap their many benefits, such as reduced risk of stroke, diabetes, heart disease, healthier blood pressure levels, reduction of inflammation, and more.

As you'll see, the pasta recipes in this section always have some form of protein added because one serving of whole-grain pasta has only about 7 grams of protein.

Chicken Pesto Pasta

(Per Serving)

Calories: 420

Protein: 28 grams

Carbohydrates: 43 grams

Fat: 16 grams

Makes 2 servings

Ingredients

- 4 ounces whole grain ziti
- 1 boneless, skinless chicken breast, rinsed, dried, trimmed of fat (6 ounces), cut into slices
- 25 leaves fresh basil, finely chopped
- 2 tablespoons crushed pine nuts
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon warm water
- 1 teaspoon minced garlic
- salt and ground black pepper, to taste

Directions

1. Bring a pot of lightly salted water to a boil, cook the pasta according to the package directions.

2. In a large bowl, mix the basil, garlic, water, pine nuts, and oil.
3. Turn on the stove to medium heat and coat your pan or skillet with cooking spray.
4. Begin to cook the chicken strips in the pan. Once almost cooked, reduce the heat and stir in your salt, pepper, pesto, and Parmesan. Cook until chicken is no longer pink on inside, stir in cooked pasta.

Chicken Cacciatore

(Per Serving)

Calories: 421

Protein: 42 grams

Carbohydrates: 52 grams

Fat: 7 grams

Makes 4 servings

Ingredients

- 1 tablespoon vegetable oil
- 4 boneless, skinless chicken breasts, rinsed, dried, trimmed of fat (6 ounces), cut into slices
- 6 ounces (dry) quinoa rotelle pasta
- 1/2 medium onion, chopped
- 1/2 cup fresh mushrooms, thinly sliced
- 1 clove garlic, minced
- 1 (28 ounce) can of plum tomatoes, with juice
- 1/2 cup dry red wine
- 1 teaspoon dried oregano
- 1 bay leaf
- 1/2 cup fresh parsley, chopped

Directions

1. Heat the oil in a large, deep skillet over medium-high heat. Add the chicken and brown. Add the onions, mushrooms, and garlic and sauté until vegetables are tender.
2. Add the tomatoes, wine, oregano, and bay leaf and reduce heat to medium-low. Cover and simmer for 30 - 35 minutes, or until chicken is cooked through and sauce has thickened. Stir occasionally.
3. Meanwhile, cook the pasta according to package directions.
4. Add the cooked pasta and 1/4 cup of the pasta water to the chicken, cook for 1 - 2 minutes, mixing well so the sauce sticks to the pasta. Remove bay leaf and top with fresh parsley.

Chicken Fettuccine with Mushrooms

(Per Serving)

Calories: 386

Protein: 28 grams

Carbohydrates: 44 grams

Fat: 12 grams

Makes 1 serving

Ingredients

- 2 tablespoons olive oil
- 2 boneless, skinless chicken breasts, rinsed, dried, trimmed of fat (6 ounces), cut into slices
- 3 cloves garlic, minced
- 2 ounces shiitake mushrooms, stemmed and sliced (around 1 - 1 1/2 cups)
- 2 teaspoons freshly grated lemon zest
- 2 tablespoons lemon juice
- 8 ounces whole-wheat fettuccine
- 1/2 cup freshly grated Parmesan cheese
- 1/2 cup fresh basil, chopped
- salt and ground black pepper, to taste

Directions

1. Bring a large pot of lightly salted water to a boil and add pasta.

2. Heat the oil in a large nonstick skillet over medium heat. Add the sliced chicken and cook for 3 - 4 minutes, add your garlic and mushrooms. Cook, stirring occasionally for 4 - 5 minutes or until the mushrooms are nice and tender. Stir in the lemon juice, lemon zest, salt, and pepper and remove from the heat.
3. Drain the pasta, saving 1/2 a cup of the cooking liquid.
4. Add the pasta, 1/2 cup of cooking liquid, Parmesan, and basil to the skillet and toss.

8

SIDES

The following side dishes can be included with your meals, not only to add some excitement and variety of taste, but also to help you meet your nutritional requirements.

Squash & Broccoli Stir-Fry

(Per Serving)

Calories: 106

Protein: 3 grams

Carbohydrates: 21 grams

Fat: 2 grams

Makes 6 servings

Ingredients

- 1 tablespoon lemon juice
- 1 pound butternut squash, peeled, seeded and cut into 1/4 inch slices
- 2 teaspoons honey
- 1 garlic clove, minced
- 1/4 teaspoon ground ginger
- 1 cup fresh broccoli florets
- 1/2 cup celery, thinly sliced
- 1/2 cup onion, thinly sliced
- 2 tablespoons sunflower kernels

Directions

1. Coat a large skillet with cooking spray and place over medium-high heat. Add the squash, garlic, and ginger and stir-fry for 3 minutes. Add the broccoli, celery, and onion and continue to stir fry for 3 - 4 minutes or until all the vegetables are tender.

2. Meanwhile, in a small bowl, combine the honey and lemon juice and mix well.
3. Place the vegetables in a large serving dish and pour the honey mixture over, toss to coat. Sprinkle the sunflower kernels on top.

Roasted Garlic Twice-Baked Potato

(Per Serving)

Calories: 216

Protein: 6 grams

Carbohydrates: 39 grams

Fat: 5 grams

Makes 6 servings

Ingredients

- 6 medium sized baking potatoes
- 1 whole garlic bulb
- 1 teaspoon olive oil
- 2 tablespoons unsalted butter, softened
- 1/2 cup skim milk
- 1/2 cup low-fat buttermilk
- 1 1/2 teaspoons fresh rosemary, minced
- 1/2 teaspoons salt
- 1/2 teaspoon pepper
- Dash of paprika

Directions

1. Place the potatoes on a baking sheet and bake at 400°F for 45 - 55 minutes or until tender.

2. Meanwhile, remove the outer papery skin from garlic, drizzle with oil and wrap in 2 sheets of heavy-duty foil. Add the garlic to the oven for 30 - 35 minutes or until softened. Let garlic and potatoes cool for about 10 minutes.
3. Once cool enough to handle, cut a thin slice off the top of each potato and discard. Scoop out the pulp until just a thin shell remains, place the pulp in a large mixing bowl, add the softened butter and mash.
4. Cut the top off of the garlic head, leaving the root intact, and squeeze the softened garlic into the bowl with the potatoes, add the milk, buttermilk, rosemary, salt, and pepper and mix well.
5. Spoon the potato mixture back into the shells and place back on the baking sheet. Bake at 425°F for 20 - 25 minutes or until heated through. Remove from oven and add a dash of paprika to each top.

FINALLY! HOW TO GET LEAN AND TONED WITHOUT HATING YOUR “DIET”

Did you like these recipes? How would you like 100 more?

Well, if you want to know how to build muscle and burn fat by eating healthy, delicious meals that are easy to cook and easy on your wallet, then you want to get my book, *The Shredded Chef: 115 Recipes for Building Muscle, Getting Lean, and Staying Healthy*.

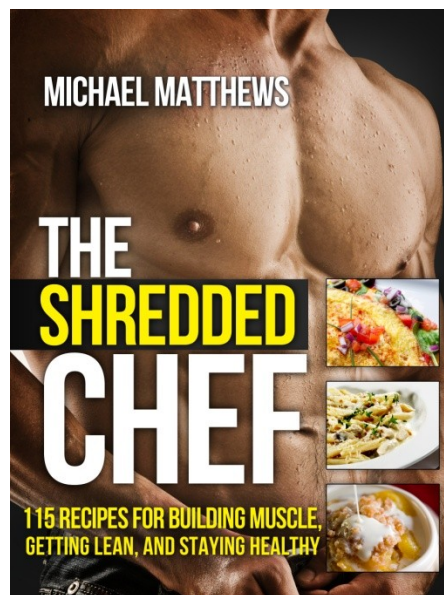
Inside you'll find 115 healthy, flavorful recipes specifically designed for athletes that want to build muscle or lose fat. Regardless of your fitness goals, this book has got you covered.

Here's a “sneak peek” of the recipes:

- **14 fast, delicious breakfast recipes like Zucchini Frittata, French Muscle Toast, Sweet Potato Protein Pancakes, Breakfast Pita Wrap, Baked Raisin Oatmeal, and more. Whether you're trying to burn fat or build muscle, you'll find recipes that will help you get there.**
- **18 mouthwatering chicken & turkey dishes like Mike's Mexican Meatloaf, Greek Pita Pizza, Pollo Fajitas, Pineapple Chicken, and more. Forget boring poultry dishes, even when cutting!**
- **14 tasty beef recipes like Korean BBQ Beef, Mike's Muscle Burgers, Beef Stroganoff, Adobo Sirloin, and more. Enjoy beef like never before with these creative recipes. You'll even find low-calorie beef dishes perfect for losing weight!**
- **10 savory fish and seafood recipes like Savory Soy and White Wine Halibut, Graham-Coated Tilapia, Salmon Burgers, Tuna Salad Stuffed Peppers, and more. Never again settle for flavorless, unappetizing fish and seafood—these recipes will have you singing praises for the sea!**
- **7 hearty, healthy pasta recipes like Asparagus & Goat Cheese Pasta, Chicken Cacciatore, Beef Lasagna, Chicken Fettuccine with Mushrooms, and more.**

Each of the pasta dishes are high in protein, making them great muscle-building treats.

- 14 awesome side dishes like Wasabi Cranberry Quinoa Salad, Curry Potatoes and Cauliflower, Couscous Salad, Sweet Potato Chips, Brown Rice Pilaf, and more. You're going to love mixing and matching these side dishes with the entrees and discovering your favorite combinations!
- 5 delectable desserts like Key Lime Pie, Peach Cobbler, Protein Milkshake, and more. These sugar-free desserts will satisfy your sweet tooth without the calorie overload!
- And more! (I haven't even mentioned the recipes for pork, salads, protein shakes, protein bars, and snacks...)



[Click here to buy this book now to forever escape the dreadful experience of “dieting,” and make building muscle and burning fat easy and enjoyable!](#)

BONUS REPORT



12 HEALTH AND FITNESS MISTAKES YOU DON'T KNOW YOU'RE MAKING

Do you believe that your genetics are preventing you from making great gains in the gym?

Do you do certain exercises because they're supposed to "shape" your muscles?

Do you stretch before lifting weights to prevent injury or increase strength?

When doing cardio, do you shoot for a "target" heart rate zone to burn the most fat possible?

If you answered "yes" to any of those questions, you're in good company as most people do the same.

But here's the kicker: *There's NO science behind any of it.*

Quite to the contrary, however, science actually *disproves* these things.

If you want to learn the truth about these myths and 8 others that ruin people's efforts to get fit, click the link below to download a free bonus report that I put together for you called *12 Health & Fitness Mistakes You Don't Know You're Making*.

Visit <http://bit.ly/mmeals-bonus> to get this report now!

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Thank you for downloading my book. I hope you enjoyed reading it and have found it helpful.

I have a small favor to ask. Would you mind taking a minute to write a blurb on Goodreads about this book? I check all my reviews and love to get feedback (that's the real pay for my work—knowing that I'm helping people).

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Also, if you have any friends or family that might enjoy this book, spread the love and lend it to them!

Now, I don't just want to sell you books—I want to see you use what you've learned to build the body of your dreams.

As you work toward your goals, however, you'll probably have questions or run into some difficulties. I'd like to be able to help you with these, so let's connect up! I don't charge for the help, of course, and I answer questions from readers every day.

Here's how we can connect:

Like me on Facebook: www.facebook.com/biggerleanerstronger

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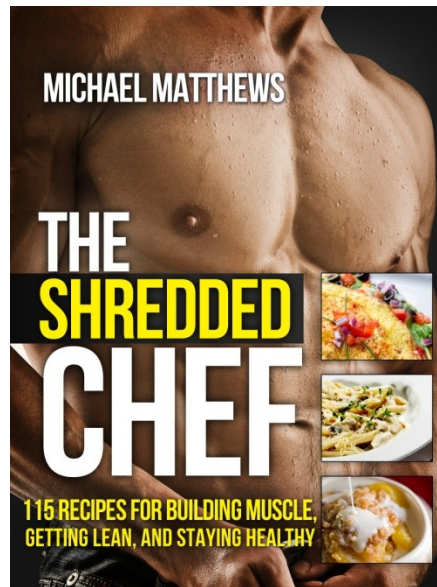
And last but not least, my website is <http://www.buildhealthymuscle.com> and if you want to write me, my email address is mike@buildhealthymuscle.com.

Thanks again, I hope to hear from you, and I wish you the best!

Mike

P.S. Turn to the next page to check out other books of mine that you might like!

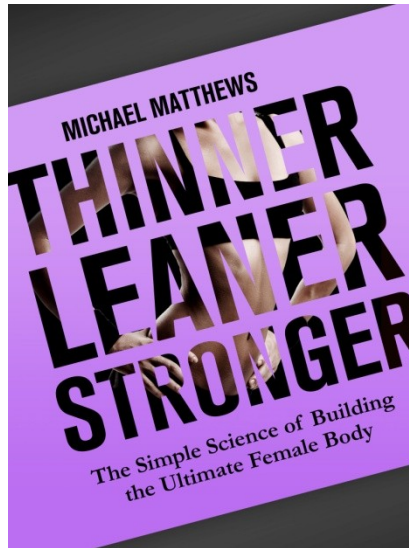
OTHER BOOKS BY MICHAEL MATTHEWS



[The Shredded Chef: 115 Recipes for Building Muscle, Getting Lean, and Staying Healthy](#)

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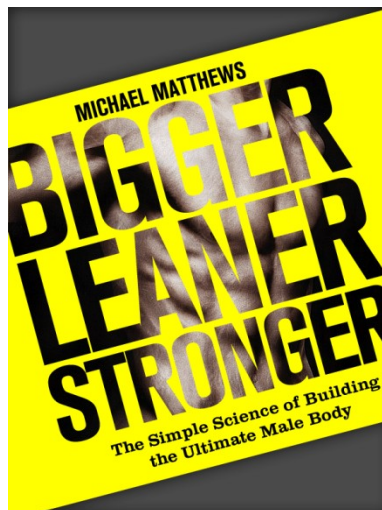
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[Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body](#)

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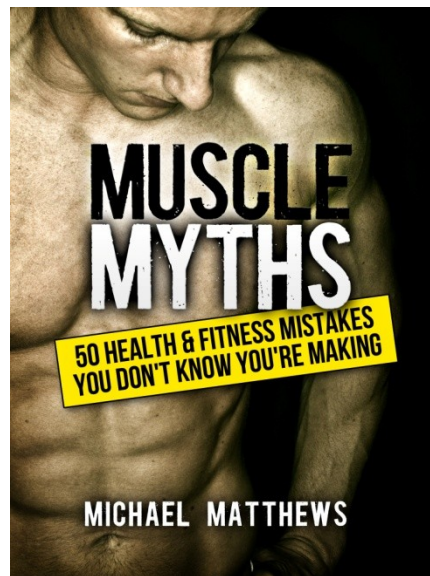
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[Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body](#)

If you want to be muscular, lean, and strong as quickly as possible, **without steroids, good genetics, or wasting ridiculous amounts of time in the gym, and money on supplements...**then you want to read this book.

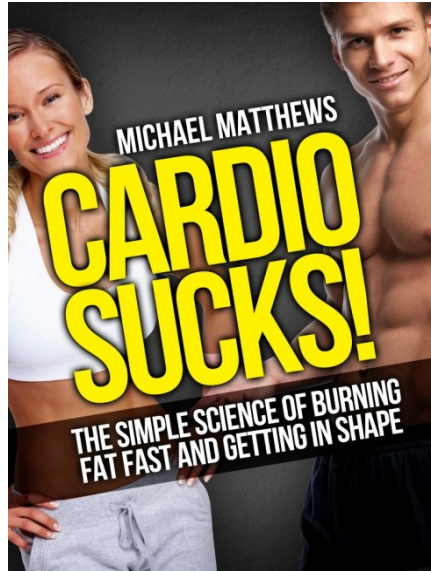
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[**Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making**](#)

If you've ever felt lost in the sea of contradictory training and diet advice out there and you just want to know once and for all what works and what doesn't—what's scientifically true and what's false—when it comes to building muscle and getting ripped, then you need to read this book.

[Click here to learn more about this book](#)



[Cardio Sucks! The Simple Science of Burning Fat Fast and Getting in Shape](#)

If you're short on time and sick of the same old boring cardio routine and want to kick your fat loss into high gear by working out less and...heaven forbid...actually have some fun...then you want to read this new book.

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