

**Protein Recipes:
IIFYM Recipes, DIY Protein Bars & Protein Shakes To Build Muscle &
Burn Fat**

SJ

Ignore Limits Productions

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Smashwords Edition

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I recommend consulting a doctor to assess and/or identify any health related issues prior to making any dramatic changes to your diet and/or exercise regime.

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# Who Am I and Why Should You Listen To My Advice?

I'm SJ

I'm a **fitness enthusiast** and **published author**.



*Here's a glimpse into my story thus far...*

I graduated high school with no direction in life and a frail physique **weighing in at a mere 135lbs**, I was unhappy with essentially all aspects of my life.

Then one day it all changed.

I finally realised that **I am the only one to blame**, when I looked in the mirror that day I realised that I had connected the dots, that the life I was currently living was the end result of all the decisions I had made leading up to that day.

Every time I chose to play Xbox instead of hitting the gym, every time I slept in instead of waking up to study and make something of myself lead me to where I currently was.

From that day forward **I took ownership of my actions**, I began to hit the gym multiple times per week, I applied for scholarships and successfully had my tuition paid for in full, I read books, TONS of books on everything to do with the mind and body.

**I transformed my body from a skinny fat 135lbs with 18% body fat to a solid 192lbs at 8% body fat.**

I became qualified in a field I was passionate about.

I founded several online businesses that allow me to pursue ideas and projects in my life that I am passionate about without having to constantly worry about money.

I published several eBooks explaining the training and dieting techniques I used to achieve the body I have today.

I learnt a plethora of new information on dieting and fitness by reading and applying what I read, to find out what does work and what doesn't work, because as I'm sure you've noticed the health and fitness industry is full of non-sense claims and BS. I found out what was true and what worked for me and applied that knowledge.

And you bet I had fun during the whole process.

If my transformation sounds like something you'd also like to achieve it's time to get reading! I offer 100% no bullshit advice on all topics health, fitness, dieting and motivation on this site.



The purpose of Ignore Limits is to provide you, the reader with the necessary tools and information to transform both your body and mind to the next level, don't settle for average or stop at the limits, become the best person you can be in all aspects of life.

On this website, I will openly and passionately share all of the tools, resources and strategies I have used and currently use to improve my physique and mental sharpness, these will work wonders for you too.

If you've found this site I assume you're like me and living an average suppressed life with low Testosterone and no ambitions doesn't appeal to you.

**You want to build a lean, muscular physique that commands respect.**

**You want to acquire an unbreakable mindset to match.**

**You have big goals and ambitions in this life**

When I started off as a skinny, frail confused 135lb teenager I wasted more money on incompetent personal trainers that supposedly knew how to gain muscle and supplements that don't work.

I don't want you to have to waste your time and go through all that bullshit.

**I don't want you to waste your money on the lies and empty promises that supplement companies and membership websites feed you.**

Now let's get to it...

# Nutrition

Calories can come from several different macronutrient sources, and these include:

## **Protein**

4 calories per gram – Protein is the building block for lean muscle mass.

## **Carbohydrates**

4 calories per gram – carbohydrates are used by our bodies as its primary energy source. Carbohydrates are broken down into two sub categories (both contain 4 cal/gram).

### Simple carbohydrates

These are the sugary processed carbohydrates that are found in foods such as candy, chocolate and fruit. Simple carbohydrates are absorbed quickly and cause a large insulin spike.

### Complex carbohydrates

These carbohydrates are the ‘clean,’ slow digesting carbohydrates that are known for sustained energy. Complex carbs are found in brown rice, sweet potatoes and oats.

## **Fat**

9 calories per gram – Healthy fats are vital for bodily functions such as hormone levels. Fats are also broken down into several categories:

### Saturated fat

found in dairy and meat, and can raise cholesterol.

### Unsaturated fat

found in vegetable oils, and is used to lower cholesterol.

## **Alcohol**

7 calories per gram – Empty calories (alcohol does not contain any macronutrients).

## **The truth about frequency and volume of meals for maximum muscle growth and fat loss**

I’m sure you’ve heard this before: “in order to achieve your fitness goals you need to eat a larger number of smaller meals.” (For example: 5 – 6 meals a day.) This, along with clean eating, is preached heavily by nutritionists and personal trainers.

What if I told you meal frequency and nutrient timing doesn’t matter at all? That eating six times a day will have no effect on your metabolism or metabolic rate? That you can eat carbs right before bed and you won’t gain fat?

Upon first thinking about this, it may sound like I’m making this all up. Surely consuming food prior to sleeping will be stored as fat as you are not actively exercising to utilize these calories, right? However, our bodies do not operate like this – it is constantly looking at the bigger picture, which is the calories/ macronutrients we consume over a 24 or 48 hour period. Your body is constantly breaking down and repairing itself, storing and oxidizing nutrients.

It's hard to instantly change your beliefs on an aspect of fitness that is constantly preached, but a paradigm shift is required – individuals spend far too much time stressing over the timing of their meals and how many they consume a day rather than focusing on the most important aspect of dieting.

### **Is there research available to support my wild claims?**

*You bet there is!*

A study performed by the French National Institute of Health and Medical Research in 1997 on meal timing found that small meals caused a short small boost in metabolism, whereas larger meals caused longer, larger boosts in metabolism – however, at the end of the day, both of these balanced out to provide the same result.

The University of Ontario performed a study on 16 participants over a duration of 8 weeks. These participants were split into two even groups: one group was to eat three meals per day, while the second group ate three meals and three snacks per day. The conclusion after the eight week experiment was that there was no significant difference in the weight loss, fat loss or muscle loss between the two groups.

So remember...

Eat what you want, when you want - as long as you hit your caloric goal.

Learn how to calculate your calories in my guide [here](#).



## Recipes

## **Quick Pre-Workout Energy Snacks**

### **Proats:**

- 1/2 cup oats
- 1 small banana
- 1 scoop whey protein powder

Mix together with water and consume.

### **Energy Rice Cakes:**

- 2 wholemeal rice cakes
- Peanut butter or Nutella spread

Spread the condiment of your choice on the rice cakes and consume.

### **Pre-Workout Yoghurt:**

- 1/2 cup low fat Greek yoghurt
- Small handful of blueberries/raspberries

Mix berries in with your low fat yoghurt and consume.

### **Protein Power Smoothie:**

- 1 scoop whey protein
- 1/2 cup rolled oats
- 1 banana or handful of assorted berries

Place all ingredients in a blender and process for 20 seconds.

## Breakfast Recipes

# **Protein Pancakes**

**Serves:** 6

**Preparation time:** 20 minutes

**Cooking time:** 15 minutes

## **Ingredients:**

½ Banana mashed  
½ cup (125ml) liquid Egg Whites  
1 Tbsp. (15ml) Chia seeds  
1 cup (250ml) organic quick Oats  
1 scoop Peanut Butter flavored Whey Protein  
½ cup (125ml) Almond Milk  
½ cup (125ml) Water  
Pinch of salt

## **Method:**

Mix all the ingredients together in a large bowl, until well blended – you can use a hand mixer or blender for this as well.

Let the mixture sit for 10-15 minutes, allowing for the gluten to develop and the Chia seeds to expand, which will make your pancakes come out fluffier.

Heat a medium sized pan and coat with non-stick cooking spray.

Keep the heat on medium to thoroughly cook pancakes.

Use 1/3 cup (85ml) measuring cup and pour the mixture into the pan.

These pancakes take about 1½– 2 minutes on each side to cook.

## **Recommended Toppings:**

Vanilla Greek Yogurt

Blueberries

## **Macronutrients: (per pancake)**

Protein: 10g

Carbs: 12g

Fat: 2g

Calories: 66

# Big Breakfast Pizza

**Servings:** 1

**Preparation time:** 10 minutes

**Cooking time:** 10 minutes

## Ingredients:

2 slices Jennie-O extra-lean Turkey Bacon. Alternatively, 1 turkey sausage patty

3 whole Eggs

¼ Boboli 12" thin Pizza Crust

½ cup (62ml) Fat-Free Mozzarella or Cheddar cheese

¼ small Onion, diced

½ Tomato, diced

Hot sauce (optional)

Salt and pepper to taste

## Method:

If you are using turkey bacon, place bacon on a plate between two paper towels and microwave for one minute.

Flip bacon over, keeping it in the paper towels and remove the top paper towel. Place a new paper towel on top, and microwave for another minute.

Remove from microwave and cut into 1 inch pieces.

If making with turkey sausage, cook according to package instructions then cut into small pieces.

Place the pizza crust on a baking sheet and heat in a toaster oven.

Place the eggs in a mixing bowl, season with salt and pepper to taste, and beat well.

Heat a skillet and coat with a nonstick cooking spray. Sauté the onions and add the tomatoes. Add your choice of meat to the pan, and allow to simmer for a few minutes.

Add the beaten eggs and mix well. Add the hot sauce and remove from the heat.

Place the mixture on the heated pizza base and serve.

## Tasty Additions:

Chopped spring onion

Chopped garlic

2 Chopped or sliced Mushrooms

## Macronutrients:

Protein: 40g

Carbs: 49g

Fat: 22g

Calories: 575

# Vanilla Protein Porridge

**Servings:** 1

**Preparation time:** 5 minutes

**Cooking time:** 2 minutes

## Ingredients:

1 cup (250 ml) Oats

½ cup (125ml) Skim Milk

1 scoop Vanilla Protein whey (for variation, try other flavors)

½ tsp (2,5ml) Stevia or 1 Tbsp (15ml) Honey

Salt and Cinnamon to taste

## Tasty Additions:

Mixed Berries or Blueberries

## Method:

Place the oats, skim milk, stevia, salt, cinnamon and fruit in a microwave safe mixing bowl. Mix well and place in the microwave for 1 minute on high remove, stir and repeat. Remove and stir in the protein whey. Serve hot.

## Macronutrients:

Protein: 45g

Carbs: 45g

Fat: 5g

Calories: 404

## Dinner Recipes

# **Beef and Basil**

**Serves:** 1

**Preparation time:** 5 minutes

**Cooking time:** 5 minutes

## **Ingredients:**

Spinach

Corn

Baby Tomatoes

Mushrooms

Minced Fresh Basil

Eggs

Lean Sirloin Steak (150g - 200g)

## **Method:**

Begin by boiling 1 egg.

Warm a pan with some olive oil. Thrown in handful of corn and halved baby tomatoes.

Stir fry for a little, and add some minced basil.

Add your sliced mushrooms.

Prep your salad bowl with spinach as the base.

Once the corn, tomato and mushroom mixture is basiled up

Heat a little oil in a pan and place the sirloin steak in. A little of salt and pepper on the uncooked side is enough for seasoning.

After a couple of minutes, flip the meat.

Place the meat on a plate and rest for a further 3-5minutes to ensure the juices redistribute throughout the meat. Peel the egg and mash up in a small bowl.

Place a mound of the spinach, corn, tomato and mushroom salad on a plate.

Place thin slices of the sirloin on top

Grab the egg mixture and place a thin strip of it on top of the steak.

## **Macronutrients: (per serve)**

Protein: 57 Grams

Carbs: 23 Grams

Fat: 15 Grams

Calories: 463



# High Protein BBQ Chicken Pizza

**Serves:** 8

**Preparation time:** 10 minutes

**Cooking time:** 20 minutes

## Ingredients:

1 Whole Boboli Whole Wheat Thin Pizza Crust  
3 servings (90g) 2% Mozzarella shredded cheese  
13oz (850g) boneless Chicken Breast  
½ Tbsp (7,5ml) Olive Oil  
2.5oz (74ml) chopped Onions  
2 servings (60ml) BBQ Sauce

## Method:

Preheat a skillet on a medium-high flame, and your oven to 450 F (220 C)  
Chop chicken and onions  
Pour olive oil in preheated skillet  
Place chicken and onions in skillet, stir so olive oil coats the chicken/onions. Season and cook thoroughly  
Open Boboli pizza crust and baste with BBQ sauce  
Place the cooked chicken on pizza crust and cover with cheese  
Cook in oven for 12 minutes

## Macronutrients: (per serve)

Protein: 20g

Carbs: 20g

Fat: 5g

Calories: 210

# Turkey Chili Frito Pie

**Serves:** 1

**Preparation time:** 5 minutes

**Cooking time:** 5 minutes

## **Ingredients:**

1 can Wolf Brand Turkey Chili.

60g 2% Milk Shredded Cheese

30g of plain Fritos

## **Method:**

Empty the contents of the tin into a microwave proof bowl.

Place in microwave and cook at full power for a minute and a half.

Remove the bowl and stir well.

Sprinkle the cheese on top and return to the microwave for a minute,

Add 1 serving of plain Fritos and stir.

Serve immediately.

## **Macronutrients:**

Protein: 71g

Carbs: 47.5g

Fats 33g

Calories: 771

## **Flavorsome Chicken Stir fry**

**Serves:** 1

**Preparation time:** 5 minutes

**Cooking time:** 35 minutes

### **Ingredients:**

150g Chicken, cut in strips  
100g Broccoli broken up  
2 slices of Pineapple cut into chunks  
1 tsp (5ml) Soy Sauce  
1 tsp (5ml) Olive Oil  
100g uncooked Brown rice

### **Method:**

Boil the brown rice.  
Heat a wok and add a small amount of water with the olive oil.  
Place the broccoli in the middle and cook for 5 minutes.  
Move the broccoli to the outsides and add the chicken, and fry for 2 minutes.  
Mix the broccoli and chicken then add the pineapple and soy sauce, and cook for 2 minutes.  
Add the cooked rice to the wok and mix.  
Add seasoning (hot sauce), if desired

### **Macronutrients:**

Protein: 47g  
Carbs: 70g  
Fats: 14g  
Calories: 585

## Shakes

# **Chocolate Cookie Butter Mass Gain Smoothie**

**Serves:** 1

**Preparation time:** 5 Minutes

**Cooking time:** None

## **Ingredients:**

2 scoops (60g) Chocolate Whey Powder

½ cup (125ml) Ice Water

¼ cup (62ml) Quick Oats

2 Tbsp (30ml) Cookie Butter

1/2 cup (125ml) frozen Greek Yogurt

## **Method:**

Place all the ingredients in blender and blend to desired consistency. Consume immediately.

## **Macronutrients:**

Protein: 52g

Carbs: 80g

Fat: 21g

Calories: 730

# **Meal Replacement Shake**

**Serves:** 1

**Preparation time:** 5 Minutes

**Cooking time:** None

## **Ingredients:**

1 cup (250ml) uncooked Oatmeal

2 scoops (60g) Vanilla protein

¼ tsp (2ml) Cinnamon

2 Tbsp (30ml) Sugar Free Maple Syrup

1 Tbsp (15ml) chopped Almonds

1½ cups (350ml) Water or Low Fat Milk

## **Method:**

Place all the ingredients in blender and blend to desired consistency. Consume immediately.

## **Macronutrients:**

Protein: 68g

Carbs: 33g

Fat: 7g

Calories: 469

## **Mass Gain Protein Shake (Without Protein Powder)**

**Serves:** 1

**Preparation time:** 5 Minutes

**Cooking time:** None

### **Ingredients:**

4 Ice cubes

1 cup (250ml) Water

½ Egg Whites, Liquid

1 Banana, sliced

1 Tbsp (15ml) Peanut Butter

1 tub (130g) Nestlé Greek Yogurt

### **Method:**

Place all the ingredients in blender and blend to desired consistency. Consume immediately.

### **Macronutrients:**

Protein: 25g

Carbs: 55g

Fat: 12g

Calories: 428

# Iced Green Tea

**Serves:** Multiple

**Preparation time:** 15 Minutes

**Chilling time:** 3 Hours

## Ingredients:

4 cups (1ℓ) Water

2 Green Tea bags

Juice from 1 Lemon

2 Tbsp (30ml) of Honey (optional)

Sprig of Mint

Ice cubes

## Method:

Bring the four cups of water to a boil, then pour into a pitcher with the tea bags.

Add the lemon juice, mint leaves, and honey into the tea, and let it steep for 10 minutes.

Remove the teabags and chill.

Add ice cubes and serve cold.

## Macronutrients:

Protein: 1g

Carbs: 1g

Fat: 0g

Calories: 8



## **Hard Gainer Shake**

**Serves:** 2

**Preparation time:** 10 Minutes

**Cooking time:** 2 Minutes

### **Ingredients:**

1 cup (250ml) Peanut Butter

½ cup (125ml) Nutella

½ cup (125ml) Oats

2 cups (500ml) 2% Low Fat Milk

1 Banana, sliced

1 tsp (5ml) Cinnamon

### **Method:**

Mix the oats, cinnamon and 1 cup of milk in a microwave proof bowl, and cook for 1 minute on high.

Remove, stir and cook for another minute.

Scoop the cooked oatmeal mixture into a blender, and blend until smooth.

Add the peanut butter, Nutella, banana and remaining cup of milk, and blend until smooth.

Consume immediately.

### **Macronutrients (per serve):**

Protein: 47g

Carbs: 117g

Fat: 94g

Calories: 1502

## **Breakfast Shake**

**Serves:** 1

**Preparation time:** 5 Minutes

**Cooking time:** None

### **Ingredients:**

2 scoops (60g) Vanilla or Chocolate Protein Powder

1 Banana sliced

¼ cup (62ml) frozen Blueberries

¼ cup (62ml) frozen Black Cherries

¼ cup (62ml) shredded Coconut

⅓ tsp (2ml) Lemon Juice

### **Method:**

Place all the ingredients in blender and blend to desired consistency. Consume immediately.

### **Macronutrients:**

Protein: 65g

Carbs: 30g

Fat: 7g

Calories: 445

## **DIY Pre Workout Energy Drink**

### **\*\*\* Make your own pre workout supplement at home \*\*\***

Save money, get better results and increase your knowledge on supplementation by making your own pre workout supplement at home, it's extremely easy... allow me to share with you how I've been making my own pre workout supplements that have assisted me in overcoming strength plateaus.

Simply purchase the essential ingredients listed below, add in the optional ingredients if you wish (like I said, these are nice but not necessary) and mix them together in water. Consume 20 – 30 minutes before your workout.

### **The Essential Ingredients to Make Your Own Pre Workout Supplement At Home**

#### **Caffeine**

**200 – 350mg**

Caffeine is a stimulant that increases muscle endurance & improves mental focus.

Here's the Caffeine I use & recommend...

#### **Beta Alanine**

**5g**

Beta Alanine is a naturally occurring amino acid that reduces fatigue and induces a 'tinging' feeling.

Here's the Beta Alanine I use & recommend...

#### **Creatine**

**5g**

Creatine Monohydrate is one of the most well researched and documented supplements on the planet, creatine is an amino acid that can assist us in increasing lean muscle mass and gaining strength.

Here's the Creatine I use & recommend...

#### **Citrulline Malate**

**8g**

Citrulline is an amino acid used to stimulate the production of Nitric Oxide which increases blood flow to the muscles resulting in that full, pumped feeling when lifting. Citrulline also has been proven to relieve muscular soreness and increase endurance.

Here's the Citrulline Malate I use & recommend...

### **The Optional Ingredients To Optimize Your Home Made Pre Workout Supplements**

The below additions are not necessary, however may suit you!

#### **BCAAs (Brain Chain Amino Acids)**

Brain Chain Amino Acids assist in preventing the breakdown of muscle when training fasted, if you're performing cardio first thing in the morning (provided you haven't eaten for 6~ hours prior) you'll be in an optimal zone to burn fat, however you run the risk of muscle breakdown too.

Supplementing with Brain Chain Amino Acids such as these are the solution for your fasted cardio.

Here's the BCAA's I use & recommend...

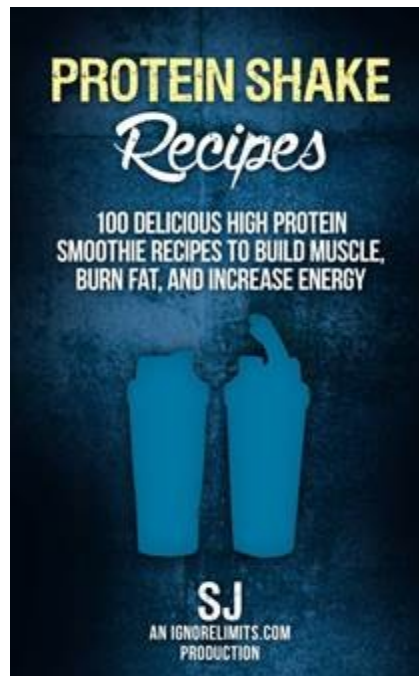
**Flavouring**

This comes down to personal preference, add in some calorie free flavouring or mix your pre workout supplement ingredients in a calorie free beverage.

Want flavour? Check these out...

## Enjoyed This Book? Here's Some More Awesome Content For You

### Protein Shake Recipes

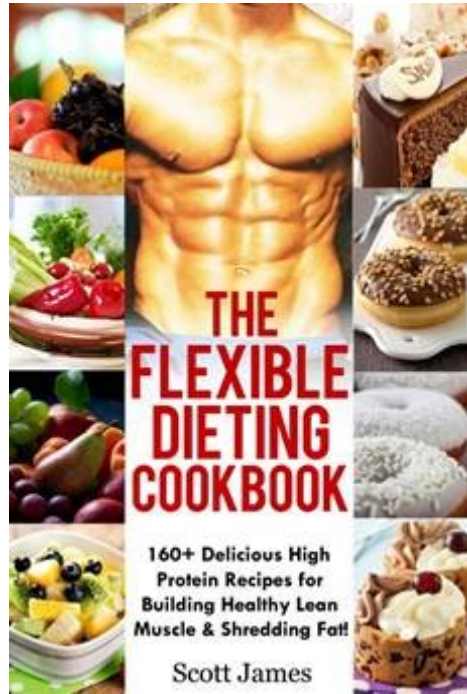


Protein Shake Recipes is just that, SJ's premiere recipe book containing 100 (one hundred!) protein shake recipes.

These shakes are not only delicious, but will also provide you with the macronutrients and minerals required pre and post workout.

Get the best bang for your buck out of your workout and pick up your copy of Protein Shake Recipes [here](#).

## **The Flexible Dieting Cookbook (160+ High Protein Recipes!)**

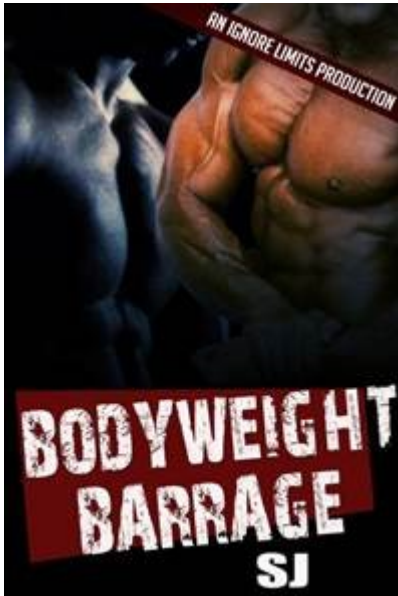


Featuring over 160 delicious high protein recipes.

Every single recipe contains a full macronutrient breakdown so you know exactly how many calories as well as grams of protein, carbohydrates and fats you will be receiving in each meal.

Grab your copy of the Flexible Dieting Cookbook here and get cooking today!

## **Bodyweight Barrage (100% FREE)**



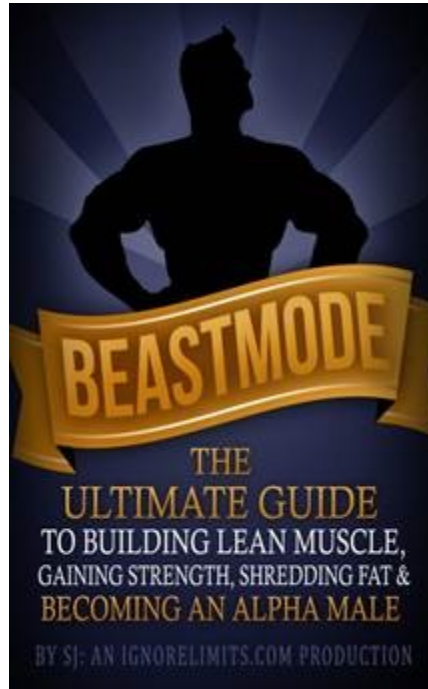
The Bodyweight Barrage will show you exactly how you CAN build muscle & burn fat without any fancy gym equipment. This book details the exact exercise you need to be performing – from beginner to advanced.

Photo demonstrations are included of each exercise (by yours truly).

[Grab your free copy of Bodyweight Barrage \(limited time only!\) here now.](#)



## BEASTMODE



BeastMode is your comprehensive guide to building muscle and shredding fat.

BeastMode covers dieting, training, advanced training techniques, motivation, supplementation and a whole lot more!

I wrote this book for both beginners and more advanced gym goers, I'm sure you'll find something in here that will take your training to the next level.

Check out BeastMode [here](#).

**And here are some KILLER articles that have helped thousands of men...**

My transformation explained

- [How To Train & Gain – The Workout Regime I Used To Gain 65lbs of Lean Muscle](#) (part 1 of 3)
- [How To Eat To Gain Muscle – The Dieting Principles I Used To Pack On 65 Lean Pounds](#) (part 2 of 3)
- [No BS Muscle Building Supplements I Used To Go From Skinny To Jacked](#) (part 3 of 3)
- [Building My Body – How I Went From Skinny To Jacked \(and you can too!\)](#)

Flagship articles about building muscle

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- [The Ultimate Guide To The IIFYM 'If It Fits Your Macros' Diet](#)

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