The Muscle Cook’s Top 10
Most Anabolicicious Recipes

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**RECIPE**

- 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
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 tsp 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 a spatula)
3. Poor 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
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
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
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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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. Cook, stirring until veggies are crisp tender and onions are browned. Put aside.
2. Stir in the beef strips, cook until desired doneness.
3. 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
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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More than 200 “Anabolicious” recipes, all full of flavours, designed to promote muscle building and fat loss, and that you can prepare in minutes. In fact those recipes are so easy to make, even a 10 year-old can do it!

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