

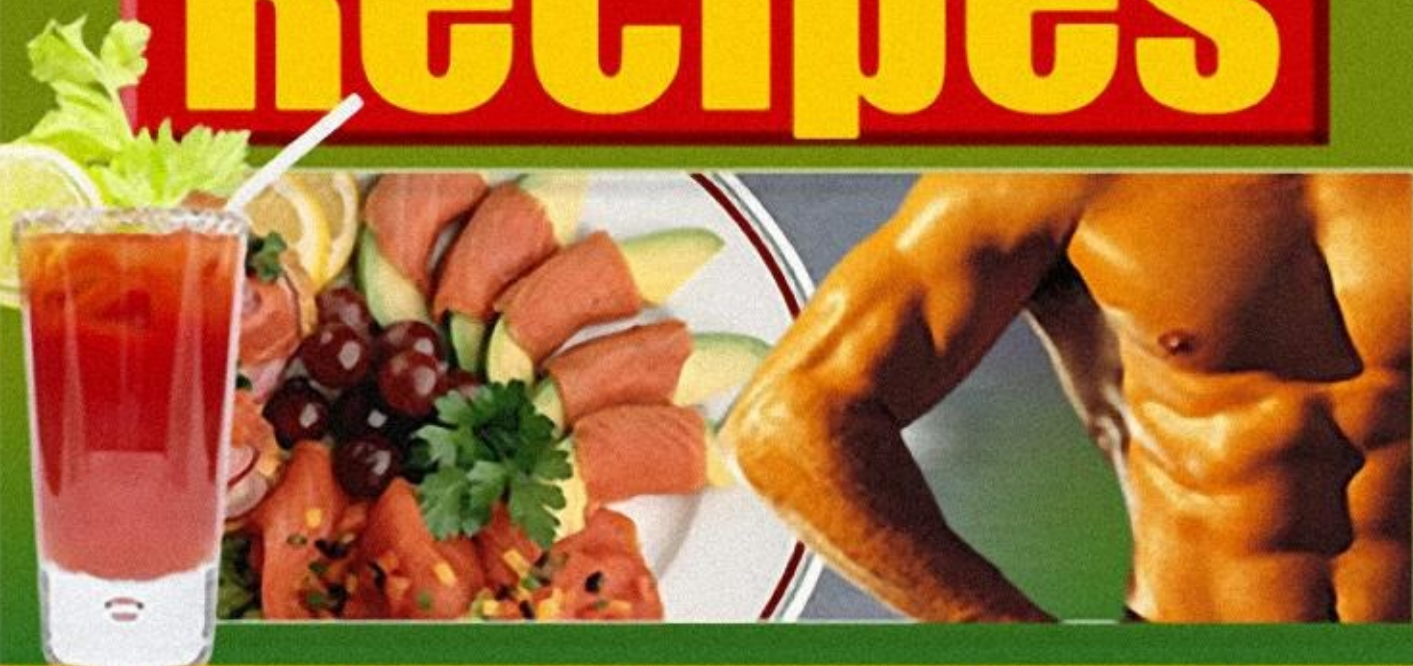
**TASTY FAT LOSS &  
MUSCLE GAINING  
RECIPES**

**WILL BRINK**





*Tasty* Fat Loss &  
Muscle Gaining  
**Recipes**





Tasty Fat Loss & Muscle

# **Gaining Recipes**

**In Association With**

[Want to gain muscle?](#)

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**TASTY Fat Loss & Muscle-Gaining Recipes**

# Recipes

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Chocolate Brownies

Spicy French ‘Un-Fries’

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Strawberry and Banana Oatmeal

## Homemade Chocolate Protein Bars

### **TASTY Fat Loss & Muscle-Gaining Recipes**

#### **Abbreviations & Units**

Several common abbreviations are used in the recipes to for different measurements. These are:

#### **Abbreviation: Definition:**

c. cup

tbsp. tablespoon (US)

tsp. teaspoon

oz. ounce

g gram

lbs. pound

The units are standard US measurements. The following table can be used to convert these to metric units:

#### **Unit: Conversion:**

1 cup ~ 240 ml (236.6)

1 tablespoon (US) ~ 15 ml (14.8)

1 teaspoon (US) ~ 5 ml (4.9 ml)

1 ounce 28.3 grams

1 pound 453.6 grams

### **TASTY Fat Loss & Muscle-Gaining Recipes**

# Ground Turkey Omelette

**Serves 2**

Ingredients

The perfect omelettes

8 large, fresh egg whites

you're served in res-

2 large whole eggs

taurants are flipped.

2 small, raw onions, diced

Flipping an omelette is

3 oz. ground, raw turkey

1 1/2 cups canned kidney beans, drained (any type)

a skill that takes some

1 c. chopped green bell peppers

practice to master. If

1 c. chopped red bell peppers

you've never done it

1 c. raw mushrooms, sliced

before, you may have

3 tbsp. extra virgin olive oil

a mess on your hands.

1 dash ground black pepper.

A simpler solution is to

1 tsp. hot pepper sauce.

use a rubber spatula to



1 tsp. ground turmeric

gently lift up the layer

3 cloves raw garlic, minced

1 tsp. worcestershire sauce

of cooked eggs, and let

the uncooked, liquid

Directions

portion slide under-

Saute' turkey, vegetables and spices - except turmeric - in a non- stick

neath. Hold the pan

skillet w/1 tsp olive oil until tender. In mixing bowl, whip the eggs,

underneath the broiler

egg whites and turmeric together. Pre-heat 2 tsp olive oil in a second

for a few moments to

skillet, then add 1/4 egg mixture and cook until omelet is formed.

completely set the top.

Repeat to make 4 omelettes. Place 1 omelette on plate, top with 1/2

of the turkey mixture, then place 1 omelette on top to form a

sandwich. Repeat to form 2nd sandwich. Serve hot.

Nutritional Information

**Calories (Per Serving) : 508**

**Protein (g) : 42**

**Carbohydrates (g): 50.5**

**Fat (g) : 17**

**Carb - Protein - Fat % Ratio: 39 % - 32% - 29%**



# TASTY Fat Loss & Muscle-Gaining Recipes

# Indonesian Chicken

**Serves 2**

Ingredients

Jalapeno peppers get

8 oz. boneless raw chicken breast, broilers or fryers

their heat from capsa-

1 c. chopped raw onion

icin and related com-

1/2 c. raw jalapeno peppers, thinly sliced

pounds. The heat from

5 c. raw cabbage, shredded

2 c. raw red bell pepper, sliced

hot peppers is measured

2 c. lowfat (1%) milk

in “Scoville Units” - fi-

4 tsp. cornstarch

ery Jalapenos can rate

5 tsp. extra virgin olive oil

up to 10,000 SU! For-

6 cloves raw garlic, minced

tunately, most of the

2 tsp. peeled, raw ginger root, chopped fine

heat is concentrated in

1 tsp. ground turmeric

the seeds - so you can

1 tsp. dried coriander (cilantro, Chinese parsley)

control the heat level

1 tsp. curry powder

by removing the seeds,

Directions

or limiting how many

are added to the dish.

Combine onion, jalapeno pepper, spices, milk and chicken in a

Exercise caution when

non-stick skillet. Poach (lightly simmer) until chicken is done. Mix

cutting/seeding Jalape-

cornstarch with a little water to dissolve the add to pan an cook for

3-5 minutes. Add oil to a separate pan and cook cabbage and red

nos - wash your hands

peppers in oil until crisp-tender. Divide cabbage between 2 plates

thoroughly after han-

and top with chicken and sauce. Serve immediately.

dling, and keep your

hands away from your

Nutritional Information

eyes!

**Calories (Per Serving):** 476

**Protein (g):** 39.5

**Carbohydrates (g):** 45

**Fat (g):** 16.5



**Carb - Protein - Fat % Ratio:** 37% - 33% - 30%

## **TASTY Fat Loss & Muscle-Gaining Recipes**

### **Chocolate-Banana Protein Bars**

8 Bars

Ingredients

Commercial protein

2 large, ripe bananas (about 300 g)

bars are often made

1 tsp. ground cinnamon

with cheap protein

2 tbsp. unsweetened cocoa powder

blends, such as soy and

3 large raw egg whites

hydrolyzed collagen.

4 oz. nonfat milk

2 1/2 c. (200 g) old-fashioned rolled oats

Many are low in fiber

1/3 c. Splenda

and need to be forti-

1 tbsp. olive oil

fied in order to offer

60 g chocolate Designer Whey (or equivalent brand/flavor)

any vitamins and min-

Directions

erals at all. Making

your own is easy, and

Mix ingredients in a large bowl. Pour into non-stick cake pan. Bake

is considerably less ex-

at 300 o F for 25 minutes or until firm. Let cool slightly before cutting.

pensive than what you

We have made these into 8 small bars, but you could easily make into

can buy in a store.

4 larger ones, with double the protein (e.g., 23 g protein per bar).

If you don't want the fat replace the oil with unsweetened applesauce.

Bars like these make

It will taste just as good and still retain the moist but firm texture.

excellent snacks and

can also be used as a

Nutritional Information

a part of a quick meal

**Calories (Per bar):** 190

on-the-go.

**Protein (g):** 11

**Carbohydrates (g):** 28

**Fat (g):** 4.6

**Carb - Protein - Fat % Ratio:** 57% - 22% - 21%

**TASTY Fat Loss & Muscle-Gaining Recipes**

# Asian Tuna Salad

**Serves 2**

Ingredients

Making food ahead of

1 12 oz. can of light tuna in water

time can take the sting

3 green onions

out of preparing and

1 large or 2 small celery ribs

eating 6 meals a day.

5 whole water chestnuts

1 oz. whole raw almonds (about 24)

Cold salads made from

1 tbsp. extra-virgin olive oil

leftover meat, poultry

2 tbsp. rice vinegar

or fish work especial-

2 tbsp. soy sauce

ly well for meals that

5 - 6 drops sesame oil

need to be eaten away

1/2 tsp. sugar

from home: just scoop

Directions

into a container, toss



into a cooler with some

Drain tuna and flake into bowl to break up chunks. Put almonds into

“blue Ice” packs, along

a skillet, and toast over low heat until lightly browned and fragrant.

with some pre-cut veg-

Finely chop green onions and celery and add to tuna. Coarsely

chop water chestnuts and almonds and add to mixture. Drizzle tuna

gies, whole grain crisp-

mixture with olive oil and toss. Add soy sauce, rice vinegar, sesame

bread, etc., and you’re

oil and sugar. Mix salad thoroughly and chill.

good to go.

Nutritional Information

This tuna salad has a

**Calories (Per Serving): 323**

complex blend of flavors

**Protein (g): 52.2**

and a nutty crunch.

**Carbohydrates (g): 6.5**

It’s great in lettuce

**Fat (g): 14**

wraps, and takes only

**Carb - Protein - Fat % Ratio: 7% - 58% - 35%**

a few minutes to toss

together.

# TASTY Fat Loss & Muscle-Gaining Recipes

## Protein-Fortified Rice

Serves 2

Ingredients

“Vegetarian bodybuild-

1/2 c. (50 g) raw broccoli, chopped or diced

er” is an oxymoron to

1 small stalk (25 g) of raw celery, diced

some - although some

6 egg whites

vegetarians have been

1 c. (100 g) sliced raw mushrooms

1/4 c. long-grain, raw, brown rice

able to attain impres-

1/3 c. water or broth

sive physiques. One of

1/4 c. pace chunky salsa

the best-known vege-

2 tbsp. lite soy sauce

tarian bodybuilder was

1 c. raw spinach

Bill Pearl, whose book,

1/3 c. (50 g) grams raw onion, chopped

“Keys to the Inner Uni-

salt to taste

verse” is considered a

Directions

classic.

Lightly steam the broccoli to a crisp-tender texture. In a pan

Even if you’re not a

coated with cooking spray, add soy sauce, chopped onion, sliced

vegetarian, however,

mushrooms, steamed broccoli, chopped celery and spinach. Cook

on medium heat until spinach is cooked. Add water/broth, soy sauce

meatless recipes can be

and rice and simmer until liquid has cooked away. Once all the

staples in your culinary

ingredients are cooked add in the 6 egg whites and stir until the eggs

repertoire. Vegetarian

are completely cooked. Top with salsa.

recipes are frequently

innovative, and feature

This makes a very large meal for one. Or can be split and served with

an array of whole foods

a side dish.

that are often missing

Nutritional Information

from obsessively-meat

centered diets.

**Calories (Per Serving): 380**



**Protein (g): 33.1**

**Carbohydrates (g): 54**

**Fat (g): 1.8**

**Carb - Protein - Fat % Ratio: 59% - 36% - 4%**

**TASTY Fat Loss & Muscle-Gaining Recipes**

# Curried Chicken

**Serves 2**

Ingredients

Ready-to-cook, bone-

5 oz. boneless raw chicken breast, diced

less, skinless chicken

1/4 c. canned chicken broth, condensed

breasts are a main-

4 tsp. cornstarch

stay of muscle-build-

5 c. raw mushrooms, sliced/pieces

4 tsp. extra-virgin olive oil

ing diets as they're low

2 c. red bell pepper, chopped (large pieces)

in fat, high in protein,

2 c. snow pea pods

and simple to prepare.

1 c. plain, lowfat yogurt (12 g protein per 8 oz. serving)

Chicken is also ex-

2 tsp. curry powder.

tremely versatile, and

Directions

can be prepared in a

variety of ways with-

Put 2 tsp. oil and diced chicken in a non-stick saute pan. Cook

out being boring.

chicken until browned and done, then add chicken broth, yogurt, curry powder, and cornstarch, stirring constantly. Heat until thick sauce forms, then simmer for 5 minutes. While chicken is cooking, put 2 tsp oil, mushrooms, bell pepper, and snow peas into a second skillet. Cook until vegetables are tender. Place an equal amount of vegetable on 2 plates and top with equal amounts of chicken mixture. Serve.

Nutritional Information

**Calories (Per Serving):** 373

**Protein (g):** 32

**Carbohydrates (g):** 35

**Fat (g):** 13

**Carb - Protein - Fat % Ratio:** 37% - 33% - 30%

**TASTY Fat Loss & Muscle-Gaining Recipes**



# Spicy Turkey Chili

**Serves 4**

Ingredients

Chili is a perennial fa-

6 oz. boneless raw chicken breast, cubed

vorite, and whole cook-

3.5 cups turkey breast (Honeysuckle White), cubed

books are devoted to

2 14.5 oz. cans (822 g) cajun-style stewed tomatoes

the topic. Some ver-

16 oz. tomato sauce

4 oz. Old El Paso green chilies, chopped

sions are extremely

1 medium raw onion, approx. 2 1/2" diameter, chopped

complex and can take

1 1/2 tbsp. McCormick/shilling chili seasoning

hours to cook properly.

salt to taste

But it also lends itself

to quick versions like

Directions

this one.

Combine all ingredients in a large sauce pan. Simmer for 30 - 60

minutes. Remove from heat and serve hot with shredded cheese.

Chili can also be as-

sembled and cooked in

Nutritional Information

a crock pot. Put it on

**Calories (Per Serving):** 319

in the morning, and it's

**Protein (g):** 43

ready for dinner when

**Carbohydrates (g):** 33

you walk in the door

**Fat (g):** 3

after work.

**Carb - Protein - Fat % Ratio:** 40% - 52% - 8%

**TASTY Fat Loss & Muscle-Gaining Recipes**

# Protein Waffles

**Serves 2**

Ingredients

Making oat flour is as

3 egg whites

simple as a container

1/4 c. oat flour

of old-fashioned rolled

2 scoops vanilla whey protein powder

oats and a blender.

(assumes roughly 4g carbs, 45 g protein, 2 g fat)

1 tbsp. applesauce

Whole oat flour is an

1 packet artificial sweetener

effective substitute for

dash of cinnamon

wheat flour in a vari-

Directions

ety of recipes: waffles,

pancakes, muffins, etc.

Whisk all ingredients in a bowl. Spoon batter into a pre-heated waffle

iron (Add some nonstick cooking spray). Cook until golden brown

Oats are a source of

and serve with sugar-free syrup or unsweetened sliced strawberries.

beta-glucan: a solu-

## Nutritional Information

ble fiber that has been

shown to help reduce

**Calories (Per Serving):** 199

cholesterol levels. As

**Protein (g):** 35

such, oatmeal/oat bran

**Carbohydrates (g):** 8

are among the few

**Fat (g):** 3

**Carb - Protein - Fat % Ratio:** 16% - 70% - 14%

foods that the FDA al-

lows health claims for

on product labels.

**TASTY Fat Loss & Muscle-Gaining Recipes**

# Chicken Kabobs

**Serves 2**

Ingredients

Kabobs are one of those

6 oz. boneless raw chicken breast, cut into chunks

flexible recipes where

4 c. raw, red bell pepper, cut into large pieces

substitutions and vari-

3 c. raw broccoli florets

ations can easily be

6 c. raw mushrooms, whole

2 tbsp. apple cider vinegar

made. For example,

4 c. tomatoes, cut into pieces

you can substitute

5 tsp. olive oil

lean beef, firm fish like

1 tsp. ground basil

salmon, pork tender-

1 1/2 c. chicken broth, condensed

loin, - even tofu. You

1 tsp. ground oregano

can use different veg-

2 cloves of garlic, peeled and finely chopped

etables, different mari-

## Directions

nades, or cook them

under the broiler or on

Combine oil, chicken broth, vinegar, basil, oregano, and garlic in

an outdoor barbecue

baking dish to create a marinade. Prepare eight skewer kabobs:

grill. Use your imagi-

on each skewer, place chicken, bell pepper, broccoli, mushroom,

and tomato - repeating the process until all the ingredients have

nation to create end-

been placed on each skewer. Place skewers in marinade and

less variations on the

brush to cover. Tightly seal with foil and bake in preheated

theme.

350 degree oven for 20 minutes, remove foil and continue

baking 10-15 more minutes. Place on 2 dinner plates and serve.

## Nutritional Information

**Calories (Per Serving):** 500

**Protein (g):** 43

**Carbohydrates (g):** 54

**Fat (g):** 17

**Carb - Protein - Fat % Ratio:** 40% - 32% - 28%

**TASTY Fat Loss & Muscle-Gaining Recipes**



# Chicken and Spinach

**Serves 2**

Ingredients

Spinach is rightfully

6 oz. boneless raw chicken breast, diced

known as a “superfood”

1 c. raw spinach

- calorie for calorie, it’s

3 c. raw onion, sliced

one of the most nutri-

1 c. raw shallot

4 tsp. extra virgin olive oil

ent dense foods there is.

2 cloves garlic

it provides substantial

1 dash ground black pepper

amounts of vitamin K,

1 tsp. ground nutmeg

pro-vitamin A (beta-

4 sprigs raw parsley

carotene), manganese,

salt to taste

folate, magnesium, vi-

Directions

tamin C, iron, and po-

tassium. Spinach is

Put spinach, onion and garlic in a non-stick skillet with 2 tsp of oil

also a good source of

and cook until tender. Just before the vegetables are finished, add

lutein, along with a ca-

pepper and nutmeg. Remove from heat and set aside. In another pan

rotenoid called neoxan-

cook diced chicken in 2 tsp oil until lightly browned. Add spinach

mixture to chicken and heat through. Simmer entire mixture for 3-5

thin, which has anti-

minutes. Place on 2 dinner plates and garnish with fresh parsley.

cancer activity.

Nutritional Information

**Calories (Per Serving):** 311

**Protein (g):** 24.5

**Carbohydrates (g):** 30.5

**Fat (g):** 11

**Carb - Protein - Fat % Ratio:** 38% - 31% - 31%

**TASTY Fat Loss & Muscle-Gaining Recipes**

# Cheesy Scrambled Eggs

**Serves 2**

Ingredients

Eggs are considered one

1/4 c. 4% cottage cheese

of nature's most per-

4 large egg whites

fect foods, and they've

2 whole eggs

been used as the stan-

1/8 c. 2% natural reduced fat mozzarella cheese, shredded.

1/2 c. (30 g) raw mushrooms, sliced

dard for evaluating the

1/2 oz. (15 g) black olives, sliced

protein quality from

1 scallion (10 g), chopped

other food sources. Al-

1/2 tsp. pepper, red or cayenne

though eggs have got-

salt to taste

ten a bad rap for their

1 c. raw spinach

cholesterol content,

1/2 of a raw cucumber (150 g) w/peel, sliced

data has shown that

## Directions

dietary cholesterol has

less impact on serum

Blend or beat the egg whites and whole eggs together. Add cottage

cheese, salt, red/black pepper. Use a cooking spray like Pam in a

previously supposed.

non-stick pan to cook the eggs. Preheat the pan, pour in the eggs.

When the eggs start to cook, add chopped olives, scallions, and

Most people who eat

mushrooms. Just before you remove the eggs, melt in the

eggs on a regular basis

mozzarella cheese. I eat the eggs on a bed of baby spinach and

find they don't in-

sliced cucumbers.

crease their cholesterol

Nutritional Information

of levels.

**Calories (Per Serving):** 356

**Protein (g):** 38

**Carbohydrates (g):** 12

**Fat (g):** 16.5

**Carb - Protein - Fat % Ratio:** 14% - 44% - 43%

**TASTY Fat Loss & Muscle-Gaining Recipes**

# Breakfast Zucchini Pie

**Serves 2**

Ingredients

Egg whites are a good

6 large egg whites

source of practically

3 small raw onions, chopped

fat-free protein and

1 1/2 tsp. extra virgin olive oil

can be used as a sub-

1 dash ground black pepper

1 tsp. ground turmeric

stitute for whole eggs

1 tbsp. raw parsley, chopped

in a number of differ-

5 c. raw zucchini, chopped or coarsely shredded

ent recipes. Liquid egg

2 cloves raw garlic, minced

whites are also avail-

2 tbsp. fresh basil, finely chopped

able, and are more con-

1 tsp. ground oregano

venient than separating

2 oz. part-skim mozzarella cheese, shredded

the whites from whole

## Directions

eggs. Egg substitutes

such as “Egg Beaters”

Add 1/2 tsp. olive oil to a medium non-stick skillet and cook all

can also be used -

vegetables and spices except turmeric until tender. In mixing bowl,

they're 98% egg whites,

whip all eggs and turmeric. In a second skillet, heat 1 tsp. olive oil,

add 1/2 egg mixture and cook until omelet is formed. Repeat until

with some added color

2 omelettes are made. Place 1 omelette on plate and fill with 1/2

and thickeners to re-

of the vegetable mixture. Repeat for 2nd omelette. Sprinkle with

semble whole eggs.

cheese and serve hot.

## Nutritional Information

**Calories (Per Serving):** 390

**Protein (g):** 32

**Carbohydrates (g):** 37.5

**Fat (g):** 14.5

**Carb - Protein - Fat % Ratio:** 37% - 31% - 32%

**TASTY Fat Loss & Muscle-Gaining Recipes**



# Beef Chop Suey

**Serves 2**

Ingredients

Stir-frys make quick,

7 oz. beef eye of round, fat trimmed and thinly sliced

convenient one-dish

3 c. raw danish cabbage, coarsely shredded

meals. This is another

2 large stalks raw celery

very flexible dish, that

2 c. raw mushroom, sliced or pieces

1 1/2 c. soybean sprouts

can make use of dif-

2 c. canned water chestnuts, sliced

ferent combinations

1 1/2 c. raw onion, chopped

of meat, fish, poultry,

2 tsp. olive oil

vegetables and nuts/

2 tbsp. apple cider vinegar

seeds. A stir fry com-

1 tbsp. soy sauce

bo can be turned into

1/2 c. canned beef broth

a “rice bowl” entree by

## Directions

the addition of some

cooked/steamed brown

Place 1 tsp. olive oil and beef in a non-stick pan and cook until beef  
rice.

is done. While the beef is cooking, add 1 tsp olive oil to another  
pan and add cabbage, celery, mushrooms, sprouts, water chestnuts,  
vinegar and onion. Cook until entire mixture is hot, then add soy  
sauce, beef stock and cooked beef. Cook for 5-10 minutes to blend  
flavors. Place equal amounts on two plates and serve.

## Nutritional Information

**Calories (Per Serving):** 472

**Protein (g):** 37

**Carbohydrates (g):** 50

**Fat (g):** 17.6

**Carb - Protein - Fat % Ratio:** 40% - 29% - 31%

**TASTY Fat Loss & Muscle-Gaining Recipes**

# Whole Oat Flax Loaf

## 12 Slices

### Ingredients

This is an excellent

1 3/4 c. water

bread to use for dipping

1 tbsp. bakers yeast

oils. I use equal parts

1 tbsp. raw honey

extra virgin olive, flax

2 tsp. sea salt

2 tbsp. nonfat dry milk powder

oil and garlic and herb

2 tbsp. olive oil

spices. This is fantastic

4 c. whole oat flour

with the bread fresh

1/4 c. flax seed freshly ground.

from the oven (or ma-

### Directions

chine).

Dissolve yeast in warm water, Add honey, salt, milk powder, oil and

This bread - as well as

2 cups whole oat flour. Stir well. Add ground flax seed and remaining

other baked goods made

flour. Knead on lightly floured surface until smooth and elastic. Shape

with ground flax seed

and put in oiled loaf pan. Let rise until doubled in bulk. Bake at 350F

- should be refriger-

for 45 to 50 minutes until done.

ated to protect the fla-

Alternatively, if you have a bread machine, use bread machine

vor and freshness. The

yeast and just follow the general bread making instructions for your

oil in flax seeds will go

machine. With mine you just mix the ingredients as instructed in the

rancid quickly when

machine, allow to rise and then let the machine do the rest.

exposed to light and

Nutritional Information

air.

**Calories (Per Serving):** 173

**Protein (g):** 6.5

**Carbohydrates (g):** 24

**Fat (g):** 6

**Carb - Protein - Fat % Ratio:** 55% - 15% - 30%

**TASTY Fat Loss & Muscle-Gaining Recipes**

# Homemade MRP

## Serves 1

### Ingredients

This home made MRP

2 scoops VPX Micellean protein or equivalent casein/whey blend

is superior to the

50 grams of Quaker old-fashioned rolled oats

maltodextrin-filled, off

1/2 tbsp Udo's Choice oil or flax seed oil (7grams)

the shelf MRP's and has

1 c. water (or more, for desired thickness)

the distinct advantage

### Directions

of being highly

adjustable depending

Simply add all the ingredients to blender and blend thoroughly for

around 30 seconds. Add ice cubes before blending to chill and

on your current diet

thicken the blend if desired.

and/or macronutrient

requirements. The

### Nutritional Information

addition of a banana

**Calories (Per Serving): 428**

(or other fruit) adds

**Protein (g):** 45

additional carbs and

**Carbohydrates (g):** 35

texture if required. The

**Fat (g):** 12

protein sources used are

**Carb - Protein - Fat % Ratio:** 33% - 43% - 25%

whey/micellar casein

blends which offer a

slow and fast acting

protein - which is ideal

for general day-to-day

use.

**TASTY Fat Loss & Muscle-Gaining Recipes**



# Beef and Bean Stew

**Serves 2**

Ingredients

Beans are a vastly

1 1/2 c. raw onion

underrated source of

3 tsp. extra virgin olive oil

low-GI carbohydrates

1/2 tsp. red or cayenne pepper

Beans are very nutri-

1 c. canned kidney beans

6 oz. beef eye of round, trimmed to 0" fat and chopped

ent-dense as well: a cup

1 c. canned beef broth

of cooked black beans,

1/2 c. canned tomato puree

for example, provides

1 c. Pace picante sauce

20 - 60% of the rec-

1 tsp. chili powder

ommended daily intakes

1 tsp. ground basil

of iron, thiamin, folate,

1/2 tsp. curry powder

magnesium, manga-

1 tsp. ground oregano

nese and fiber. Beans

salt to taste

also contain more pro-

Directions

tein than most plant

foods. Plant proteins

In sauce pan, cook beans and onion in 2 tsp of oil until onion is tender, then add tomato puree, picante sauce, beef broth and spices.

are limiting in certain

Continue to cook vegetable mixture under medium heat until hot.

essential amino acids,

While the vegetables are cooking, add remaining oil to a non- stick

but in the context of

skillet and stir fry beef until cooked. Add beef to vegetables and

a mixed diet, they can

simmer for 5 minutes. Place equal amounts on 2 plates and serve.

still make a significant

Nutritional Information

contribution.

**Calories (Per Serving):** 422

**Protein (g):** 37

**Carbohydrates (g):** 43

**Fat (g):** 13

**Carb - Protein - Fat % Ratio:** 39% - 34% - 27%

# TASTY Fat Loss & Muscle-Gaining Recipes

# Chocolate Brownies

## 20 Squares

### Ingredients

There's nothing like a

2 large egg whites

brownie when you need

1/2 c. honey

a chocolate fix. Fortu-

6 heaping scoops (200 g) chocolate protein powder

nately, these also pro-

1/2 c. nonfat milk

1 c. natural peanut butter

vide some protein and

2 c. old-fashioned rolled oats

nutrition from whole

oats and peanut but-

### Directions

ter. Just goes to show

Mix the peanut butter and honey in a bowl, microwave on high for

you that eating "clean"

100 secs. Add the rest of the ingredients and mix together. This is

doesn't mean you have

tough to mix and it takes time. If you don't have the tools you may

to give up desserts or

want to cut the oatmeal a bit to make it easier to work. Preheat oven

treats completely.

to 320 o F. Smooth into 13x9 tray and bake for 20 minutes. Oven times may vary, use the toothpick test. Cut into 20 equal bars and wrap and store in fridge.

Nutritional Information

**Calories (Per Serving):** 170

**Protein (g):** 12

**Carbohydrates (g):** 15

**Fat (g):** 7

**Carb - Protein - Fat % Ratio:** 36% - 28% - 37%

**TASTY Fat Loss & Muscle-Gaining Recipes**

**Spicy French ‘Un’ Fries**

Serves 4

Ingredients

Commercial french

2 large potatoes (approx 4” long)

fries are not only high

2 servings of Mazola cooking oil spray

in fat, they also con-

1/2 tsp. fresh ground chili pepper

tain harmful trans-

1 tsp. Lawry’s garlic salt

fats, from the par-

Directions

tially-hydrogenated

o

oils that they're cooked

Cut potatoes lengthwise (like French Fries). Preheat oven at 375 F.

Combine garlic salt and red chili pepper (adjusting amounts to suit

in. And if that's not

your taste). Arrange the potato strips in a single layer in a glass baking

all, recent studies have

dish. Coat the potatoes with the vegetable oil spray. Flip them over

shown that acrylamide

and spray the other side. Sprinkle with garlic salt and red pepper

- a neurotoxin and

seasoning. Bake for one hour. Note: A serving of the spray oil is a

mutagen - is formed in

2.5 second spray.

foods like french fries

Nutritional Information

and potato chips that

have been fried at high

**Calories (Per Serving): 53**

temperatures.

**Protein (g): 4**

**Carbohydrates (g): 10**

**Fat (g): 1.5**

Making your own

**Carb - Protein - Fat % Ratio: 67% - 25% - 8%**

“fries” is a safer and more healthful alternative to commercial fries.

## **TASTY Fat Loss & Muscle-Gaining Recipes**



# Spicy Beef Chili

**Serves 4**

Ingredients

Commercial chili in the

2 14.5 oz. cans (822 g) cajun-style stewed tomatoes

United States is al-

1 c. tomato sauce

most always made with

4 oz. Old El Paso green chilies, chopped

beans. But to true

1 raw, medium onion, chopped

24 oz pre-cooked extra lean (4% fat) ground beef

chili aficionados, chili

60 g Lawry's chili seasoning

is made strictly with

1/4 tsp. ground cumin seed

meat - beans are not

1/4 tsp. ground cayenne pepper

allowed! More tradi-

1/4 tsp. garlic powder

tional chili is made with

salt to taste

shredded beef and pork,

Directions

but lean ground beef is

more convenient - es-

Combine all ingredients in a large saucepan. Simmer for 30 minutes.

pecially when you don't

Remove from heat and serve hot with shredded cheese.

have the time to let the

Nutritional Information

meat simmer for hours.

**Calories (Per Serving): 343**

**Protein (g): 40.5**

**Carbohydrates (g): 32.5**

**Fat (g): 37.5**

**Carb - Protein - Fat % Ratio: 21% - 26% - 54%**

**TASTY Fat Loss & Muscle-Gaining Recipes**

# Poached Salmon with Cucumber

**Serves 8**

Ingredients

Salmon is an excellent

32 oz. Atlantic wild-caught salmon

source of high quality

1/4 c. fresh lemon juice

protein and essential

1 raw 7-8" carrot, sliced

fatty acids.

1 tsp. bay leaf, crumbled

1/2 medium raw cucumber, peeled and chopped

8 oz. fat-free sour cream

It is less expensive to

1/2 small raw onion, chopped

buy farmed salmon.

1 medium (approx. 2 1/2") onion, chopped

Farmed salmon, how-

2 cloves

ever, has been found to

1 black peppercorn

contain higher levels of

salt to taste

environmental contam-

Directions

inants. Wild-caught

salmon contains fewer

Arrange the salmon steaks in a large skillet. Pour the lemon juice over

pollutants than the

the salmon. Fill the skillet with 1 inch of water. Add sliced carrot,

farmed varieties, mak-

thinly sliced onion, cloves, bay leaf and peppercorn. Bring to a boil,

then reduce heat and cover. Simmer gently for 20 minutes, or until

ing it worth the added

fish flakes easily with a fork. Remove fish to warm platter, and serve

cost.

with carrots on side as garnish. Mix peeled, chopped cucumber,

1/2 chopped onion and sour cream together and serve as a sauce.

Nutritional Information

**Calories (Per Serving):** 196

**Protein (g):** 26

**Carbohydrates (g):** 5.7

**Fat (g):** 7.3

**Carb - Protein - Fat % Ratio:** 12% - 54% - 34%

**TASTY Fat Loss & Muscle-Gaining Recipes**

# Turkey Meatloaf

**Serves 6**

Ingredients

Ground, white meat

4 large egg whites

turkey is a tasty,

1/2 tsp. garlic powder

low fat alternative to

1/2 c. ketchup, unsweetened

ground beef. It can be

4 oz. Quaker old-fashioned oatmeal

1 c. boiled unsalted onion

used in any recipe you

2 dashes ground black pepper

would normally use

8 oz. medium tomatillo salsa

ground beef for.

1 lbs. raw, extra lean ground turkey

1 "Cup A Soup" - vegetable soup, Spring Mix

Make a double recipe

Directions

if you wish: leftover

meatloaf makes a good

Mix all ingredients - except ketchup - until well-blended. Place in

filling for a sandwich

meatloaf pan and cover the top of the meatloaf with ketchup. Bake

o

or wrap.

in a pre-heated oven at 350 F for 1-1/2 hours.

Nutritional Information

**Calories (Per Serving):** 164

**Protein (g):** 16.5

**Carbohydrates (g):** 9

**Fat (g):** 7

**Carb - Protein - Fat % Ratio:** 22% - 41% - 37%

**TASTY Fat Loss & Muscle-Gaining Recipes**

# Vegetarian Chili

**Serves 4**

Ingredients

Tofu is a light, protein-

16 oz. tofu burger mix

rich food made from

1 c. chopped onion

coagulated soybean

1 c. bell pepper, chopped

milk. It's fairly bland

1/2 c. sliced carrot

3 cloves garlic, minced

by itself, but takes on

16 oz. can of crushed tomatoes

the flavors of the foods

16 oz. tomato sauce

that it's cooked with.

16 oz. canned kidney beans

Tofu is a good source

2 tbsp. chili powder

minerals such as se-

3/4 tsp. cumin seed

lenium, iron, copper,

1/4 tsp. cayenne pepper

manganese and mag-

salt to taste

nesium. Tofu coagu-

Directions

lated with calcium salts

are also good sources of

Use 1 package vegetarian burger mix (enough to make four burgers).

this valuable mineral.

Cook the four burgers according to package directions. Chop onions,

green peppers and garlic. Combine the rest of the ingredients in a

large pot. Crumble the burgers with your fingers and add to chili

Although it's not a

sauce. Simmer for 30 minutes and serve.

complete protein, soy

Nutritional Information

protein has its vir-

tues. Soy protein has

**Calories (Per Serving):** 360

been shown to improve

**Protein (g):** 30

serum cholesterol and

**Carbohydrates (g):** 62

triglycerides in clinical

**Fat (g):** 3

trials.

**Carb - Protein - Fat % Ratio:** 63% - 30% - 7%



# TASTY Fat Loss & Muscle-Gaining Recipes

## Tuna & Cheese Melts

Serves 2

### Ingredients

Canned, water-packed

6 oz. can of water-packed tuna, drained and flaked

tuna is a bodybuilding

1 egg white

staple: it's an excellent

2 tbsp. oatmeal

source of high-qual-

2 tbsp. of diced onion

1/4 tsp. garlic powder

ity, virtually fat-free

2 tsp. part-skim mozzarella cheese

protein. And there's

salt and pepper to taste

no real cooking needed

### Directions

- just open a can or

foil packet and you're

Blend all the ingredients (except the mozzarella) in a bowl. Pre-heat a

set. But it can be dry-

pan and spray with non-stick cooking spray. Divide the mixture and

tasting, and boring to

form into 2 patties. Cook one side until brown (not long) then turn

eat day-after-day.

- when the second side is nearly done, sprinkle cheese over it. Place

Tuna & Cheese melts

under a broiler for about 1 minute tops to melt the cheese. Serve as

are one way to help

part of a sandwich, or with a salad and serving of French 'Un-Fries'.

make tuna more inter-

Nutritional Information

esting, that are simple

and quick to prepare.

**Calories (Per Serving):** 138

**Protein (g):** 25.5

**Carbohydrates (g):** 4.5

**Fat (g):** 2

**Carb - Protein - Fat % Ratio:** 13% - 74% - 13%

**TASTY Fat Loss & Muscle-Gaining Recipes**

**Strawberry & Banana Oatmeal**

Serves 2

Ingredients

Steel-cut oats are an

1/2 c. steel-cut oats

alternative to rolled

1/3 c. oat bran

oats. Instead of roll-

3/4 c. frozen or fresh strawberries

ing the grain flat, the

1 medium banana, sliced

1 1/2 scoops strawberry or vanilla whey protein powder

whole oat groat is sliced

water (as needed for cooking - follow package directions)

using steel blades. This

¼ tsp. salt

produces a hot cereal

dash of cinnamon (big dash)

with a more interest-

Directions

ing texture than rolled

oats.

Pre- cook oats the night before to minimize morning cooking time.

Again in the morning, bring the oats to a simmer and add the banana,

Oat bran is an espe-

salt, cinnamon, and oat bran. Keep stirring and simmer until you

cially rich source of

have the desired consistency (10 minutes or so), remove from heat,

beta-glucan, and is

and stir-in the strawberries and protein powder.

somewhat higher in

Nutritional Information

minerals than regular

oatmeal.

**Calories (Per Serving): 380**

**Protein (g): 25**

**Carbohydrates (g): 57.5**

**Fat (g): 5.5**

**Carb - Protein - Fat % Ratio: 61% - 26% - 13%**

**TASTY Fat Loss & Muscle-Gaining Recipes**

# Homemade Chocolate Protein Bars

## 8 Bars

### Ingredients

These bars are popu-

2 1/2 c. (200 g) oats

lar with the members

1 scoop (30 g) whey powder (use chocolate flavor)

of the “Muscle Build-

2 tbsp. natural peanut butter

ing Nutrition” fo-

3 large egg whites

2 medium bananas (300 g), mashed

rum. They’re simple to

1 tbsp. honey

make, and - no sur-

7 tbsp. (approx. 100 ml) nonfat milk

prise - don’t last very

1 tsp. cinnamon

long. Best to make two

### Directions

batches at a time!

Preheat your oven for 5 minutes at 180 o

o

C (355 F). Mix the oats,

the whey and the cinnamon. Add the peanut butter and stir in

thoroughly. Add the egg whites, mashed bananas and the honey.

Add the nonfat milk slowly, while mixing thoroughly.

Spoon the mixture into a greased lined cake tin and level with a knife. Place in oven and bake for 15 minutes. Remove from oven and allow to cool slightly before cutting to reduce stickiness. Cut into 8 bars.

Nutritional Information

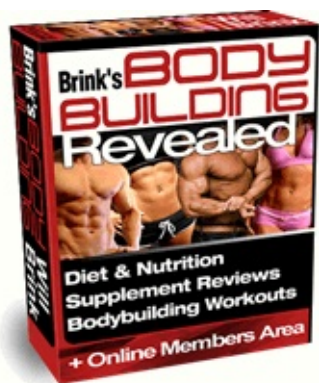
**Calories (Per Serving):** 154

**Protein (g):** 9.5

**Carbohydrates (g):** 21.3

**Fat (g):** 3.4

**Carb - Protein - Fat % Ratio:** 25% - 55% - 20%



Brink's Body

Building

Revealed

Brink's Body Building Revealed was devised by author, researcher, and trainer Will Brink. It's the most complete e-book on the market on the science of bodybuilding nutrition, supplementation and training.

There are over 400+ information-packed pages on:

- Anabolic nutrition and diet

- Bodybuilding supplement reviews
- Bodybuilding workouts
- Motivation & goal-setting

In addition, there are special bonus reports written by written by none other than world-famous strength coach Charles Poliquin, and Dr. Evan R. Peck, a specialist in sports injury prevention and rehabilitation.

But what really sets BBR apart from other bodybuilding programs is the massive, private, members-only online area. Only BBR customers have access to the wealth of additional information and tools found there. In the Members' Area, you can:

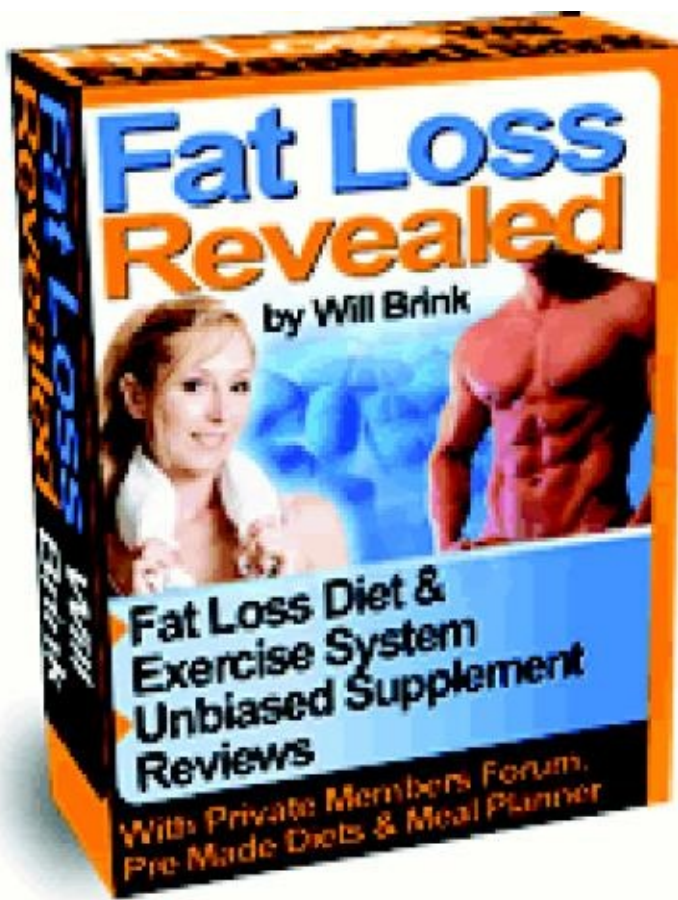
- Read one of the 450 reviews on brand name supplements
- Post a request for a supplement to be reviewed
- Post questions on Diet, Training or Supplementation
- Watch The Weekly Bodybuilding Video
- Read The Daily Bodybuilding Tips & Quotes
- Read Exclusive Articles in Guru Articles Section
- Use the BBR Meal Planner to create your meals
- Download Pre-made Bodybuilding Sample Diets
- Use the BBR Diet Planner, to record what you eat
- Add Your Photos to the Gallery
- Watch Videos of all the exercises in my program
- Use the Food Database, with calorie, protein, carbs and fat info on over 50,000

foods.

Check out the photos and testimonials for [\*\*Brink's Body Building Revealed\*\*](#) : our members can attest that buying Brink's Musclebuilding System was one of the best

decisions they have made in their lives.

Hope to see you in the Members' Area!



## **Fat Loss**

## **Revealed**

If you're interested in losing fat and seeing those abs, check out "Fat Loss Revealed." The FLR System is one of the best on the market today for losing fat, and staying lean for life. It's a comprehensive lifestyle program that provides you with the info you need on nutrition, diet, weight loss supplements, strength training, cardiovascular fitness, goal-setting, and more!

With "Fat Loss Revealed" you can:

- Read complete, unbiased Reviews on 40 different fat loss supplements. Find out which ones really work, and which ones are simply hype.
- Read Over 220+ Brand Name Fat Loss Supplements Reviews with User Feed-



back in the private, online Members' Zone

- Discover which supplements benefit your health even if they won't help you lose fat
- Discover EVERYTHING you need to know about Diet & Nutrition to lose unwanted body fat
- Learn about the right protein, carbs and fat sources to eat - and the ones you should avoid.
- Find out the truth about how much cardio you REALLY need to lose body fat and when and how you should do it for maximum impact
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## The Paleo Diet

The paleo diet is one of the most intriguing diets that have come out in recent years. Its revelations may seem new, but the formulation is actually based on the eating patterns of our most ancient hunter gatherer ancestors — the early humans of the paleolithic (stone age) period, who roamed the earth millions of years ago.

Over the course of human evolution (until around 10,000 years ago), all hunter gatherers had the same dietary approach – they consumed only those foods provided and available by nature. They obtained their food from hunting wild game and gathering diverse fruits, vegetables, plants, nuts, and seeds available over the seasons of the year.

The foods our ancestors consumed remain to be the foods best adapted to our metabolisms today. Human genes have not changed enough over the last few thousand years to adapt to our new agriculture-based diet. In fact, our present genes are still 99.99% identical in makeup to those of our paleolithic ancestors.

Research findings provide ample indications that hunter gatherers were very healthy. They were taller, had better builds and bigger brains. Although their life expectancy was shorter, deaths were often caused by outside factors such as extreme weather conditions, accidents, infections, and predatory animals. They did not suffer from chronic or degenerative diseases such as diabetes, cancer or heart disease. These diseases emerged only when we shifted to agriculture - modern diseases are the consequence of civilization, the result of a mismatch of our genetic makeup and our lifestyle.

Our ancestors were always physically active – hunting and gathering for food. Their physical challenges were extreme, as they raced to hunt wild game. Some hunter gatherers would walk approximately 19km (12 miles) a day on average looking for prey, including bursts of quick activity and running speeds when game was spotted.

Humans have evolved to meet the challenges and opportunities of our

natural environment. Our ancestors bodies where fueled by healthy primal foods which allowed their bodies to work at peak efficiency all the time.

Their bodies were perfectly adapted to the food they ate, not for the foods modern technology brings.

The dietary habits of our ancient ancestors have been thoroughly studied in recent years. The phenomenal abilities of our ancestors are rooted in the diet they consumed and the lifestyle they lived.

Meat from wild game as well as fish gave them proteins and essential fatty acids. Nuts and seeds provided oils and other essential fatty acids; fruits and berries for low GI carbohydrates and nutrients. They did not have any dairy products, grains or processed foods, as these came only with agriculture and the domestication of animals.

According to nutrition experts specializing in the eating patterns of the paleolithic period, the average hunting-gathering tribe had a diet that very likely consisted of one-third hunted food and two-thirds gathered food.

Meat comprised of 65% of our ancestors total energy intake. There is a key difference in the energy and nutrient content from the meat of wild game and the meat we commonly consume from our domesticated animals today.

Wild animals produce meat that contains less than 10% total fat on the average - our current domesticated cattle average about 30% total fat.

There is also a quality difference in the fatty acid makeup of the animal - domesticated animals contain mostly fully saturated fats, whereas wild game has a higher proportion of polyunsaturated fat.

As a result, our dietary choices today result in us having four times less omega- 3 fatty acids compared to our ancestors and 1.5 times less

monounsaturated fat. Some of the nuts and seeds our ancestors consumed also contained omega-3 fatty acids, while they were consumed in raw form, the retention of these heat-sensitive fats was maximized.

The availability of meat our ancestors had was dependent on hunting success and the season. Since animal supply was not steady year round, the greater part of the food consumed often came from uncultivated vegetable foods gathered from the wild, such as berries, bulbs, seeds, fruits, flowers, melons, nuts, leaves, roots, stalks.

One important part about the diet of our ancestors is the fact that their foods could not be stored for a long time, so food was distributed and consumed fresh after foraging or after the hunt.

Food was very diverse and varied widely with the changing of the seasons and by the locality where our ancestors lived, allowing them to consume a great variety of foods.

The paleo diet can be further characterized by the following:

- 

Caloric intake (around 65%), came from eating all the edible parts of vertebrate animals (wild game and fish).

- 

A significant part of our ancestors diet consisted of fresh fruits, plants, nuts, seeds, flowers, leaves, and bulbs. These were all consumed raw, which maximized the retention of nutrient rich content and disease-preventing compounds.

- 

Grains were never present in any significant quantity. Even though they

where around, the grains and small seeds were never milled or ground into fine particles and cooked in order to be consumed safely.

- 

Sodium salt, when present, was in very minimal amounts.

## Health Benefits of the Paleo Diet

Agriculture has introduced wide-sweeping changes in the way we eat today, yet our genes have not changed as rapidly. Our bodies are still designed for the high-protein, low-carbohydrate food consumption pattern of our hunter gatherer ancestors. This means we are genetically ill-equipped to handle the high-carbohydrate, low-protein diet of modern times.

This state of better health is true even among the indigenous cultures that have survived into the present day and continue to follow a diet of foods available to them in their natural surroundings. When anthropologists compare these primitive, hunting-gathering peoples with their modernized, grain-eating neighbors, the close association between diet and disease is very clear. You will not find heart disease, cancer, diabetes, arthritis or other “diseases of civilization” among the hunter gatherers. But all these conditions exist among their modernized relatives, with their diets of grain products, sugar laden and processed foods.

Modifying our diet so it becomes closer and more similar to the dietary patterns of our paleolithic ancestors, who ate only natural — not manufactured — foods, our body will be healthier and we will be at lower risk of suffering from the many illnesses and diseases in society today.

The paleo diet provides the body with healthy low-GI carbohydrates from natural food sources, while avoiding our modern diet’s over-consumption of

highly processed carbohydrates. Our bodies are not genetically equipped to handle processed carbohydrates, let alone an excess of them. Yet, we are often consuming excessive amounts which can result in a weakened immune system, diabetes, obesity and many other chronic illnesses.

Excessive carbohydrate consumption is rare with the paleo diet. The main source of carbohydrates is fruits and vegetables — the same way it was for our ancestors. Fruits and vegetables generally have a much lower glycemic response than cereal grains and dairy products while providing plenty of antioxidants and assorted phytochemicals which protect against free-radical damage and the carbohydrate need for the body on a daily basis.

The paleo diet will provide the body with a higher proportion of fat than the average Western diet which provides for an additional health benefit as this is the body's preferred energy source and is what will help the body perform optimally. The fat sources found in our modern diet is generally unhealthy; consisting largely of trans fats. It is important to realize that the human body needs a certain level and quality of fat to enable many body processes, for example; fat-soluble nutrients such as vitamins A, D, E, and K and the coenzyme CoQ10 cannot be absorbed without fat, and each of these vitamins (and many more) are extremely important in order for the body to avoid nutrient deficiencies.

Our ancestors evolved with omega-3 fatty acids, and many fundamental biochemical processes in our bodies still require this fatty acid. The consumption of omega-3 fatty acids in the modern diet is substantially lower than that of omega-6 fatty acids; another family of polyunsaturated fatty acids. The diet of our ancestors showed a 1:1 ratio for omega-3 to

omega- 6. The modern diet has a much lower ratio of 1:20, or even less.

Omega-3's are known to benefit the human body in many ways. Cordain believes omega-3 fatty acids were key factors in increasing the brain size.

They provided the dietary support that allowed the formation of brain tissue. They are essential in maintaining structural functions, such as creating the membranes in your cells to keep tissues healthy, as well as in supporting biochemical processes and body metabolism. A favorable omega- 3:omega-6 ratio is important for physical as well as mental health, including but not limited to immune system strength, cardiovascular system strength and a healthy digestive system.

The modern diet, with its excessive consumption of sugar and simple carbohydrates and dangerous fats upsets the natural balance of the bodies ecosystem.

One of the most effective dietary solutions to the health problems we face today can be found within the power within the paleo diet. It is necessary for good health to restore the high-protein, high-fat, and low-carbohydrate balance and to regain the quality of the nutrients which has been lost in modern day food processing and farming. By striving to duplicate the nutritional intake of our hunter gatherer ancestors, the paleo diet enables us to have a clear path towards transforming physical and internal health.

### Fruits and Vegetables

It is not always easy to determine which foods fit in the paleo diet. For purist followers of the diet, the rule is to eat only those foods that our ancient ancestors had available to them, however, we are now at an advantage greater than our ancestors in that we have the ability to

consume a greater range of nutritionally rich fruits and vegetables and use them to create a nutritionally rich meal.

It's important to note however, that starchy tubers usually are not recommended for inclusion in the paleo diet as they are toxic when not-cooked, hold a high-glycemic index, are low in phytosterols, while also containing enzyme blockers and lectins. Sweet potatoes (yams) hold a higher nutritional value to that of potatoes and some other tubers and are recommended as an alternative food source for nutritionally deprived high carbohydrates when needed – such as for athletes.

Fruits are acceptable for inclusion in the paleo diet, however should be consumed sparingly to avoid a high carbohydrate intake as well as providing the body with an overload of fructose/sugars and a daily carbohydrate excess.

Nuts and seeds should be consumed sparingly, as they would have been for our hunter gatherers.

Consuming a Modern Day Paleo Diet

*Interview with Greg Battaglia*

*Greg Battaglia is a Certified Level I Crossfit trainer and a Dietetics student at Immaculata University who is passionate about constantly exploring ways to improve human health and performance and helping others to achieve their health and fitness goals.*

**The paleo diet is defined by eating meat, fish, vegetables, fruits, plants, nuts and seeds. But should we be concerned, or at least aware of the modern modifications we often implement to create a meal? Are we eating paleo with too many modifications, or do we hold the ability to**



**create an even more nutritiously dense meal and obtain better health than our ancestors? What if we could find out the exact foods our closest genetic ancestors ate and mimicked that to our diet as close as possible, would we obtain the same good health our ancestors had, or has our environment changed too much that our bodies now require more?**

**To obtain a better insight I spoke with Greg Battaglia.**

**The paleo or paleolithic diet is one which bases the concept of the foods available to our hunter gatherer ancestors, which ultimately breaks down to foods provided and found in nature, without the necessity or addition of modern food techniques, chemicals, preservatives or processing. The fundamentals of the paleo diet provide us with the basic guidelines and principles we should apply to our diets and lifestyle today; not necessarily the exact foods available to our ancestors within their environment.**

**But the question then arises, are we ultimately in a position now where we are fortunate enough to have a large range of food sources we can choose from - and have the ability to achieve even greater health than our ancestors because of this. Or should we possibly be avoiding many of the food sources our ancestors wouldn't have had available and/or in the amount they would have had available, because our genes are still adapted from the more minimal food sources our ancestors consumed and had available?**

**It is known that our ancestors had good health and didn't suffer from chronic illness as we do today. Ultimately the diet of our ancestors**

**varied somewhat depending on where they lived, their environmental climates as well as other factors.**

**Ancestors living around Canada would live mostly of fresh salmon, deer, elk, berries and plants. Whereas ancestors living around Africa would have lived on plant roots and animals. And then there are the Aboriginals in Australia who live off the land who eat animals, bugs, plants, native nuts and honey.**

**But research shows all our ancestors had good health - because they were eating natural food sources available. But if this changed, and Aboriginals suddenly lived in Canada, eating salmon and berries, and ancestors in Africa suddenly lived in the outback of Australia - would they all still have vibrant health?**

This is a great question that I've pondered myself self many times. I can't say that I have an exact answer. I personally look at paleo as an explanation for why certain dietary strategies work rather than a prescription, per se. For instance, the fact that many people are gluten intolerant can be explained using the paleo model. If gluten didn't cause any problems we wouldn't tell people to not eat grains simply because our ancestors didn't. I guess what I'm saying is that the paleo model can guide our ideas, but ultimately solid science must be there to confirm it.

In terms of diets differing based on geographic locating, there is some evidence that isolated groups develop adaptations to certain foods. For instance, the people on the island of Okinawa have developed a salivary enzyme that is used specifically for breaking down starches contained in rice, whereas people of European descent do not have this specific enzyme. This is obviously due to the

fact that Okinawans have been eating a lot of rice for a long time and somehow were able to develop some adaptations to it.

I think it's also important to consider that probably not all of our ancestors in the Paleolithic were necessarily healthy. Some probably had to survive long periods on limited food sources and indeed developed deficiencies. Others probably survived in a lush environment with a wide variety of nutrient dense foods and flourished with excellent health. I think at the end of the day the goal is this:

1. Get all essential nutrients needed
2. Avoid things that cause problems (possibly grains, dairy, legumes)

Whether all of our ancestors were able to do this or not is irrelevant to our modern needs. The fact that the Australian Aboriginals, the Inuit, and the Kalahari Bushmen were able to survive for so long suggests that all of their diets met the 2 previous requirements. If they didn't, they would have died off pretty fast, as I'm sure happened to plenty of cultures that failed to thrive.

I think the main reason that paleo works so well is because it simply removes the stuff that we know to cause problems. Whether you eat lots of fish, broccoli, spinach, and collard greens or lots of beef, cauliflower, carrots, and sweet potatoes (not saying that you can eat just those foods and meet all nutritional requirements) and end up meeting all your macro and micronutrient and calorie needs you'll be healthy since you met your needs and avoided the stuff that's going to cause damage in the first place.

**Our current environment and lifestyle is far different from that which our ancestors had. What other aspects of our hunter gatherer's lifestyle should we consider to implement in addition to following the paleo diet**

## **food principles, which could ultimately enhance our health even further?**

I think an area that is majorly lacking in many discussions of evolutionary fitness (but certainly not all) is the psychological aspect of evolutionary fitness.

We often hear about what we should eat, how we should exercise, how many hours of sleep to get each night, what supplements to take, and other tangibles. But what we don't often address is the primal mind and how our evolutionary environment has shaped our minds and way to optimize the function of mind to adapt to industrial living while remaining happy and healthy.

Something that I've noticed and I say this out of compassion, not criticism, is that we sometimes adopt a primal lifestyle in the tangible sense but do nothing to change our mind-set. We still attach our identity to material things and seek happiness and gratification from external things like shopping, watching TV, drinking, and possessions. We even identify ourselves by how much money we make, or what cloths we wear and attempt to use this as an attempt to attain fulfillment. Contrast this with our hunter-gatherer ancestors who had few possessions and lived a nomadic existence. The only things they needed for happiness were food and shelter, social interaction with their tribe and intimate relationships. Now don't get me wrong, I fall into these same materialistic and consumerist holes sometimes, and I'm certainly not perfect, but I do feel that it is critical to take some measures to take a step back and make note of what is really important in our lives and put our main focus on those things. Indeed, research has shown that money only improves happiness to the extent that it helps one achieve their basics needs of living and comfort, whereas health is a

much more accurate indicator of happiness.

So, in essence, the take-home message of this is that our mental perspectives should, ideally, be focused on the things that really matter in life, like health, family, friends, and what we're passionate about. That's not to say we should all just go live in shack somewhere and not make money, but that we should not lose sight of what is most important and not sacrifice quality of life just to make more money that is not really needed for happiness.

A good way of improving our primal minds that our ancestors didn't have to use is meditating. Our ancestors certainly weren't sitting around meditating or practicing strategies to become more present-minded- they had enough down

time during their daily activities to not need any stress relief techniques to keep their stress response in check- but meditation has been supported by scientific

findings to lower the stress response, promote a stronger immune system,

decrease blood pressure, reduce chronic pain, improve cognitive function, and

improve sleep quality. The good news is that you don't have to sit around with

your legs crossed like a Buddhist monk to get the benefits of meditation (unless you want to, of course).

The following are some great ways to "meditate":

1. Focus on your breath. When you feel stressed and are thinking about a million things just slow down and focus on your breathing. Do this for at least a minute and focus on breathing in deeply and then imagine that every breath out is a release of all the built up tension in your body. Be completely aware of your body.....feel your body, so to speak, and feel it become relaxed and loose.

This can be very helpful.

2. Become more aware of your body and surroundings. A good quote by the famous psychologist Erik Erikson's wife, Joan Erikson is "Get out of your mind

and into your body.” What this means is that you focus on your senses. Most people in western societies have so many responsibilities that our minds are always active to the point where the body goes into autopilot and we completely lose touch with the present moment. We become completely focused on, and worried about, what we have to do for the future or dwelling on things that happened in the past rather than focusing solely on the present moment. The key to taking a break from all this constant thinking is to focus on our senses. What do we see, hear, feel, smell, or taste at this moment? Focus on it and you’ll be present.

3. Practice flow. Flow is a mental state in which a person is completely immersed in an activity that they are currently doing and any concept of time has been stripped away. It is an intensely enjoyable state to be in and everyone has felt this at one time or another. The key to activating it is to do any activity that you enjoy but that also offers a challenge, but not so much of a challenge that it stresses you out..

4. Accept fully whatever circumstances arise in your life at any point in time.

That’s not to say that you don’t try to change undesirable circumstances if you’re capable of doing so, it just means that you don’t complain or worry about whatever is happening in reality. For instance, let’s say you set up a picnic and tell all of your friends to come because there’s supposed to be nice weather. You get everything set up, bring your grill, a Frisbee for some fun afterward, etc. Before you know it starts pouring rain as soon as everyone

shows up. The natural instinct is to flip out or complain, get agitated, feel like a victim, etc. But this does nothing but make the situation worse. Instead, if we

simply accept the situation for what it is and take action to fix it as best possible we will avoid much suffering.

If something goes wrong we simply take action to fix it if possible, or if we can't fix it, completely accept it for what it is. If we emotionally resist a situation that cannot be changed it only causes unneeded stress that accomplishes nothing

other than to decrease our quality of life and health. If we complain or feel bad for ourselves it only intensifies our negative perception of the situation. This sounds like common sense, but we humans can be highly irrational beings, and this resistance to whatever the circumstances currently are in life is widespread in western culture.

Another great way to improve your health that isn't always mentioned by proponents of Primal living is by fostering good relationships and compassion for other human beings. In our technologically advanced societies it becomes increasingly easy and tempting to just throw on the TV, computer, ipod, or whatever other distractions are available and ignore other people. In fact, many people do just this on a daily basis and have minimal interaction with other human beings, at least on any sort of compassionate level. Instead, turn that stuff off and talk to a friend, family member, or just spark random conversation with interesting people that you meet. Do things with people, stay socially active, laugh, smile, compliment people and go with the flow. People will sense this and good relationships will be born.

Also, I know this response is a bit philosophical in nature overall, but another good one that our ancestors probably didn't think about, or didn't have to at least, was what their purpose was in life. Having a purpose in life is something that can propel us forward and keeps us happy and motivated in day-to-day living. Many people in our society are told what's important to them, how they should think and act, and what aspirations they should have in life. Most people

go to a job everyday that they hate just to pay the bills. They use their job as a means for making money only, and don't enjoy the process. On Monday they can't wait until the weekend because of their undesirable circumstances. This is another cause of the lack of present-mindedness mentioned above.

Our hunter-gatherer ancestors likely found purpose in their daily hunting and other activities and enjoyed the process. In our culture we need to think about it and develop an honest idea of what's important to us in life and then embrace it fully and put all of our heart into it. I truly believe that is a major key to both health and happiness throughout the lifespan.

On a more tangible note, something else that I think is good for people living in more northern climates is a light box. Some people in northern climates literally do not see a significant amount of bright sunlight for weeks or months depending on the location and season. A 10,000 lux light box can be used to simulate the effects of sunlight and has been well-researched and shown to have proven benefits in improving mood and preventing/treating depression. The great part is that some insurance plans cover these things if your doctor prescribes it. It can be turned on in the morning while eating breakfast and stimulates sensors in the eyes that help to regulate circadian rhythm, resulting in more alertness and energy during the day and an easier time falling asleep at night.

I promise this is the last one, but I think recreational dancing is a great addition to a primal lifestyle. Our ancestors had ritualistic dance ceremonies around camp fires during the night to entertain themselves and honor their gods. I'm personally a terrible dancer and it's not something I even take seriously (It doesn't really need to be for our purposes anyway), but if I go out to a bar with a group of friends and music is playing I'll often dance around and have a good



time just to sort of joke around and have a good laugh. It's great exercise, it makes me laugh, and my friends get a kick out of my terrible dancing skills, which ties in with the whole social aspect of primal living. I don't think this one is necessary, but for people who are more outgoing it's definitely something fun and is actually really good, pump up exercise that gets the circulation going.

**With all the outside environmental factors we are faced with on a daily basis which impacts on our health negatively, i.e. stress, pollution and radiation, we are in a positive position where we have the ability to take extra nutrition through supplementation which can be a means of helping to balance out the negative impact our environment has on our body. What supplements should we consider to add into our diets to help increase our nutrition? Fish oil seems to be a big one.**

When it comes to health, I believe that supplements should be kept to a minimum. The main purpose of any supplement within the context of primal/paleo eating is to put something back into your diet that you would be getting if you were eating an optimal paleo diet based on all of the highest quality foods like pastured animal products and organic plant foods.

Unfortunately, not all of us can manage to do that and inevitably some supplements will be needed to optimize health. Like you mentioned, fish oil is an excellent one that every paleo dieter should be taking if they aren't eating all pastured animal products. 3g per day is what most studies have found to have the health benefits of taking fish oils.

Another one that has worked well for many people is a high quality probiotic. Our paleo ancestors consumed the organ meats of the wild animals that they hunted and the beneficial bacteria that came along with the certain organs like the small intestines. They also consumed adequate dietary fiber from non-

cereal plant foods and never had a chance to consume refined sugar, which can disrupt the balance of intestinal bacteria.

Another supplement that is an absolute must in my book (along with fish oil) is vitamin D. Indoor living has dramatically reduced our exposure to sunlight and consequently results in low serum vitamin D levels. 2000 IU's/day is a safe upper limit for vitamin D supplementation if you haven't had a blood test to measure your vitamin D status. However, for some people 2000 IU's will not be enough to bring serum level into the optimum range. That being said, I highly suggest that all people taking vitamin D get their blood levels tested periodically to determine the dosage that is appropriate for them.

Other than that, there are a few supplements that are optional but could be very beneficial for some people. One of these is ZMA, which should be taken 30 minutes prior to bedtime. It helps to improve quality of sleep and recovery from exercise, which is very useful for highly active individuals and athletes.

L-glutamine is an amino acid that can be taken during the transition phase from a typical western diet to a lower carbohydrate paleo diet. The body can use L-glutamine to fuel the brain during the adaptation period to fat metabolism,

while blood glucose level will be low and cognition will suffer. It basically helps to ease the symptoms experienced while switching to being a fat burner instead of a sugar burner.

Creatine monohydrate can be used to improve work capacity within an anaerobic domain and has some nice research to back it up. It also may have other health benefits like improved cardiac function and cognition.

**Although our ancestors wouldn't have combined foods, we are now able to eat more than one nutritious food source at any one time.**

**Additionally, combining certain foods can help the synergy of nutrients**

**and help with digestibility. With that in mind, should we be concerned with high calorie meals, high carb meals or liquid meals even if 100% of the ingredients are paleo friendly? And does this ultimately begin to go outside the basic principles of the paleo diet?**

When it comes to food combining, I keep a very simple rule: never eat a meal that is both high in fat and carbs. All meals should be either high in fat and protein or high in protein and carbs, but never high in both fat and carbs. The reason for this is that the insulin spike that follows carb consumption signals for fat molecules to be stored at the nearest adipose sites. If blood insulin levels and blood fat levels are simultaneously elevated body composition will suffer along with performance, as the body will be running on glucose rather than the more consistent burning fat.

Don't get me wrong, calories still count when it comes to fat loss and body composition, but so do macronutrients ratios and combinations. However, it's also important to understand when to consume a protein/carb meal. The best time is post-workout if you have a performance goal. If I don't workout on a particular day I keep all of my meals high in protein and fat and low in carbs, since my muscle didn't need any glycogen to be replaced, hence the absence of a post workout meal containing starchy carbs.

Here would be my recommendation:

For general health/longevity: 90% of the time eat high protein/high fat meals, even post workout. Eat meals higher in paleo carbs occasionally to re-calibrate insulin sensitivity.

For performance goals: Eat a high-carb(starchy paleo carbs such as sweet potatoes, squash, yams, etc.)/high protein meal post workout after metabolic conditioning workouts, but not after strength work. The rest of your meals

should be high protein/high fat/low carb.

For fat loss: Keep it low-carb and zig-zag your calorie intake. For instance, if you need to consume 1500 calories per day to lose weight you would eat 1000

kcal one and then 2000 kcal the next day to "trick" your metabolism and hang onto muscle while still losing fat. This actually has worked very well for

me in the past and I highly recommend it. When I keep my calorie intake the same everyday while cutting I start to notice problems with water retention, and indication of excessive cortisol production. I also tend to lose muscle mass with that method. On the zig-zag approach I lose fat and keep muscle much easier.

When it comes to liquid meals and higher carb paleo meals the above suggestion should be considered. It really depends on your goals. From a health perspective liquid meals are to be avoided due to insulin spikes, and like I said higher carb paleo meals from solid food should be kept occasional. Some people can benefit from liquid post workout meals, but others will still present signs of hypoglycemia and hyperinsulinemia. That being said, whole food is always best, unless you're running a marathon or some other long-distance death grind that requires high calorie/carb intake on the go that doesn't require tons of digestion.

I think it's important to understand that everything is goal-dependent. If you want to live really long and be super healthy you're going to have a different plan than if you want to run a marathon and a different plan than if you want to become super strong. However, since the paleo lifestyle is one based on health, longevity, and quality of life I think it's key to stay with the basics.

Eat whole paleo foods, keep carb and fat meals separate, moderate calorie intake and don't gorge, load up on veggies and pastured meats, incorporate

some intelligent intermittent fasting, develop some stress reducing techniques, exercise just enough to get the benefits, but not enough to get injured or cause long-term wear and tear. When you have goals that go beyond that, such as performance or body composition goals, you have to stretch the paleo concept and make some compromises with your lifestyle and sometimes with your health and longevity.

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# Chicken and Egg Salad with Almond Satay Sauce

# Salad

**2 eggs, boiled, cut into quarters**

1 chicken breast, steamed and shredded

2 cups rocket leaves

1 carrot, diced

½ green capsicum, diced

# **Almond sauce**

**1 small white onion, grated**

2 garlic cloves, crushed

1tbs oil

¼ cup almond butter

¼ cup coconut cream

1tbs soy sauce (optional)

Chilli flakes

Instructions

To make the almond sauce by placing the oil into a fry pan. Fry onion and garlic on low heat for 5 minutes or until slightly browned.

Add almond butter, coconut cream and soy sauce, stir constantly until thickened. Remove from heat and stir in a desired amount of chilli flakes. Leave to cool slightly and remove excess oil.

Place chicken, rocket, carrot and capsicum in a mixing bowl and combine well.

To serve, place rocket salad on a plate with egg quarters and spoon almond sauce on top.

**Meatballs with**



# Instructions

## Crunchy Sweet

**Preheat a fan-forced oven to 180o**

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Celsius/350

# Potato Chips

## Fahrenheit.

Place spinach in a bowl and cover with boiling water, leave for 2 minutes before draining as much liquid as

# Ingredients

**possible from the spinach. Chop well.**

250g mince

Place spinach in a bowl along with mince, salt, almond

1tsp salt

meal, mustard, tomato paste and sage. Combine well.

1 / cup almond meal

3

3 cups baby spinach

Roll into 2.5cm size balls and place on an oven proof

1tsp dijon mustard

*(optional)*

baking tray lined with baking paper.

25g tomato paste

2tbs sage

Bake in the oven for 10-15 minutes, or until browned

1 sweet potato, medium

and cooked through.

Olive oil

Meanwhile, heat enough oil in a frying pan for deep

frying. Peel sweet potato then slice into ribbons using a vegetable peeler.

Place a small handful of sweet potato ribbons in frying pan and fry for 2-3 minutes, or until slightly browned.

Remove from frying pan and place on a plate lined with

paper towel to drain.

Repeat with remaining sweet potato.

To serve, place sweet potato ribbons on a plate and top with meatballs.

## **Broccoli and Pine-Nut Soup**

# Ingredients

## 1 onion, diced

1tbs oil

3 cups broccoli

3 cups chicken or vegetable stock

¼ cup pine-nuts

## Instructions

Fry onion in a large pan with oil on medium heat until slightly browned.

Add broccoli and stock and simmer for 10-15minutes or until broccoli has softened.

Cool slightly.

Place in a food processor or use an electric blender to form a smooth texture.

Heat to serve.

## Broccoli, Bacon and Cashew Salad

### Ingredients

1 broccoli, cut into florets and stalk diced

3 rashes of bacon, fat removed, diced

½ cup toasted cashews

1tbs oil

### Instructions

Boil broccoli in water on high heat for 5-7minutes or until tender and cooked through.

Remove water and place broccoli in a large serving bowl.

Cook bacon in a frying pan for 4-5minutes or until crispy. Remove bacon from pan and place into serving bowl along with broccoli and cashews. Combine well.

Serve.

## Sweet Potato, Bacon and Egg Salad

## Ingredients

2/3 cup diced sweet potato

2 eggs

2 rashers of bacon, diced using meat only

1tbs oil

4tbs dill, finely chopped

2tbs mayonnaise

2tbs lemon juice

## Instructions

Boil eggs in water for 4-6minutes. Peel and dice eggs.

Boil sweet potato for 4-5minutes or until cooked through.

Place a frying pan on medium-high heat, add olive oil and bacon and fry until browned and slightly crunchy.

In a small bowl, combine dill, mayonnaise and lemon juice.

Place eggs, sweet potato, bacon and mayonnaise sauce into a medium size serving bowl.

Combine well.

Serve.

# Lemon Meringue Pie

## Ingredients

Instructions

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o

Preheat a fan-forced oven to 160 Celsius/325

Lemon Filling

Fahrenheit.

1 cup lemon juice

5tsp finely grated lemon rind

Place lemon juice, lemon rind and maple syrup

(approximately 4 lemons)

in a medium size pan on low heat.

1/2 cup maple syrup

1/2 cup coconut milk

In a small bowl, combine coconut milk and

4tbs arrow root

arrow root powder. Add to lemon juice

5 egg yolks

mixture, stirring consistently until simmering.

Beat egg yolks together in a small bowl then add to

Meringue

simmering lemon mixture, stir constantly for 3-4

minutes, or until mixture

5 egg whites

has thickened. Pour into a pie dish.

2tbs maple syrup

To make the meringue, beat the egg whites and maple syrup in a medium size mixing bowl until stiff peaks form.

Spoon the meringue on top of the lemon filling then place into oven and bake for 8-10 minutes, or until lightly browned.  
Cool before serving.

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