

Bodybuilding Recipes

Indonesian Chicken (Serves 2)

INGREDIENTS

8 oz Boneless raw chicken breast, broilers or fryers

1 cup chopped raw onion

1/2 cup Jalapeno raw sliced

5 cups raw shredded cabbage

2 cups sliced raw red pepper

2 cups 1% fat cows milk

4 tsp cornstarch

5 tsp extra virgin olive oil

6 cloves raw garlic

2 tsp raw ginger root

1 tsp tumeric ground

1 tsp Coriander leaf (dried cilantro, Chinese parsley)

1 tsp curry powder

DIRECTIONS

In non-stick sauté pan combine onion, jalapeno pepper, spices, milk and chicken. Poach (lightly simmer) until chicken is done. Mix cornstarch with a little water to dissolve the add to pan and cook for 3-5 minutes. In a separate pan cook cabbage and red peppers in oil until tender. Divide cabbage between 2 plates and top with chicken. Serve immediately

NUTRITIONAL INFORMATION (PER SERVING)

Calories (Per Serving) - 475.5

Protein (g) - 39.5

Carbohydrates (g) - 45

Fat (g) - 16.5

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

Chocolate Banana Protein Bars - 8 Bars

INGREDIENTS

300 g raw banana
1 tsp ground cinnamon
2 tbsp unsweetened cocoa powder
3 large chicken egg whites raw
4 oz non fat milk
200g 100% whole grain old fashioned oatmeal
1/3 cup splenda
1 tbsp Udo's choice oil blend
60 g Designer Whey Chocolate flavor (or equivalent brand)

DIRECTIONS

Mix ingredients in a large mixing bowl. Pour into non stick cake pan. Bake at 300 for 25 minutes or until firm, leave until cooled slightly then cut to size. We have made these into 8 small bars, but you could easily make into 4 larger ones, with double the protein , so around 23g protein per bar. If you don't want the fat replace the Udo's oil with unsweetened applesauce. It will taste just as good and still retain the moist but firm texture.

NUTRITIONAL INFORMATION (PER SERVING)

Calories (Per bar) : 188.32
Protein (g) : 11.05
Carbohydrates (g) : 27.94
Fat (g) : 4.56
Carb - Protein - Fat % Ratio: 57-22-21

Cheesy Scrambled Eggs

INGREDIENTS

4 tbsp 4% (Borden) cottage cheese
150 grams cucumber w/peel raw
4 large egg whites
2 whole eggs
1/8 cup of 2% natural reduced fat mozzarella cheese,
shredded.
30 grams raw mushroom
15 grams black olives
10 grams onion, scallions
1/2 tsp pepper red or cayenne
1 cup raw spinach

DIRECTIONS

Blend or beat 4 egg whites with 2 whole eggs. Add cottage cheese, salt, red pepper. (I like to blend the two together, Thunderstick is good for this) I use Pam in a non-stick pan (butter if you prefer). Preheat the pan, pour in the eggs, when the eggs start to cook, add chopped olives, onions, and mushrooms. Cook the eggs how you like scrambled eggs. Just before you remove the eggs, melt in the mozzarella cheese. I eat the eggs on a bed of baby spinach and sliced cucumbers.

NUTRITIONAL INFORMATION (PER SERVING)

Calories: 356
Protein (g): 38
Carbohydrates (g): 12
Fat (g): 16.5
Carb - Protein - Fat % Ratio: 14-44-43-21

Fish Sandwich

INGREDIENTS

- 1 loose-leaf of lettuce
- 2 slices multi-grain oat bread
- 3 Oz orange roughly cooked
- 1 slice tomato red, ripe , raw approx 1/2" thick

DIRECTIONS

None.

NUTRITIONAL INFORMATION (PER SERVING)

Calories : 323

Protein (g) : 24

Carbohydrates (g) : 51

Fat (g) : 3.5

Carb - Protein - Fat % Ratio: 61-29-10

Spicy Turkey Chili (4 servings)

INGREDIENTS

6 oz boneless raw chicken breast, broilers or fryers
3.5 cups Turkey Breast (Honeysuckle White)
822 grams Stewed Tomatoes, Cajun, (Del Monte)
16 oz Tomato Sauce (Hunt's)
4 oz Old El Paso green chilies chopped
1 medium raw onion 2.5" diameter approx
10.5 tbsp McCormick/Shillin, chili seasoning.

DIRECTIONS

1. In large saucepan combine all ingredients.
2. Simmer for 30 minutes
3. Remove from heat and serve hot with shredded cheese.

NUTRITIONAL INFORMATION (PER SERVING)

Calories : 319

Protein (g) : 43

Carbohydrates (g) : 33

Fat (g) : 3

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

Beef Chop Suey (2 servings)

INGREDIENTS

6 large egg whites
7 oz beef eye , fat trimmed.
3 cups Danish raw cabbage
2.5 stripes raw celery
2 cusp raw mushroom, sliced or pieces
1.5 cups mature soybean
2 cusp water chestnut , chinese canned
1.5 cups chopped raw onion
2 tsp olive oil
2 tbsp apple cider vinegar
1 tbsp soy sauce
1/2 cup broth bouillon canned, ready to serve , beef.

DIRECTIONS

In non-stick pan, place 1 tsp olive oil and beef. Cook until beef is done. In another pan while beef is cooking, add 2 tsp olive oil, 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 hot

NUTRITIONAL INFORMATION (PER SERVING)

Calories: 471.5
Protein (g): 37
Carbohydrates (g): 50
Fat (g): 17.6
Carb - Protein - Fat % Ratio: 40-29-31

Spicy French 'Un' Fries (4 servings)

INGREDIENTS

1 1/2 cup raw onion
2 large potatoes approx 4" diameter
2 servings Mazola, cooking oil spray
1/2 tsp fresh ground chili pepper (laurel leaf)
1 tsp garlic salt (Lawry's).

DIRECTIONS

Cut potatoes lengthwise (like French Fries). Preheat oven at 375 degrees. Combine garlic salt and red chili pepper (adjusting amounts to suit your taste). Arrange the potato strips in a single layer in a glass-baking dish. Coat the potatoes with the vegetable oil spray. Flip them over and spray the other side. Sprinkle with garlic salt and red pepper seasoning. Bake at 375 degrees for one hour. Note: A serving of the spay oil is a 2.5 second spray.

NUTRITIONAL INFORMATION (PER SERVING)

Calories : 53
Protein (g) : 4
Carbohydrates (g) : 10
Fat (g) : 1.5
Carb - Protein - Fat % Ratio: 67-25-8

Strawberry and Banana Oatmeal

INGREDIENTS

1/2 cup steel-cut oats

1/3 cup oat bran

3/4 cup frozen or fresh strawberries

1 medium banana, sliced

1.5 scoops strawberry or vanilla whey protein powder

Water, as directed

1/4 teaspoon salt

Dash of cinnamon (big dash)

DIRECTIONS

In the evening, prepare the oats in the same manner as the Blueberry Oatmeal recipe. Again in the morning, bring the oats to a simmer and add the banana, salt, cinnamon, and oat bran. Keep stirring and simmer until you have the desired consistency (10 minutes or so), remove from heat, and stir-in the strawberries and protein powder.

NUTRITIONAL INFORMATION (PER SERVING)

Calories : 696

Protein (g) : 50

Carbohydrates (g) : 115

Fat (g) : 11

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