

AREA NINE – MUSCLE RECIPES

Area Nine's
Muscle
Recipes



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Ready, Steady, Cook!

It's a strange thing. I can just about work a microwave and cook myself a steak and pasta and now here I am typing up a book on muscle food! I was actually taken aback by the amount of requests for a book of this type. It restores my faith in bodybuilding that more people asked for a book on muscle foods and snacks that asked for another book on steroids. Maybe bodybuilding's changing back to its roots and steering away from what many feel is its ultimate drug fuelled destruction. Only time will tell.

Food is the most anabolic thing that we have and everyone in the west has access to this most powerful of all agents. No drug compares simply because all the drugs that we read about that build muscle actually could ever do any of the work in the first place without the raw materials to do the job. The raw materials are food, or to put it better Protein.

Most of the recipes here focus on getting down the protein and/or calories. Carbs come into play, as does fat because they have important roles to play in the muscle building process. But when it comes down to it the reason most of you reading this are not gaining as fast as you would like is because you are either not eating enough quality protein, or you are not getting down enough calories.

We can debate the benefits of high protein or high carbs forever and a day. Muscle is stored protein. Fat is stored carbohydrates. We need carbs with each protein meal because this aids the assimilation of protein and also gives us energy. If we did not eat any carbs our body would use the protein for energy and we would go into Ketosis, which is all well and good for fat loss but not so much for muscle building.

Carbs are good for bodybuilders because carbs are generally far cheaper than protein and in this sense if your budget is limited you can get down your calories from carbs and do so cheaper. Yes they are both the same in calorific terms but if you have any doubts about what carbs do in the body as opposed to protein bear this in mind. The Sumo wrestler eats only carbs and then sleeps. He gets up to 400+ of almost pure fat by doing this. We want to be a lean, mean fighting machine, not a fat fighting machine. Although you can pass that message onto the Sumo on my behalf. Hope those buggers can't run fast!

AREA NINE – MUSCLE RECIPES

This book is not here to go into any detail into protein and carbs and fats and so on because this is ground already covered in the Manifesto of Mass publication. It is simply what it says on the cover. Recipes. Recipes to gain muscle, keep fat low and energy levels high but always being conscious of budget. I have also tried to focus on foods that are easy to make and on some part easy to store. So when you see something serves eight people this is not suggesting you eat for eight, or eat eight people! This means you can have say two servings and then separate the rest and put it in your refrigerator and then re-heat as needed in the microwave.

It will be up to your tastes, your budget and your immediate goals which recipes you go for, but I hope that they will give you something to try and benefit from, or at the very least a new idea for future meals (after a bit of tweaking by your good self's)

Remember different brands of food give different protein, carb, fat ratios. Don't be over concerned with these minute details. Each diet is designed to give the average guy the amount of nutrients they need per sitting. If you are bigger, you'll need more, smaller, your need less. If you see a single source protein, add either a glass of milk or amino acid supplement to balance out the amino acid profiles. All the science of this is fully explained in the Manifesto of Mass. I have however tried to add nutritional information when discussing the preparation.

Firstly thank you to all the Bodybuilders who helped me prepare these lists of foods. This is one subject I could not have done myself because I am not a cook. A lot of the recipes I knew from my own diet but needed help with the preparation aspects, others were taken from the many friends in the sport who recommended them.

Enjoy and remember new recipes will appear on the Area Nine site and also the Lab section.

Has everyone got their aprons on and chef hats? Good, let us begin with a bodybuilding cookery master class.

Corned Beef Hash

Protein: 41.5 Carbs 16.2 Fats: 10.5 Calories: 328

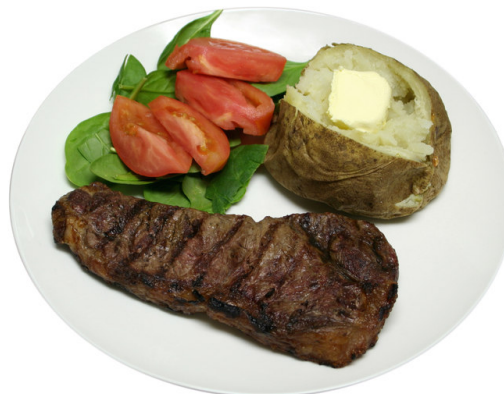
- 1 large red pepper
- ¼ tspn onion powder.
- ¼ tspn Worcestershire sauce.
- Dash garlic powder
- Dash of black Pepper
- 6-oz. canned corned beef hash

Preparation

Put the onion powder, sauce and powders in a pan and simmer for around 15 minutes. Stir regularly and add water if the mixture starts to dry out. Now simmer until the mixture is of a moist consistency. Now add the corn beef and pepper and allow simmering again until tender.

Put all ingredients (except whole bell pepper and hash) and simmer, covered, about 15 minutes. Stir, often, and add small amounts of water whenever mixture's water boils-off. When mixture is done, it should be moist, but not wet. Now, add corned beef hash to warm mixture, mixing thoroughly. Remove from heat while you do this:

Boil the large bell pepper in lightly-salted water 'til it is tender. Now, fill the pepper with the hash mixture and serve; let excess spill over onto plate...and eat well!



MASS SANDWICHES

The Humble sandwich is often overlooked by bodybuilders. Yet here you have a complete meal, or snack depending on what is in it and how many sandwiches you have. What's more you get a complete meal. Two protein sources (if required) and carbs in the bread. You'll see that these sandwiches provide all 22 amino acids, fat and enough calories to keep Miss Piggy happy. Little preparation - maximum nutrition.

Rice & bean sandwiches

Protein: 25.5 Fats: 4.5 Calories: 441.8

- **2 Slices wholemeal bread**
- **Fill with beans (any beans but kidney beans are used here)**
- **Fill with rice (white or brown, your choice the fibre in the bread makes a simple carb like white rice into a complex carb anyway)**
- **Butter if required for more calories.**

Preparation

I bet many people will overlook this but this meal has all 22 amino acids and is what the Great Lee Haney used to survive on when times were tough. It is simple but it gets the job done and is cheap as chips. Maybe cheaper.

The Mass man's all day breakfast

Protein: 54.0 Carbs: 23.8 Fats: 45.0 Calories: 728.5

- **2 Slices wholemeal bread**
- **1 Slice Cheddar Cheese**
- **4 Slices Back bacon**
- **1 egg**
- **¼ pound beef patty or burger**

Preparation

Mix the Beef Patty with the egg and make into a burger. If you have not purchased beef patty then simply fry the egg. Fry the beef burger until cooked to your own tastes and then do the same with the bacon. Then add to the sandwich and add the cheese.

The Swiss Miss

Protein: 39.2 Carbs: 23.9 Fats: 44.4 Calories: 651

- **2 Slices wholemeal bread**
- **3 Slices Ham**
- **2 slices Swiss Cheese (emmental)**
- **Butter if required for more calories.**

Preparation

I'm Swiss and this is an old favourite of mine. The last time I ate it I was 2,000 miles up a mountain. You can eat it anywhere however. It looks simple but just look at how many calories and protein this man mountain clocks up. Yodel a he ho!

The egg-stremly good sandwich

Protein: 25.0 Carbs: 23.2 Fats: 12.2 Calories:375

- **2 large eggs**
- **2 Slices wholemeal bread**

Preparation

Eggs are a bodybuilder's best friend. They are the only food source that contains all 22 amino acids in one package. So a plain egg sandwich can deliver a massive punch to the system, whilst keeping carbs surprisingly low. Taken before bed the eggs will drip feed amino rich nutrition for up to seven hours.

Tuna & Bean Sandwich

Protein: 24.0 Carbs: 50.0 Fat: 4.0 Calories: 323

- **Tomato 1**
- **2 Slices wholemeal bread**
- **1 tin Tuna**
- **50 grams red kidney beans**
- **1 tomato**

Preparation

Come on now, you know how to make a sandwich by now people. Mix the Tuna and Kidney beans and add to sandwich, add the tomato and lettuce to taste. The beans balance out the amino acid profile.

Double Chocolate Protein bars

Protein: 10 grams Carbs: 22.0 Fat: 4.0 Calories: 160

- 30 grams whey protein powder (best use chocolate for obvious reasons!)
- 200 grams porridge oats
- 3 egg whites
- 2 table spoons of Peanut Butter – smooth or crunchy – your choice!
- 1 teaspoon cinnamon powder
- 100ml semi-skimmed milk
- 1 table spoon honey

Preparation

This delivers eight high packed protein bars with a great taste of chocolate. The nutritional breakdown above is per bar! The mix of proteins gives a truly remarkable spectrum of absorption times and amino acid profiles.

Mix the whey powder, cinnamon and oats together with your egg whites, honey and peanut butter. Site well and slowly add the milk.

Once all ingredients are together add the mixture to a greased and lined baking tin and smooth until level with a knife.

Place in a pre-heated oven at 180c. This should take around 15 minutes to cook through but keep an eye on them as different ovens take different times. Cut into eights and allow to cool! You now have a top quality protein bar to use as a snack to boost protein intake.

Pancakes that pack a punch!

Protein: 35.0 Carbs: 61.0 Fats: 13.5 Calories:490

- 75g porridge oats
- 1 egg yolk
- 4 egg whites
- 100ml skimmed milk
- 50g berries of your choice (crushed)
- teaspoon baking powder
- teaspoon vanilla extract

Preparation

This is my favourite pick me up when I am on a mass plan. It makes an ideal breakfast or a treat when other food just doesn't seem appealing. The above mix makes about 5 big pancakes. You simply heat some oil in a frying pan, wait till its smoking (not a cigar, the heat from the oil) and then add the ingredients (which you should previously have mixed together)

THE RUSSIAN'S REVENGE

Protein: 28.0 Carbs: 4 grams Fats: 44.0 Calories: 539

- **1 1/4 pounds steak or beef tenderloin, cut into 2" x 1" strips**
- **salt and pepper**
- **2 tablespoons canola oil**
- **1 tablespoon butter**
- **1/2 cup finely chopped Spanish onion**
- **1 cup small white mushrooms**
- **1/4 cup red wine**
- **1 cup reduced sodium beef broth or 3 tablespoons demi-glace mixed with 3/4 cup water**
- **1/4 cup sour cream**
- **1 teaspoon Dijon mustard**

Preparation

A favourite of the Russain's this is Beef Stroganoff. Sprinkle the meat with salt and pepper. Heat a frying pan and brown the meat, about 1 minute per side. Transfer to platter and put in pre-heated oven. In the frying pan add butter and let melt then cook the onions for about 3 minutes, or until soft. Then add the mushrooms and cook for another ten minutes. Add the wine and cook for a further five minutes. Stir in beef stock and then add the cream and mustard. Remember food like this does not need to be eaten straight away, you can store it and serve it up as portions. Add meat and then slow cook for further 3 minutes. Serve with some Vodka comrade, but remember in Russia, once opened you must drink the whole thing. Let's hope your not squatting the next day! The carbs in this meal is low as we have only counted the carbs that have an effect on insulin levels.



Minted Lamb

Protein: 27.5 Carbs: 32.9 grams Fats: 6. Calories: 190.09

- 8 Lamb chops
- ¼ teaspoon pepper
- ¼ teaspoon sea salt
- ¼ teaspoon Saffron
- 1 Clove Garlic (crushed)
- 2 teaspoon Mint sauce
- 3 tablespoon fat free natural yoghurt

Preparation

This provides eight servings and the total nutrient values are per serving. Lab packs a good protein punch, with low fat. Season the chops with the pepper, salt and saffron. Make the sauce from the yoghurt, garlic and mint. Spray some low fat cooking oil onto a frying pan and cook each side for around 6 minutes.

Black bean and Beef Mexican Style

Protein: 34.0 Carbs: 35.0 Fats: 13.0 Calories: 394.0

- 1 tablespoon olive oil
- 3 clove garlic
- 1 1/2 pound lean ground beef
- 2 - red onions
- 1 can (14 ounces) crushed tomatoes
- 2 - jalapeo chile peppers
- 1 tablespoon chili powder
- 1 teaspoon dried oregano
- 1 teaspoon cumin seeds
- 1/2 teaspoon sugar
- 1 – tomato
- 2 can (15 ounces) black beans

Preparation

Beef should be a mainstay of your bodybuilding diet. It contains growth factors and increases red blood cell production. We add the beans to balance out the amino acids. I like spicy food for two reasons. One is taste; the other is that hot peppers and chillies speed up the body's metabolism and fat burning. The olive oil provides essential fatty acids.

Heat the oil in a saucepan on medium-high heat. Add the beef and cook, stirring frequently for around 8 minutes, or until the beef is no longer pink. Add the onions and cook, stirring occasionally, for 5 minutes, or until they soften. Add the crushed garlic cloves and cook for a further 1 minute. Add the tomatoes, peppers, chilli powder, oregano, cumin seeds, and sugar. Bring to the mix to the boil. Reduce the heat to low and simmer for 10 minutes. Add the tomato and beans and cook for a further three minutes. This gives about three heavy servings of Beef and you can refrigerate it for eating later. Beware! It gets hotter the longer you let it sit!

CURRIED CHICKEN ST.HELENA STYLE

Protein: 32.0 Carbs: 34.5 Fat: 14.0 Calories: 375

- **2 chicken breasts**
- **4 teaspoon cornstarch**
- **two teaspoon dried chillis**
- **2 teaspoon curry powder**
- **1 cup low fat yogurt**
- **½ teaspoon cumin powder**
- **4 teaspoon olive oil**
- **1/2 cube chicken stock**

Preparation

Karen, my good lady, is from St.Helena and this is a dish that has a good protein punch and a good helping of calories. It also tastes nice which any bodybuilder will appreciate when trying to eat 5 – 8,000 calories a day it helps!

Dice the chicken and add the olive oil to the frying pan. Cook until chicken is brown making sure not to burn it. In a separate bowl mix the yoguart, cornstarch, curry powder and cumin (hey I got to add 'cumin' to a book, isn't writing wonderful!) powder. Add this to the chicken and stir until the sauce is thick and cook until the chicken is tender.

I would cut your plate in half and add one half of the chicken on one side and rice and mixed veg with olive oil drizzled on it on the other. This way you are getting a good bodybuilding meal. Olive oil is used a lot in my cooking because it contains essential fatty acids and helps in all the vital processes that makes building muscles a reality. The strong stomached can take 2 tablespoons a day and notice great results.

Pre-Contest Meatloaf

Protein: 17.0 Carbs: 7.0 Fat: 6.5 Calories: 165

- **1 Clove of Garlic Crushed**
- **4 Large egg whites**
- **5 oz oatmeal**
- **1 teaspoon black pepper**
- **1lb turkey mince**
- **1 small unsalted onion**
- **½ vegetable stock**

Preparation

This is real easy. I call it pre-contest because the carb and fat content is low and so is the calories yet it's a tasty dish. Simply mix all the contents together and place in a baking tray (or meatloaf tray) for about 90 minutes at 350 degrees.

MUSCLE FLAPJACKS

Protein: 15.0 Carbs: 23 Fat: 5.0 Calories: 140

- 3.5 cups Oats
- 1.5 cups non-fat powdered Milk
- 1 cup syrup
- 2 Eggs
- 1 teaspoon Vanilla essence
- 4 scoops chocolate/vanilla Protein powder

Preparation

Mix up all the ingredients put mixture into non-stick backing tray. Put in pre-heated oven at around 325 degrees for 15 minutes. Cut into ten servings (or as desired) Eat as a snack or pre- training boost. It also has a good 4 grams of fibre.

Max Muscle Min fat Chips

Protein: 31.0 Carbs: 38.0 Fat: 0.5 Calories: 160

- 3 Large backing potatoes
- Herbs of your choice to taste

Preparation

We all like chips, at least in the UK and USA. Goodness knows how many of these boys I eat off season! Still this has near traditionally thought of as purely a 31 grams of protein. Make sure the on them, no dirt. Etc. Slice out them! Spray with low spices and herbs if an oven (around 425 minutes turning when Mr.O video and Enjoy!

enough zero fat and proves that even carb dish actually serves up a mighty potatoes are clean, no dead animals potatoes length ways i.e make chips fat cooking spray and add the required for taste. Cook in degrees) for around 15 needed. Sit down, watch a





Anti-catabolic Protein shake

Protein: 25.0 Carbs: 50.0 Fat: 11.0 Calories: 400

- **8 ounces orange juice**
- **½ Cup non-fat natural yoghurt**
- **1 tablespoon olive oil, flax seed oil or hemp oil**
- **1 banana**
- **1 serving Whey protein powder**

This is ideal to have early morning to kick start the muscle building process after a good few hours of not having food. Mix them all together and enjoy!

Peanut Butter and Chocolate Protein shake

Protein: 48 Carbs: 40.0 Fat: 11.0 Calories: 461

- **1 tablespoon crunchy peanut butter**
- **1 serving chocolate Whey protein or meal replacement**
- **1 teaspoon Lecithin**

This tastes great and gives a high protein punch. The Lecithin helps absorb fat and soak up nutrients. We used Whey protein for this shake but you can use a MR if extra calories is needed. Due to the differences in protein content etc nutritional breakdowns of all shakes will not be exact.

The Protein Packer Shake

Protein: 62 Carbs: 27.0 Fat: 12.0 Calories: 412

- **1 serving meal replacement**
- **1 serving whey protein powder**
- **3 ice cubes**
- **1 egg white**

This packs a mean protein punch and it will take a good time to absorb it all. I would have this before bed so the protein drip feeds whilst asleep. Mix up in a blender and follow the recommendations for your powders.

Broccoli & Parmesan

Protein: 12.0 Carbs: 10.0 Fat: 4.0 Calories: 105

- **Five table spoons grated parmesan cheese**
- **2 lbs Broccoli**

Preparation

Cook the broccoli in unsalted boiling water. I like it crunchy, but it's up to you. Arrange the broccoli on the plate and sprinkle with the cheese. Low fat, low carb but with a good kick of protein. I prefer broccoli as it does not upset the water/sodium balance of the body making it ideal if you retain water.

Lemon Chicken

Protein: 32.0 Carbs: 1.5 Fat: 14.0 Calories: 268

- **2 tablespoon of lemon juice**
- **1 teaspoon garlic powder**
- **½ teaspoon ground black pepper**
- **3 chicken breasts without skin**

Preparation

Mix the lemon juice, pepper and garlic together with non-stick cooking oil. Arrange the chicken in a casserole dish and pour over juice. Put the cover on the casserole dish and place in a pre-heated oven (350 degrees) and cook for around 35 – 45 minutes basting several times. For the last ten or so minutes remove the lid to allow the chicken to brown.

Banana Milkshake

Protein: 5.0 grams Carbs: 29.0 Fat: 1.0 Calories: 133

- **1 Banana**
- **½ cup non-fat milk**
- **1 teaspoon sugar free chocolate powder**

Preparation

Freeze the banana and then mix in blender with the milk and chocolate powder. For an added protein punch combine with a serving of whey or egg protein which will add an extra 12 – 25 (ish) grams. On a hot day nothing beats adding a few ice cubes and blending together.

AMINO ACID BLEND – ROUND THE CLOCK GROWTH

Lets finish on something that will make you grow and grow massive! Its not a recipe you pop in the oven but it has been known to add inches to your biceps and up the scales in record time. It was whilst writing the Manifesto of Mass that I discovered the most effective blend of nutrients which mimic human muscle and contains all 22 amino acids.

Take it with each meal and you have round the clock growth. The cost of this book for this gem alone is worth the price of admission.

- **600mg Liver**
- **450mg Brewers Yeast**
- **300mg Kelp**
- **300mg Alfalfa**

Take this with each meal. This saves you £s and can be used anytime a meal is a single source protein and needs the amino acid profile boosted. You have a true secret to finish with! If replacing a meal double the dose.

AREA NINE – MUSCLE RECIPES

NOTES

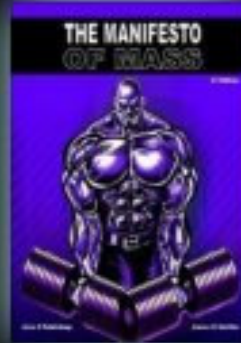
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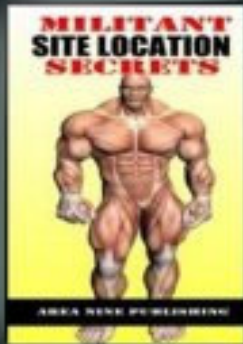
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The Blockbuster book that has changed the face of bodybuilding for the better. Learn for once, in one volume the real secrets of getting freaky massive and ripped. No non-sense. Knowledge is the single most important component of your success. It is not longer who has the best genetics that gets the biggest it is who is the most informed.



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