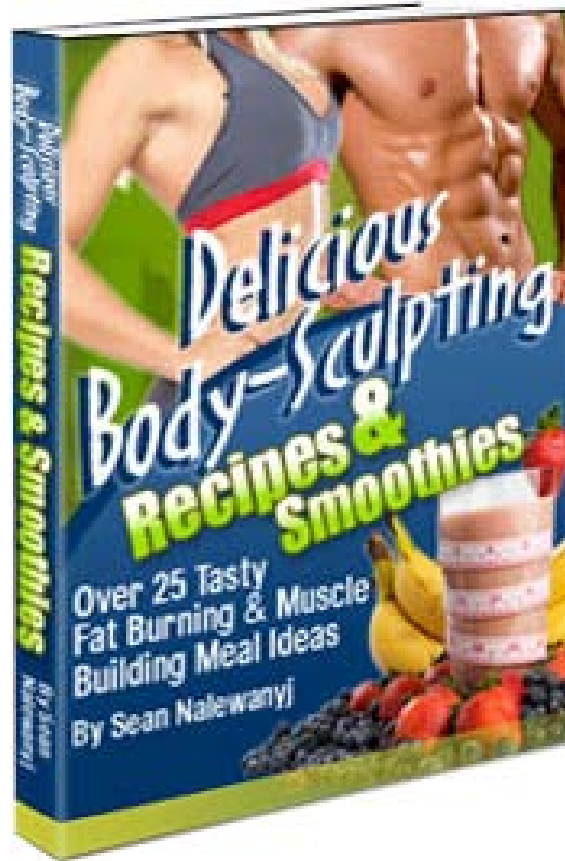


“Delicious Body-Sculpting Recipes & Smoothies”



Over 25 Tasty Fat Burning &
Muscle-Building Meal Ideas

By Sean Nalewanyj

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Sean Nalewanyj is also the author and creator of "The Truth About Building Muscle", which teaches people how to maximize their muscle size and strength gains without drugs and by training for an average of just 24 minutes a day.

This 266-page e-book has been an online best-seller since 2005 and goes into great detail explaining the absolute best methods of training, eating and supplementing for the most explosive muscle building results possible.

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Flatout Chicken Fajitas

Main Course – Serves 2

Ingredients

- 2 original light flatbreads
- 125g raw chicken breast finely sliced
- Lettuce
- 2 peppers deseeded and chopped finely
- 1 small red onion finely chopped
- 1 medium tomato diced
- 1 tsp olive oil
- 1 tsp fajita seasoning

Preparation Instructions

1. Place the olive oil in a good non-stick pan and heat it until it begins to simmer.
2. Add to the pan the onions and peppers and stir fry until they go soft, then add in the chicken breast and stir fry until it's cooked through.
3. Sprinkle on the fajita seasoning and fry for 1 minute.
4. Place the fajita mix in the flatouts and top with lettuce and tomato. You can also add in some tomato salsa if you wish.

Nutritional Content Per Serving

- Energy (kcal) 434
- Carb (g) 50
- Fat (g) 11.5
- Protein (g) 49.6



Crustless Rich Chocolate Cheesecake

Dessert – Serves 6

Ingredients

2x 224g packs of fat free cream cheese (8oz)
224g creamy 4% fat cottage cheese
1 large whole egg
4 large egg whites
30g of Splenda
50g unsweetened cocoa powder

Preparation Instructions

1. Place the cream cheese and cottage cheese in a large bowl and use an electric mixer until it's completely smooth.
2. Add in the whole egg, egg whites and the Splenda and mix until it is thoroughly combined. Add in the cocoa powder and mix again until it is smooth and lump free.
3. Grease a 9" springform pan with spray and make sure it is water tight. If it isn't, line it with greaseproof paper to prevent it from leaking.
4. Pour the mixture into the springform pan and bake in a preheated oven at 180°C for 50 minutes or until the middle has just about set.
5. Leave out to cool at room temperature, then refrigerate overnight. Unlock the springform pan and cut into 6 equal sections.

Nutritional Content Per Serving

Energy (kcal) 176
Carb (g) 10.3
Fat (g) 4.6
Protein (g) 20.1



Breakfast Frittata

Breakfast – Serves 1

Ingredients

100g sweet potato peeled and finely sliced
2 mushrooms finely sliced
30g red onion finely chopped
1 whole egg
6 egg whites
50g low-fat cheddar shreds

Preparation Instructions

1. Place the sweet potato, onion and mushrooms into a microwaveable container and heat on high for 2 minutes to soften them up.
2. Beat together the egg and egg whites and pour into a hot non-stick pan.
3. Wait until the bottom sets and add to the frittata the veggies that have been microwaving on top of it.
4. Add the grated cheese and transfer the pan to a hot grill to set the top and to melt the cheese.

Nutritional Content Per Serving

Energy (kcal) 355
Carb (g) 26.8
Fat (g) 5.4
Protein (g) 45.8



Baked Swedish Meatballs

Starter – 12 Meatballs

Ingredients

300g extra lean pork mince
300g extra lean steak mince
1 tbsp dried parsley
40g wholemeal flour
150g evaporated milk
1 tsp olive oil
1 small onion finely chopped
¼ tsp nutmeg
Salt and pepper to taste

Preparation Instructions

1. Fry the onion in a pan with the olive oil until it's clear and soft.
2. Combine all ingredients into a large bowl and mix thoroughly until well combined.
3. Using floured hands scoop out meat mixture and roll into meatball shapes. Place on a tray lined with greaseproof paper and refrigerate for half an hour.
4. Remove from the fridge and bake in a preheated oven at 180°C for 30 minutes.

Nutritional Content Per Meatball

Energy (kcal) 94
Carb (g) 4
Fat (g) 2.8
Protein (g) 11.8



Thai Fish Cakes

Starter – Serves 4

Ingredients

- 4 tins tuna, drained (should be roughly 450g after draining)
- 1 tbsp dry coriander leaf
- 2 spring onions finely chopped
- 1 heaped tbsp Thai red curry paste (around 30g)
- 1 tbsp lime juice
- 1 small green chili deseeded and finely chopped
- 2 tbsp olive oil for frying

Preparation Instructions

1. Combine all ingredients into a food processor except the oil and pulse until well combined. Don't mix it too long as you don't want a mushy consistency.
2. Scoop out mixture and form into flattened discs. You should get 8 equal sized cakes from the mixture.
3. Add the olive oil into a good non-stick frying pan and heat on a high heat. Place all 8 fish cakes into the pan and cook until each side is golden brown, around 2 minutes each side.
4. Serve with rice or salad.

Nutritional Content Per Serving (2 Cakes)

- Energy (kcal)** 200
- Carb (g)** 1.0
- Fat (g)** 8.0
- Protein (g)** 30.5



Protein Banana Bread

Dessert – Serves 8

Ingredients

200g fat free plain yogurt
200ml egg whites
450g very ripe bananas pureed with a hand blender
60g plain unflavored whey protein
1 tablespoon baking powder
1/2 cup sweetener (15g)
8 tsp vanilla essence
250g wholemeal flour self raising
100g natural apple sauce
120ml buttermilk

Preparation Instructions

1. In a large bowl combine all of the ingredients using an electric hand mixer or a standard manual balloon whisk until everything is smooth and no lumps are visible.
2. Use a greased non-stick loaf tin and pour the mixture in.
3. Bake in a preheated oven on the middle shelf for 30 mins at 180c or until a tooth pick inserted into the middle of the loaf comes out entirely clean.
4. When baked, allow to cool naturally and slice into 8 equal sized portions.

Nutritional Content Per Serving

Energy (kcal) 219
Carb (g) 42
Fat (g) 1.5
Protein (g) 12.5



Ham, Cheese & Mushroom Omelet

Breakfast – Serves 1

Ingredients

- 1 whole egg
- 5 egg whites
- 100g turkey ham
- 25g kraft fat-free cheddar cheese
- 2 mushrooms sliced finely

Preparation Instructions

1. Beat together the eggs and add in the cheese and ham. Pour into a hot non-stick pan sprayed with Pam.
2. Cook until bottom is set and put under a hot grill to set the top.

Nutritional Content Per Serving

- Energy (kcal)** 305
- Carb (g)** 4.2
- Fat (g)** 10.0
- Protein (g)** 48



Mexican Chicken & Black Bean Salad

Salad – Serves 1

Ingredients

1x 420g can of black beans, no salt added, drained and rinsed
1 red pepper deseeded and chopped
120g fresh baby spinach, washed and drained
300g tomato salsa
500g chicken breast, cooked and sliced

Preparation Instructions

1. Combine everything except the spinach in a large bowl and mix thoroughly.
2. Lay out 1/3 of the chicken and bean mixture on a bed of the baby spinach.

Nutritional Content Per Serving

Energy (kcal) 292
Carb (g) 21.6
Fat (g) 2.2
Protein (g) 44.6



Protein Fudge Balls

Dessert – Serves 7 (21 at 3 per portion)

Ingredients

100g chocolate whey protein powder
50g almond meal
50g desiccated coconut plus 10g extra for coating
1 tsp peanut butter
50g unsweetened cocoa
15g Splenda
Cold water

Preparation Instructions

1. Combine all ingredients except water and additional coconut for coating.
2. Knead together into a paste, gradually adding water until it is dough-like.
3. Mould into 21 small balls and cover in additional coconut.

Nutritional Content Per 3 Ball Serving

Energy (kcal) 187
Carb (g) 4.9
Fat (g) 12.2
Protein (g) 12.0



Fettuccine Alfredo With Chicken

Main Course – Serves 1

Ingredients

75g Fettuccine
35g broccoli florets
1 tsp olive oil
100g chicken breast, cubed
1 clove garlic, minced
1 tbsp plain flour
Salt and pepper as required
90ml skim milk
1 tbsp parmesan cheese

Preparation Instructions

1. Cook pasta according to packet instructions. Add broccoli for the last 30 seconds. Drain and return pasta and broccoli to the pot.
2. Meanwhile, heat oil in a large pan over medium heat. Add the chicken and garlic and cook for 3-5 minutes. Once the chicken is golden brown on all sides, add the flour, salt and black pepper and stir to coat.
5. Add the milk, half the parmesan and bring the mixture to boil, stirring it constantly. Simmer for 1-2 minutes until the sauce thickens.
7. Pour the sauce over the fettuccine and broccoli. Toss together until evenly combined.

Nutritional Content Per Serving

Energy (kcal) 357
Carb (g) 29.5
Fat (g) 9.1
Protein (g) 41.1



Middle Eastern Chicken

Main Course – Serves 1

Ingredients

50g couscous, cooked
1 tsp cinnamon powder
100g skinless chicken breast, cooked and chopped
6 cherry tomatoes, sliced
1 tbsp lemon juice
1 tbsp coriander, chopped
25g dried apricots, chopped

Preparation Instructions

1. Combine all ingredients well.

Nutritional Content Per Serving

Energy (kcal) 284
Carb (g) 28.1
Fat (g) 3.4
Protein (g) 37.0



Mushroom Steak

Main Course – Serves 1

Ingredients

100g lean beef steak
1 tsp oil
½ onion, sliced
50g mushrooms, sliced
60ml beef stock
1 tsp Worcestershire sauce
½ tbsp chopped parsley
80g broccoli, steamed

Preparation Instructions

1. Brush steak with oil on both sides and cook about 2-3 minutes on each side. Remove from heat.
2. Add onion and mushrooms to the juices in the pan. Cook for 1 minute.
3. Add Worcestershire sauce and stock, bring to a boil, stirring constantly until thickened. Add parsley and any juices from resting steak.
4. Serve with steamed broccoli.

Nutritional Content Per Serving

Energy (kcal) 401
Carb (g) 12.4
Fat (g) 23.3
Protein (g) 37.0



Oatie Protein Bars

Snack – 8 Bars

Ingredients

300g oats
120g whey protein powder
4 tbsp peanut butter
125ml skim milk
2 egg whites
250ml apple sauce
2 tsp baking powder

Preparation Instructions

1. Preheat the oven to 180°C.
2. Combine all ingredients and blend well.
3. Spoon into a greased and lined tin and cook for about 15 minutes.

Nutritional Content Per Serving

Energy (kcal) 264
Carb (g) 29.9
Fat (g) 11.6
Protein (g) 12.1



Protein Wrap

Snack – Serves 1

Ingredients

5 egg whites, scrambled
50g low-fat cheese, grated
½ onion, chopped
1 whole-wheat tortilla
1-2 tbsp salsa

Preparation Instructions

1. Stir the egg whites, cheese and onion together.
2. Scoop onto the tortilla.
3. Roll to form a wrap and top with salsa.

Nutritional Content Per Serving

Energy (kcal) 243
Carb (g) 10.0
Fat (g) 8.3
Protein (g) 32.6



Salmon Cakes

Main Course – Serves 4

Ingredients

300g canned salmon
100g cooked, diced pumpkin (squash)
1 onion, finely chopped
½ tsp Season-all
1 tbsp salsa
30g almond meal
2 tbsp grated Parmesan cheese

Preparation Instructions

1. Mix all ingredients and mould into patties.
2. Refrigerate for several hours, and then grill.

Nutritional Content Per 1 Cake Serving

Energy (kcal) 184
Carb (g) 3.9
Fat (g) 10.5
Protein (g) 18.8



Rosemary Chicken Skewers

Main Course – Serves 1

Ingredients

100g skinless chicken breast
½ tbsp finely chopped rosemary
1 garlic clove, minced
1 tbsp lemon juice
½ tsp English mustard
1 tsp honey
½ tsp ground pepper

Preparation Instructions

1. Lay the chicken breast between 2 sheets of clingfilm and then flatten with a mallet or rolling pin. Cut into thick strips.
2. Put the chicken strips into a large, shallow bowl. Add all the remaining ingredients and mix well. Cover and set aside to marinate for 5-10 minutes.
3. Thread the chicken strips on to 2 metal skewers (or wooden skewers soaked in water).
4. Cook for 4-5 minutes on each side until the chicken is cooked through.

Nutritional Content Per Serving

Energy (kcal) 186
Carb (g) 8.8
Fat (g) 2.5
Protein (g) 32.6



Berry Madness Smoothie

Smoothie – Serves 1

Ingredients

Half a frozen banana
25g frozen raspberries
25g frozen strawberries
25g frozen blueberries
250ml of semi skimmed milk
400g natural plain fat free yogurt

Preparation Instructions

1. Combine all ingredients into a blender and blend for approx 30 seconds on high.

Nutritional Content Per Serving

Energy (kcal) 456
Carb (g) 69.3
Fat (g) 6.3
Protein (g) 32.7



Mover & Shaker Smoothie

Smoothie – Serves 1

Ingredients

400g natural plain fat free yogurt
1 whole medium pear cored and sliced
200g watermelon
100g fresh strawberries
1 tbsp linseed/flaxseed powder

Preparation Instructions

1. Combine all ingredients into a blender and blend for approx 30 seconds on high.

Nutritional Content Per Serving

Energy (kcal) 450
Carb (g) 81.2
Fat (g) 4.5
Protein (g) 26.7



Tropical Blast Smoothie

Smoothie – Serves 1

Ingredients

- 1 small banana
- 1 kiwi peeled
- 100g mango
- 100g papaya
- 200ml orange juice
- 600g natural plain low fat yogurt

Preparation Instructions

1. Combine all ingredients into a blender and blend for approx 30 seconds on high.

Nutritional Content Per Serving

- Energy (kcal)** 719
- Carb (g)** 127.1
- Fat (g)** 10.5
- Protein (g)** 36.4



Fuzzy Navel Smoothie

Smoothie – Serves 1

Ingredients

200g of tinned peaches in juice drained weight
200ml orange juice
400g natural plain fat free yogurt

Preparation Instructions

1. Combine all ingredients into a blender and blend for approx 30 seconds on high.

Nutritional Content Per Serving

Energy (kcal) 394
Carb (g) 71.5
Fat (g) 1.2
Protein (g) 26.4



Chocolate Banana Shake

Smoothie – Serves 1

Ingredients

1 scoop chocolate whey protein powder
70g ground oats
1 medium banana
200g fat free chocolate frozen yogurt
Water to thin and mix

Preparation Instructions

1. Combine all ingredients into a blender and blend for approx 30 seconds on high.

Nutritional Content Per Serving

Energy (kcal) 659
Carb (g) 106.3
Fat (g) 8.1
Protein (g) 41.1



Chocolate Hazelnut Smoothie

Smoothie – Serves 1

Ingredients

1 scoop chocolate whey protein powder
50g silken tofu
1 tsp hazelnut essence
Ice cubes
100ml skim milk

Preparation Instructions

1. Combine all ingredients into a blender and blend for approx 30 seconds on high.

Nutritional Content Per Serving

Energy (kcal) 262
Carb (g) 15
Fat (g) 5
Protein (g) 42



Raspberry Ripple Smoothie

Smoothie – Serves 1

Ingredients

100g raspberries
170g raspberry fat free yogurt
2 scoops unflavored whey protein powder
Water

Preparation Instructions

1. Combine all ingredients into a blender and blend for approx 30 seconds on high.

Nutritional Content Per Serving

Energy (kcal) 308
Carb (g) 25.1
Fat (g) 2.8
Protein (g) 45.3



Chocolate Mocha Shake

Smoothie – Serves 1

Ingredients

1 tsp instant coffee
1½ scoops chocolate whey protein powder
200g fat free plain yogurt
Water

Preparation Instructions

1. Combine all ingredients into a blender and blend for approx 30 seconds on high.

Nutritional Content Per Serving

Energy (kcal) 292
Carb (g) 18.4
Fat (g) 3.4
Protein (g) 46



Apple Mint Cooler Smoothie

Smoothie – Serves 1

Ingredients

1 medium apple cut into wedges
2 scoops unflavored whey protein powder
1 tsp mint extract
1 tbsp sweetener
Water

Preparation Instructions

1. Combine all ingredients into a blender and blend for approx 30 seconds on high.

Nutritional Content Per Serving

Energy (kcal) 267
Carb (g) 21.2
Fat (g) 2.4
Protein (g) 39.5



Banana Milkshake

Smoothie – Serves 1

Ingredients

1 large frozen banana
250ml of semi skim milk
50g oat powder
400g natural plain fat free yogurt
1 tsp vanilla essence/extract
Sweetener to taste

Preparation Instructions

1. Combine all ingredients into a blender and blend for approx 30 seconds on high.

Nutritional Content Per Serving

Energy (kcal) 675
Carb (g) 100.8
Fat (g) 15.5
Protein (g) 36



About The Author

Sean Nalewanyj



Once an awkward, out-of-shape “social outcast”, Sean Nalewanyj is now a renowned fat loss and muscle building expert, best-selling fitness author and success coach.

Sean has been researching and promoting natural bodybuilding and fat burning techniques for the past decade, has written articles for dozens of the most popular fitness sites on the web, and is recognized as an expert on the subjects of building muscle and burning fat fast.

Through his highly successful websites and his information packed online email lessons, he has helped thousands of average everyday people from all over the world burn fat, build muscle and get into the best shape of their lives.

Sean is well known as the creator of 2 best-selling online fitness systems:

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Sean is also the owner and operator of **[The School Of Muscle Inner Circle](#)**. This is a members-only community that brings together fitness-oriented guys and gals from all over the world to share tips, ask questions and motivate each other to be their best.

In a fitness world where intense marketing hype and exaggerations have become the norm, Sean is well respected for his direct, no-nonsense approach. He admits that getting into impressive shape is no easy task, but firmly believes that his widely acclaimed programs can help anyone achieve the body of their dreams as long as they are willing to put forth the effort.