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GREEN & LEAN

**20 VEGETARIAN AND VEGAN RECIPES FOR
BUILDING MUSCLE, LOSING FAT, AND STAYING HEALTHY**

Michael Matthews



oculus

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ABOUT THE AUTHOR



Hi,

I'm Mike and I've been training for nearly a decade now.

I believe that every person can achieve the body of his or her dreams, and I work hard to give everyone that chance by providing workable, proven advice grounded in science, not a desire to sell phony magazines, workout products, or supplements.

Through my work, I've helped thousands of people achieve their health and fitness goals, and I share everything I know in my books.

So if you're looking to get in shape and look great, then I think I

can help you. I hope you enjoy my books and I'd love to hear from you at my site, www.muscleforlife.com.

Sincerely,
Mike

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**FINALLY! HOW TO GET LEAN AND TONED WITHOUT
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WOULD YOU DO ME A FAVOR?

ALSO BY MICHAEL MATTHEWS

1

BUILDING MUSCLE AS A VEGETARIAN OR VEGAN

More and more people are turning to vegetarian and vegan lifestyles for moral reasons or their many health benefits, or both. Many athletes are wary to make the jump, however, because they believe it's not possible to build a strong, muscular body if you don't eat meats and animal products. They're wrong.

The reality is you can make fantastic gains with exercise, weightlifting included, as a vegetarian or vegan if you know what you're doing, which is the reality for meat-eaters, too (just because you work out and eat a bunch of animal protein every day doesn't mean you're going to get stronger or more muscular).

Another problem that most people share, regardless of their dietary preferences, is the fact that eating properly to build muscle or lose fat presents unique problems if you're not good in the kitchen.

Eating to build muscle requires that you eat quite a bit of food each day, and forcing down large quantities of bland proteins and grains, legumes, and tubers day after day gets really old, really fast. And running amok and eating everything your stomach desires is a sure route to packing on an ever-expanding layer of unnecessary fat.

On the other hand, eating to lose fat requires that you carefully watch your food intake to maintain a caloric deficit each day (that you eat less potential energy—calories—than you burn through basic bodily functions and activity). This leaves no room for the fatty and sweet indulgences that so many people crave, and it's only a matter of time until you can't look at another pile of steamed veggies.

The good news is there's a simple solution to the above problems. By learning how to cook fast, healthy, and tasty meals that provide adequate protein, carbs, and fats, you can enjoy eating to build muscle or lose fat. And following a vegetarian or vegan diet won't get in your way.

That's what this book is all about.

In it, you're going to find a compilation of my favorite vegetarian and vegan recipes that fit the bill. Every recipe in this book is designed to help you build lean muscle or lose fat while actually getting healthier (because who cares if you look great but feel like crap?). And they all TASTE GOOD.

So why buy this book?

Because following a diet, whether to get more muscular or lose fat, is SO much more pleasurable when you can enjoy your meals. I think this book will become a good friend.

2

IT'S TIME TO ESCAPE THE DREADED DIET TRAPS

As you probably know, you *must* eat properly to see good results from working out. You can grind away on the treadmill and pound weights until the cows come home and still see little to no results if you don't know how to support those activities with the right nutrition.

Muscles can't grow unless the body has the right nutrients to repair the damage caused by lifting weights. Eat too little, and you can not only fail to make gains, but you can actually lose muscle.

Your body can't lose fat unless you make it operate at just the right deficit of calories. Eat just a few hundred too many calories per day, and you'll find yourself stuck in the miserable rut of feeling like you're "on a diet" without losing any weight.

That being said, many diet plans out there exist in a vacuum. That is, they assume that eating conditions will always remain the same. They don't take into account the fact that most people can't stomach the same handful of food options every day, or that being severely restricted in one's diet can lead to all-out splurging, which then leads to the dreaded weight yo-yo.

What's needed is *balance*—a diet that allows for a variety of foods and that allows you to indulge now and again. It also has to be simple and practical so as to fit in with the craziness of our

daily lives. And last but not least, it needs to enhance your overall health by incorporating healthy carbs and fats instead of the junk found in most people's fridges.

Well, that's what *Muscle Meals* is all about. If you follow the advice given in this book, you'll not only find it easy to follow diets to gain muscle or lose fat, but you'll also be able to actually enjoy them.

So yes, this is a cookbook, but it's also going to teach you a bit about how to use these recipes to get bigger, leaner, and stronger...*and* healthier.

3

HOW TO EAT RIGHT WITHOUT OBSESSING OVER EVERY CALORIE

I have good news.

You can look and feel great without breaking out a calculator every time you eat.

Getting proper nutrition is a precise science, but it doesn't have to be agonizing. In fact, I recommend a more laid-back approach. If you make planning or tracking meals too complicated, you'll have trouble sticking with it.

That being said, in order to lose fat, you must keep your body burning more energy than you're feeding it, and the energy potential of food is measured in calories. Eat too many calories—give your body more potential energy than it needs—and it has no incentive to burn fat.

In order to gain muscle, your body needs a surplus of energy to repair and rebuild itself (along with plenty of protein). Thus, you need to eat slightly more than your body burns to get bigger.

In this chapter I'm going to share some simple rules that you can follow to eat right. Just by following these rules, you'll find that you can lose or gain weight when you want to and that you'll feel healthy and vital.

1. MAKE SURE YOU EAT ENOUGH

A calorie is a measurement of the potential energy found in food, and your body burns quite a bit of energy every day. Everything from the beating of your heart to the digestion of your food requires energy, and your body has to get it from the food you eat.

Thus, it's important that you feed your body enough, and that's especially true when you work out. If you underfeed your body, don't be surprised if you don't have the energy to train hard or if you feel generally exhausted.

If you exercise at least three times per week, use the following formula to ensure you're feeding your body enough to repair itself.

- Eat 1 gram of protein per pound of body weight per day.
- Eat 1.5 grams of carbs per pound of body weight per day.
- Eat 1 gram of healthy fats per 4 pounds of body weight per day.

That's where you start. For a 130 lb woman, it would look like this:

- 130 grams of protein per day
- 195 grams of carbs per day
- 32 grams of fat per day

That's about 1,600 calories per day, which should work for making slow, steady muscle and strength gains without any fat added along the way (which really should be the goal of "maintenance"—not staying the exact same).

The above targets are fairly easy for a vegetarian to meet as she has plenty of plant-based proteins to choose from as well as lean protein sources like egg whites and low-fat dairy products. It gets trickier for vegans, however, because their best sources of protein also come with a considerable amount of carbs and fats.

Therefore, I recommend vegans rely on soy products such as tofu (lite and extra-lite are best) and tempeh, grains (quinoa and amaranth are probably the most popular) and legumes (with all types of beans being the most popular choice here). Supplementing with vegan protein powders, which are usually blends of proteins from rice, hemp, peas, and other sources, also makes balancing your numbers easier.

If your priority is to gain muscle, then you need to increase your "maintenance" calories by about 20%. The easiest way to do this is to bump up your carbs and fats (1 gram of carbohydrate has about 4 calories, and 1 gram of fat about 9).

If you're trying to lose fat, then you need to decrease your "maintenance" calories by about 20%. The easiest way to do this is to primarily reduce your carbs (don't drop your fats to less than 15-20% of your daily calories).

It's also important that you focus on eating nutritious foods. While you can lose weight eating non-nutritive junk, like white bread, chips, juice, and soda, it's not a healthy way to go about it, and will catch up with you at some point. Nutritious calories, on the other hand, like those found in fruits, vegetables, whole grains, and high-quality proteins, will keep you in tip-top shape.

2. EAT ENOUGH HIGH-QUALITY PROTEIN

If you work out, you need more protein than someone who doesn't work out. Why? Because exercise causes muscle damage, and protein is used to repair this damage.

With every rep you perform, you're causing "micro-tears" in your muscle fibers, and your body uses amino acids—what proteins are made up of—to repair them. The body doesn't just repair them to their previous state, however; it builds them bigger and stronger so it can better handle the stress of exercise.

So, in order to get the most out of your workouts, you need to eat enough high-quality protein. And that doesn't mean just eating a lot after working out. It means meeting your daily target outlined above, regardless of whether you do it in 3 or 7 meals per day.

Now, there are two main sources of protein out there: whole food protein and supplement protein.

Whole food protein is, as you guessed, protein that comes from natural food sources, such as eggs, cottage cheese, and quinoa. The best forms of whole food protein that you will want to choose from are quinoa, low-fat Greek yogurt, tempeh, tofu, eggs, almonds, rice, and beans.

Some people claim that you must carefully combine your proteins if you're vegetarian or vegan to ensure your body is getting "complete" proteins (all of the amino acids needed to build tissue). This theory and

the faulty research it was based on was thoroughly debunked as a myth by the American Dietetic Association, yet it still hangs around. While it's true that some sources of vegetable protein are lower in certain amino acids than other forms of protein, there is no scientific evidence to prove that they lack them altogether.

Protein supplements are powdered or liquid foods that contain protein from various sources, such as whey (a liquid remaining after milk has been curdled and strained in the process of making cheese), egg, and soy—the three most common sources of supplement protein. There are also great plant-based supplements out there that are a blend of high-quality protein sources such as quinoa, brown rice, peas, hemp, and fruit.

You don't NEED protein supplements to eat well, but it can be impractical for some to try to get all protein from whole foods considering the fact that you will be eating protein 4 – 6 times per day.

Now, there are a few things you should know about eating protein. First is the subject of how much protein you can absorb in one sitting. Studies relating to this are very contradictory and disputed, mainly because it's a complex subject. Your genetics, metabolism, digestive tract health, lifestyle, and amount of lean mass are all important factors. But in the spirit of keeping things simple, here's what we know: you can eat and properly use a lot of protein in each meal. How much, exactly? Well, your body should have no trouble absorbing upwards of 100 grams in one sitting.

That said, there aren't any benefits of eating this way (I find gorging quite uncomfortable, actually), but it's good to know in case you miss a meal and need to make it up by loading protein into a later meal.

Another thing to know about protein is that different proteins digest at different speeds, and some are better utilized by the body than others. Whey protein is digested quickly and its "net protein utilization" (NPU) is in the low 90% range, meaning that your body can absorb and use 90%+ of what you eat. Egg protein digests much more slowly than whey, but its NPU falls in the same range.

NPU and digestion speeds are important to know because you want to rely on high-NPU proteins to meet your daily protein requirement,

and you want a quick-digesting protein for your post-workout meal, and a slow-digesting protein for your final meal before you go to bed (to help you get through the overnight fast).

I could give you charts and tables of the NPU rates of various proteins, but I'm going to just keep it simple. In order to meet your daily protein requirements, here are your choices:

WHOLE FOOD PROTEINS

Eggs
Quinoa
Brown Rice
Amaranth
Dairy
Tempeh
Tofu
Beans
Almonds

PROTEIN SUPPLEMENTS

Egg
Whey
Casein
Rice or other vegan proteins

3. EAT HEALTHY FATS

Fats are the densest energy source available to your body. Each gram of fat contains over twice the calories of a gram of carbohydrate or protein. Healthy fats, such as those found in olive oil, avocados, flax seed oil, many nuts, and other foods, are actually an important component for overall good health. Fats help your body absorb the other nutrients that you give it, they nourish the nervous system, help maintain cell structures, regulate hormone levels, and more.

Certain fats are unhealthy, though, and can lead to disease and

other health problems. These types of fats are called trans fats.

Trans fats are scientifically modified saturated fats that have been engineered to give foods longer shelf lives. Many cheap, packaged foods are full of trans fats (such as run-of-the-mill popcorn, yogurt, and peanut butter) as are many frozen foods (such as frozen pizza, packaged pastries, cakes, etc.). And fried foods are often fried in trans fats. These fats are bad news, and eating too much of them can lead to all kinds of diseases and complications. They have no nutritional value for the body and thus should be avoided altogether.

Most people eat more fat than is necessary, thus adding lots of unnecessary calories to their daily intake. Getting enough healthy fats every day is pretty simple. Here's how it works:

- Keep your intake of saturated fats low (below 10% of your total calories). Saturated fat is found in foods like meat, dairy products, eggs, coconut oil, and lard. If a fat is solid at room temperature, it's a saturated fat.
- Completely avoid trans fats, which are the worst type of saturated fat. Trans fats are found in processed foods such as cookies, cakes, fries, and donuts. Any food that contains "hydrogenated oil" or "partially hydrogenated oil" likely contains trans fats, so just don't eat it. (Sure, having a cheat here and there that contains trans fats won't harm anything, but you definitely don't want to eat them regularly.)
- Get most of your fat from unsaturated fats such as olive oil, nuts, peanut oil, avocados, flax seed oil, safflower oil, sesame oil, or cottonseed oil. If a fat is liquid at room temperature, it's an unsaturated fat.

By simply sticking to the recipes in this book, you'll avoid unhealthy fats and eat healthy fats without even trying.

4. EAT GOOD CARBS

The carbohydrate is probably the most misunderstood, maligned, and feared macro-nutrient. Thanks to the scores of bogus diet plans and suggestions out there, many people equate eating carbs with getting fat. While eating TOO MANY carbs can make you fat (just as

eating too much protein or fat can), carbs are hardly your enemy. They play an essential role in not only muscle growth but in overall body function.

Regardless of what type of carbohydrate you eat—broccoli or apple pie—the body breaks it down into two substances: *glucose* and *glycogen*. Glucose is commonly referred to as “blood sugar,” and it’s an energy source used by your cells to do the many things they do. Glycogen is a substance stored in the liver and muscles that can be easily converted to glucose for immediate energy. When you lift weights intensely, your muscles burn up their glycogen stores to cope with the overload.

Now, why is broccoli good for you but apple pie isn’t? Because your body reacts very differently to broccoli than to apple pie. You’ve probably heard the terms “simple” and “complex” carbs before and wondered what they meant. You might have also heard of the glycemic index and wondered what it was all about.

These things are actually pretty simple. The glycemic index is a numeric system of ranking how quickly carbohydrates are converted into glucose in the body. Carbs are ranked on a scale of 0 to 100 depending how they affect blood sugar levels once eaten. A GI rating of 55 and under is considered “low GI,” 56 to 69 is medium, and 70 and above is high on the index. A “simple” carb is one that converts very quickly (is high on the glycemic index), such as table sugar, honey, and watermelon, while a “complex” carb is one that converts slowly (is low on the glycemic index), such as broccoli, apple, and whole-grain bread.

It’s very important to know where the carbs you eat fall on the index, because studies have linked regular consumption of high-GI carbs to increased risk for heart disease, diabetes, and obesity.

The amount of carbohydrates that you should eat every day depends on what you’re trying to accomplish. Building muscle requires that you eat a substantial amount of carbs, while dieting to lose weight requires that you reduce carbs.

Regardless of how many carbs you need to eat per day, there’s a simple rule to follow regarding high-, medium- and low-glycemic carbs.

Eat carbs in the medium–high range of the glycemic index (70 – 90

is a good rule of thumb) about 30 minutes before you exercise, and again within 30 minutes of finishing your workout.

The reason you want some carbs before training is that you need the energy for it. The reason you want them after is that your muscles' glycogen stores are heavily depleted, and by replacing it quickly, you actually help your body repair the damage and maintain an anabolic state.

My favorite pre- and post-workout carbs are bananas and rice milk, but other good choices are sweet potato, instant oatmeal, and fruits that are above 60 on the glycemic index, such as cantaloupe, pineapple, watermelon, dates, apricots, and figs. Some people recommend eating foods high in table sugar (sucrose) after working out because it's high on the GI, but I stay away from processed sugar as much as possible.

All other carbs you eat should be in the middle or at the low end of the glycemic index (60 and below is a good rule of thumb). It really is that simple. If you follow this rule, you'll avoid many problems that others suffer from due to the energy highs and lows that come with eating high-GI carbs that burn the body out.

Below are some examples of tasty, healthy carbs that you can include in your diet:

FOOD	GI
Oatmeal	58
Brown rice	55
Whole grain sourdough bread	48
Multi-grain muffin	45
Multi-grain bread	43
Basmati rice	43
Orange	42
Strawberries	40
Apple	38
Yam	37
Blackberries	32

Black beans	30
Peanuts	14
Almonds	10

If you're unsure about a carb you like, look it up to see where it falls on the glycemic index. If it's above 60, just leave it out of your meals that aren't immediately before or after working out.

5. EAT PLENTY OF FRUITS AND VEGGIES

Your body requires many different things to function optimally. It can't look and feel great on protein and carbs alone. You need calcium to ensure your muscles can contract and relax properly. You need fiber to help move food through the digestive tract. You need iron to carry oxygen to your cells and create energy.

There are many other "little helpers" that your body needs to perform its many physiological processes, and fruits and vegetables contain many vital nutrients that you can't get from vitamin supplements. By eating 3 – 5 servings of both fruits and vegetables per day, you enjoy the many benefits that these nutrients give to your body, such as lowering your risk of cancer, heart disease, diabetes, and many other diseases.

This isn't hard to do, either. A medium-sized piece of fruit is one serving, as is half a cup of berries. A cup of greens is a serving of vegetables, as is half a cup of other vegetables.

Store-bought fruit *juices*, however, are another story. While they may seem like an easy way to get in your daily fruits, they are actually not much more than tasty sugar water. Not only do most fruit juices have sugar added, but the juice has also been separated from the fruit's fibrous pulp, which slows down the metabolism of the sugars. Without that, the juice becomes a very high-glycemic drink. You're better off drinking water and eating whole fruit.

The exception to this is creating juice using a juicer or blender to grind up the entire piece of fruit, removing nothing. This, of course, is no different than chewing up the fruit in your mouth.

Fruits widely recognized as the healthiest are apples, bananas,

blueberries, oranges, grapefruit, strawberries, and pineapples.

Vegetables often recommended as the healthiest are asparagus, broccoli, spinach, sweet potatoes, tomatoes, carrots, onions, and eggplant.

6. PLAN AND PROPORTION YOUR MEALS PROPERLY

Many people's meal plans are engineered for getting fat. They skip breakfast, eat a junk food lunch, come home famished, have a big dinner with some dessert, and then have a snack like chips or popcorn while watching TV at night.

A much better strategy is to eat smaller meals every 3 – 4 hours, and include protein with each (as this fills you up and makes you feel satisfied).

Much of your daily carbohydrates should come before and after training, when your body needs them most. I eat about 10 – 15% of my daily carbs before training, and about 30 – 40% after, in my post-workout meal.

It's also important when dieting to lose weight to not eat carbs within several hours of going to bed. This advice has been kicking around the health and fitness world for quite some time, but usually with the wrong explanation.

There's no scientific evidence that eating carbs at night or before bed will lead to gaining fat, but it can hinder fat loss. How?

The insulin created by the body to process and absorb carbs eaten stops the use of fat as an energy source. Your body naturally burns the most fat while sleeping, and so going to sleep with elevated insulin levels may interfere with fat loss.

Related to this is the fact that studies have indicated that the production and processing of insulin interferes with the production and processing of growth hormone, which has powerful fat-burning properties. Your body naturally produces much of its growth hormone while sleeping, so again, if your body is flushed with insulin when you go to sleep, your growth hormone production may suffer, which in turn

may rob you of its fat-burning and muscle-building benefits.

So, as a general rule, when you're dieting to lose weight, don't eat any carbs within 4 – 5 hours of bedtime. You should only consume lean proteins after dinner. I follow this rule when bulking too, not because I'm worried about fat burning (you don't burn fat when bulking), but because I don't want to stunt my growth hormone production.

You can spread your fats throughout the day. I like to start my day with 1 – 2 tablespoons of a 3-6-9 blend (a combination of essential fatty acids, which are fats vital for the proper function of every cell, tissue, gland, and organ in your body), but you don't have to get one if you don't want to. You can simply stick to the sources of healthy fat given earlier.

7. DRINK A LOT OF WATER

The human body is about 60% water in adult males and about 70% in adult females. Muscles are about 70% water. That alone tells you how important staying hydrated is to maintaining good health and proper body function. Your body's ability to digest, transport, and absorb nutrients from food is dependent upon proper fluid intake. Water helps prevent injuries in the gym by cushioning joints and other soft tissue areas. When your body is dehydrated, literally every physiological process is negatively affected.

I really can't stress enough the importance of drinking clean, pure water. It has zero calories, so it will never cause you to gain weight regardless of how much you drink. (You can actually harm your body by drinking too much water, but this would require that you drink several gallons per day.)

The Institute of Medicine reported in 2004 that women should consume about 91 ounces of water—or three-quarters of a gallon—per day, and men should consume about 125 ounces per day (a gallon is 128 ounces).

Now, keep in mind that those numbers include the water found in food. The average person gets about 80% of their water from drinking it and other beverages, and about 20% from the food they eat.

I've been drinking 1 – 2 gallons of water per day for years now, which is more than the IOM baseline recommendation, but I sweat a fair amount due to exercise and I live in Florida, which surely makes my needs higher. I fill a one-gallon jug at the start of my day and simply make sure that I finish it by dinner time. By the time I go to bed, I'll have drunk a few more glasses.

Make sure the water you drink is filtered, purified water and not tap water (disgusting, but some people drink it). There's a big difference between drinking clean, alkaline water that your body can fully utilize and drinking polluted, acidic junk from the tap or bottle (which is the case with certain brands such as Dasani and Aquafina).

8. CUT BACK ON THE SODIUM

The average American's diet is so over-saturated with sodium it makes my head spin.

The Institute of Medicine recommends 1,500 milligrams of sodium per day as the adequate intake level for most adults. According to the Center for Disease Control, the average American aged 2 and up eats *3,436 milligrams* of sodium per day.

Too much sodium in the body causes water retention (which gives you that puffy, soft look) and it can lead to high blood pressure and heart disease.

Whenever possible, I chose low- or no-sodium ingredients for the recipes in this book. When you need to add salt, I recommend sea salt or Himalayan rock salt (sounds like fancy BS, but it's actually great stuff) because they have many naturally occurring minerals, whereas run-of-the-mill table salt has been "chemically cleaned" to remove "impurities," which includes these vital elements.

9. CHEAT CORRECTLY

Many people struggling with diets talk about "cheat days." The idea is that if you're good during the week, you can go buck wild on the weekends and somehow not gain fat. Well, unless you have a very fast metabolism, that's not how it works. If you follow a strict diet and exercise, you can expect to lose 1 – 2 pounds per week. If you get too

crazy, you can gain it right back over a weekend.

So don't think cheat DAYS, think cheat MEALS—meals where you eat more or less anything you want (and all other meals of the week follow your meal plan). When done once or twice per week, a cheat meal is not only satisfying, but it can actually help you lose fat.

How?

Well, first there's the psychological boost, which keeps you happy and motivated, which ultimately makes sticking to your diet easier.

But there's also a physiological boost.

Studies on overfeeding (the scientific term for binging on food) show that doing so can boost your metabolic rate by anywhere from 3 – 10%. While this sounds good, it actually doesn't mean much when you consider that you would need to eat anywhere from a few hundred to a few thousand extra calories in a day to achieve this effect.

More important are the effects cheating has on a hormone called leptin, which regulates hunger, your metabolic rate, appetite, motivation, and libido, as well as serving other functions in your body.

When you're in a caloric deficit and lose body fat, your leptin levels drop. This, in turn, causes your metabolism to slow down, your appetite to increase, your motivation to wane, and your mood to sour.

On the other hand, when you give your body more energy (calories) than it needs, leptin levels are boosted, which can then have positive effects on fat oxidation, thyroid activity, mood, and even testosterone levels.

So if it's a leptin boost that you really want, how do you best achieve it?

Eating carbohydrates is the most effective way. Second to that is eating protein (high-protein meals also raise your metabolic rate). Dietary fats aren't very effective at increasing leptin levels, and alcohol actually inhibits it.

So, if your weight is stuck and you're irritable and demotivated, a

nice kick of leptin might be all you need to get the scales moving again.

Have a nice cheat meal full of protein and carbs, and feel good about it.

(I would recommend, however, that you don't go too overboard with your cheat meals—don't eat 2,000 calories of junk food and desserts and think it won't do anything.)

How many cheat meals you should eat per week depends on what you're trying to accomplish.

When you're eating to stay lean and gain muscle slowly, two cheat meals per week is totally fine. When you're dieting to lose weight, you can have one cheat meal per week.

10. SUMMARY

You may find this chapter a bit hard to swallow (no pun intended). Some people have a really hard time giving up their unhealthy eating habits (sugar and junk food can be pretty addictive). That being said, consider the following benefits of following the advice in this chapter:

1. If this is a completely new way of eating for you, I *guarantee* you'll feel better than you have in a *long* time. You won't have energy highs and lows. You won't feel lethargic. You won't have that mental fogginess that comes with being stuffed full of unhealthy food every day.
2. You will appreciate "bad" food so much more when you only have it once or twice per week. You'd be surprised how much better a dessert tastes when you haven't had one in a week. (You may also be surprised that junk food that you loved in the past no longer tastes good.)
3. You will actually come to enjoy healthy foods. I *promise*. Even if they don't taste good to you at first, just groove in the routine, and soon you'll crave brown rice and fruit instead of doughnuts and bread. Your body will adapt.

This chapter teaches you all there really is to eating properly so you can build muscle or lose weight on demand, all while staying healthy.

11



4

LET'S GET COOKING

Getting lean, while still feeding your muscles and body what they need, can be tough. That's why I wrote this book, and I'm confident that you'll be able to find the right recipes to fit your needs.

Nothing in this book is fancy or hard to make, yet many of the recipes are quite delicious. I'm sure that you'll find some new staples for your diet in this book.

For most of these recipes all you'll need is a couple pots and pans, and maybe a blender. The instructions are easy to follow, the prep times are minimal, and the ingredients are easy to find. Cooking doesn't get much simpler than this.

I recommend that you pick out a week's worth of recipes and then go shopping for the ingredients. Many of the recipes use the same ingredients, which will save you money and time.

So, let's get started!

Orange Ricotta Pancakes





Servings: 6 (2 pancakes per serving)

Prep Time: 5 mins

Cooking Time: 10 mins

(Per Serving)

Calories: 242

Protein: 21 grams

Carbohydrates: 27 grams

Fat: 5 grams

Ingredients

- 1 cup barley flour
- 1/3 cup all-purpose flour
- 2 tablespoons stevia or other natural sweetener
- 3 scoops vanilla whey protein powder
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 cup fat free ricotta cheese
- 1/2 cup skim milk
- 1/2 cup orange juice
- 1 teaspoon orange zest
- 2 large eggs, beaten
- 1 tablespoon unsalted butter
- 1 teaspoon vanilla extract

Directions

1. In a large mixing bowl, add the barley, flour, stevia, protein powder, baking powder, and baking soda and mix until well combined. Set aside.
2. In a separate large mixing bowl, add the ricotta, skim milk, orange juice, orange zest, eggs, butter, and vanilla extract. Beat together until mixed well. Slowly mix liquid ingredients into dry ingredients until just mixed. Do not overmix.
3. Coat a large nonstick skillet in cooking spray and wipe away the excess with a paper towel. Save this for wiping the pan after each pancake. Heat the skillet over medium heat.
4. Spoon about 3 to 4 tablespoons of batter onto the griddle and cook until bubbles appear. Flip and cook until golden brown.
5. Repeat step 4 with the remaining batter.

Healthy French Toast





Servings: 1

Prep Time: 2 mins

Cooking Time: 5 mins

(Per Serving)

Calories: 421

Protein: 38 grams

Carbohydrates: 60 grams

Fat: 4 grams

Ingredients

- 14 egg whites
- 1/4 cup skim milk
- 1/8 teaspoon cinnamon
- 1/2 scoop vanilla whey protein powder
- 2 slices whole grain bread
- 1 banana, sliced or 1 1/2 cups mixed berries

Directions

1. In a medium-sized mixing bowl, add the egg whites, milk, cinnamon, and protein powder and whisk until thoroughly combined.
2. Coat a large nonstick skillet in cooking spray and place over medium heat.
3. Soak the bread in the egg white mixture for 10 – 15 seconds, then place in the skillet. Cook for 2 – 3 minutes, then flip. Pour the egg mixture in the pan around the bread and cook.
4. Transfer to a plate then top with banana or berries.

Berry Cheesecake Muffins





Servings: 6 servings (2 muffins per serving)

Prep Time: 3 – 4 mins

Cooking Time: 30 – 35 mins

(Per Serving)

Calories: 208

Protein: 31 grams

Carbohydrates: 14 grams

Fat: 3 grams

Ingredients

- 1 cup fat-free Greek yogurt
- 2 tablespoons fat-free cottage cheese
- 1 tablespoon coconut flour
- 1/4 cup dried berries
- 2 eggs
- 6 scoops vanilla whey protein powder
- 1 cup fresh blackberries

Directions

1. Preheat the oven to 340°F. Coat a 12-cup muffin pan in cooking spray.
2. Place all ingredients except the blackberries in a food processor or blender and process until well combined. Transfer to a large mixing bowl, add the blackberries and gently fold in.
3. Pour the batter evenly into the muffin pan, only filling each cup to 3/4 full. Place in oven and bake for 35 minutes, or until a toothpick inserted into the middle comes out clean.

Spinach and Tofu Scramble



Servings: 2

Prep Time: Under 5 mins

Cooking Time: 10 mins

(Per Serving)

Calories: 250

Protein: 27 grams

Carbohydrates: 10 grams

Fat: 13 grams

Ingredients

- 2 tomatoes, diced
- 2 cloves garlic, minced
- 3/4 cup fresh mushrooms, sliced
- 1 cup spinach, rinsed
- 2 1/2 cups firm or extra firm tofu, crumbled
- 1/2 teaspoon low-sodium soy sauce
- 1 teaspoon lemon juice
- salt and ground black pepper, to taste

Directions

1. Coat a medium-sized skillet in cooking spray and place over medium heat.
2. Add the tomatoes, garlic, and mushrooms and sauté for 2 – 3 minutes.
3. Reduce heat to medium-low and add the spinach, tofu, soy sauce, and lemon juice. Cover with a tight fitting lid and cook for

5 – 7 minutes, stirring occasionally. Sprinkle with salt and pepper.

Mexican Enchilada Casserole





Servings: 8

Prep Time: 5 mins

Cooking Time: 15 – 20 mins

(Per Serving)

Calories: 293

Protein: 19 grams

Carbohydrates: 47 grams

Fat: 4 grams

Ingredients

- 2 cups onion, chopped
- 1 1/2 cups red bell pepper, chopped
- 2 cloves garlic, minced
- 3/4 cup salsa
- 2 teaspoons ground cumin
- 2 (15 ounce) cans black beans, drained
- 12 (6 inch) whole grain tortillas
- 2 cups low-fat cheddar cheese, shredded
- 3 tomatoes, chopped
- 1/2 cup fat-free sour cream

Directions

1. Preheat the oven to 350°F.
2. Coat a large skillet in cooking spray and place over medium heat. Add the onion, pepper, garlic, salsa, cumin, and black

beans and bring to a simmer. Stir frequently and allow to cook for 3 minutes.

3. In a 9 x 13 inch baking dish, arrange 6 of the tortillas along the bottom, overlapping as necessary. Spread out half of the mixture and sprinkle half of the cheese on top. Repeat with the remaining tortillas, bean mixture, and cheese.

4. Cover dish with foil and place in the oven to bake for 15 minutes. Remove from oven, serve with tomatoes and sour cream.

Spiced Red Cabbage



Servings: 6

Prep Time: Under 5 mins

Cooking Time: 1 hr

(Per Serving)

Calories: 63

Protein: 2 grams

Carbohydrates: 11 grams

Fat: 3 grams

Ingredients

- 1/2 medium head red cabbage, diced
- 1 tablespoon canola oil
- 1/2 cup onion, chopped
- 1 medium apple, quartered
- 3 tablespoons tarragon vinegar
- 1 teaspoon stevia or other natural sweetener
- 1 bay leaf
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon ground cloves

Directions

1. Add 1 inch of water to a large saucepan and place over medium-high heat. Add the cabbage and bring to a boil. Reduce heat, cover and simmer for 4 – 5 minutes, until crisp. Drain.

2. Return to pan, add the remaining ingredients and mix well.
Cover and simmer for 1 hour or until cabbage is tender.
Remove bay leaf before serving.

High Protein Mac & Cheese





Servings: 4

Prep Time: 5 mins

Cooking Time: 40 mins

(Per Serving)

Calories: 386

Protein: 22 grams

Carbohydrates: 61 grams

Fat: 7 grams

Ingredients

- 1 cup (dry) whole grain elbow macaroni noodles, cooked
- 1 tablespoon butter
- 1/4 cup whole grain flour
- 2 1/2 cups skim milk
- 2 ounces light pasteurized processed cheese, cubed
- 1/2 cup low-fat cheddar cheese, shredded
- 1 teaspoon Dijon mustard
- salt and ground black pepper, to taste
- 2 tablespoons plain bread crumbs

Directions

1. Preheat oven to 350°F.
2. Place a medium-sized saucepan over medium-low heat. Add the margarine and melt, once melted add the flour and cook for 1 minute, stirring constantly.

3. Stir in the milk and heat to boiling. Stir constantly, until thickened, about 1 minute. Add the processed cheese, cheddar, and mustard, continue to stir until cheese is melted.

4. Place macaroni in a 2-quart casserole dish. Pour the sauce over and mix. Season with salt and pepper, then sprinkle bread crumbs over.

5. Place in oven and bake for 30 – 40 minutes, or until cheese is bubbly and crust is golden brown.

Black Bean Burgers





Servings: 3 (1 burger per serving)

Prep Time: 5 – 10 mins

Cooking Time: 5 – 8 mins

(Per Serving)

Calories: 280

Protein: 15 grams

Carbohydrates: 57 grams

Fat: 2 grams

Ingredients

- 1 can (15 ounce) black beans
- 1/2 onion, diced
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon seasoned salt
- 1/2 cup whole grain flour
- 2 slices whole grain bread, crumbled

Directions

1. Coat a large skillet in cooking spray and place over medium heat. Add the onions and sauté until soft, about 3 – 5 minutes.
2. Meanwhile, in a large mixing bowl, add the black beans and mash until only a few chunks remain. Add the onions, garlic powder, onion powder, salt, and whole grain bread. Add the flour in slowly, a couple tablespoons at a time, to prevent clumping.
3. Divide into 3 portions and form into patties. Re-coat the skillet you used for onions in cooking spray and fry the patties until slightly firm, 2 – 3 minutes on each side.

Quick Bean & Squash Stew



Servings: 4

Prep Time: 10 mins

Cooking Time: 20 – 25 mins

(Per Serving)

Calories: 303

Protein: 15 grams

Carbohydrates: 62 grams

Fat: 1 gram

Ingredients

- 1 1/2 cups onion, chopped
- 1 1/2 cups green bell pepper, chopped
- 2 teaspoons minced garlic
- 1 tablespoon whole grain flour
- 2 cups butternut squash, peeled and cubed
- 2 (16 ounce) cans low-sodium diced tomatoes, with liquid
- 1 (15 ounce) can red kidney beans, drained and rinsed
- 1 (13 ounce) can baby lima beans, drained and rinsed
- salt and ground black pepper, to taste

Directions

1. Coat a large saucepan in cooking spray and place over medium heat.
2. Add the onion, bell pepper, and garlic and sauté until tender, about 7 minutes. Stir in the flour and cook for 1 minute.
3. Add the remaining ingredients and bring to a boil. Reduce heat and simmer 10 – 15 minutes, or until beans are tender.

Sautéed Cauliflower



Servings: 4

Prep Time: Under 5 mins

Cooking Time: 10 mins

(Per Serving)

Calories: 38

Protein: 3 grams

Carbohydrates: 8 grams

Fat: 0 grams

Ingredients

- 4 cups cauliflower florets, chopped
- 2 tablespoons water
- 2 teaspoons red wine vinegar
- 1 cup grape tomatoes, halved
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon minced garlic
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Directions

1. Coat a large nonstick skillet in cooking spray and place over medium heat. Add the cauliflower, cover and cook for 4 minutes, stirring occasionally.
2. Pour in the water and vinegar, stir to combine and cover. Let cook until cauliflower is golden and tender and the liquid has evaporated, about 4 more minutes.

3. Add the tomatoes, parsley, garlic, salt, and pepper. Cook until tomatoes have softened and flavors have combined, about 2 more minutes.

Creamy Cauliflower Mash



Servings: 8

Prep Time: 5 mins

Cooking Time: 20 – 25 mins

(Per Serving)

Calories: 231

Protein: 7 grams

Carbohydrates: 34 grams

Fat: 8 grams

Ingredients

- 3 cups cauliflower florets, steamed and chopped
- 1/2 cup cashews, soaked and drained
- 1/4 cup water
- 1 lemon, juiced
- 1/4 teaspoon salt
- 1 1/2 cups millet, cooked

Directions

1. In a food processor or blender, add the cashews, water, lemon juice, and salt and process until smooth. Add the cauliflower and continue to process until well combined.
2. Slowly add in the millet and process until desired consistency (I like mine with a little texture).

Pear & Quinoa Salad



Servings: 6

Prep Time: Under 5 mins

Cooking Time: 15 – 20 mins

(Per Serving)

Calories: 231

Protein: 7 grams

Carbohydrates: 34 grams

Fat: 8 grams

Ingredients

- 14 ounces low-sodium vegetable broth
- 1 cup quinoa, rinsed
- 2 tablespoons canola oil
- 1 tablespoon pear or raspberry vinegar
- 1/4 cup fresh chives, diced
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 medium pears, diced
- 1/8 cup walnuts, chopped

Directions

1. Add the vegetable broth to a large saucepan and place over medium-high heat. Once boiling, add the quinoa and reduce heat to medium low to simmer. Stir well and cover with a tight fitting lid. Cook for about 15 minutes, until all the liquid is absorbed.

2. Meanwhile, in a large mixing bowl add the oil, vinegar, chives, salt, and pepper and whisk to combine. Add the pears and toss to coat.

3. Pour the cooked quinoa into the mixing bowl and mix until well combined. Sprinkle nuts over top. Can be served chilled or warm.

Maple Pumpkin Protein Bars





Servings: 10 (1 bar per serving)

Prep Time: Under 5 mins

Cooking Time: 15 – 18 mins

(Per Serving)

Calories: 252

Protein: 20 grams

Carbohydrates: 38 grams

Fat: 2 grams

Ingredients

- 1 (15 ounce) can Great Northern beans, drained and rinsed
- 1/2 cup pumpkin purée
- 4 tablespoons maple syrup
- 1 teaspoon pumpkin pie spice
- 1/4 teaspoon salt
- 1 cup raisin bran cereal
- 6 scoops vanilla whey protein powder
- 1 1/2 cups old-fashioned oats
- 1 cup spelt flour

Directions

1. Preheat oven to 350°F.
2. In a food processor or blender add all the ingredients except the oats and flour. Blend until smooth, then pour in dry ingredients and pulse until just combined.
3. Lightly coat a 9 x 13 inch baking dish in cooking spray and spread the mixture out evenly.
4. Place in oven and bake for 15 – 18 minutes, or until set. Remove and cut into 10 bars.

Vegetable Hummus



Servings: 12 (2 tbsps per serving)

Prep Time: Under 5 mins

(Per Serving)

Calories: 79

Protein: 2 grams

Carbohydrates: 9 grams

Fat: 4 grams

Ingredients

- 1/3 cup carrots, shredded
- 1/3 cup fresh parsley
- 1/4 cup scallions, sliced
- 1 1/2 cups cooked chickpeas (if canned, drained)
- 1/4 cup tahini
- 3 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper

Directions

1. In a food processor or blender, add the carrots, parsley, and scallions and process until finely chopped.
2. Add the remaining ingredients and process until smooth, or desired consistency.

The Kiwi



Servings: 1

Prep Time: Under 5 mins

(Per Serving)

Calories: 332

Protein: 29 grams

Carbohydrates: 47 grams

Fat: 4 grams

Ingredients

- 1 cup rice milk
- 2 tablespoons fat-free Greek yogurt
- 1 medium kiwi, peeled
- 1/2 cup strawberries
- 1 scoop vanilla whey protein powder
- 3 – 4 ice cubes (optional)

Directions

1. Blend all ingredients together until desired consistency.

Double Chocolate Protein Smoothie



Servings: 1

Prep Time: Under 5 mins

(Per Serving)

Calories: 433

Protein: 36 grams

Carbohydrates: 52 grams

Fat: 10 grams

Ingredients

- 1 cup low-fat chocolate milk
- 2 tablespoons low-fat vanilla yogurt
- 1 tablespoon frozen orange juice concentrate
- 1/2 banana
- 1 tablespoon sliced almonds
- 1 scoop chocolate whey protein powder
- 2 teaspoons ground flax seed
- 4 – 6 ice cubes (optional)

Directions

1. Blend all ingredients together until desired consistency.

Cherry Cinnamon Protein Blast



Servings: 1

Prep Time: Under 5 mins

(Per Serving)

Calories: 282

Protein: 27 grams

Carbohydrates: 38 grams

Fat: 3 grams

Ingredients

- 1/2 large banana, frozen
- 3/4 cup pitted cherries
- 2 teaspoons cinnamon
- 1 cup almond milk
- 2 tablespoons rice protein powder
- 4 – 6 ice cubes (optional)

Directions

1. Blend all ingredients together until desired consistency.

Rum Bananas



Servings: 2

Prep Time: Under 5 mins

Cooking Time: 5 – 10 mins

(Per Serving)

Calories: 201

Protein: 2 grams

Carbohydrates: 34 grams

Fat: 5 grams

Ingredients

- 2 bananas, quartered
- 2 tablespoons brown sugar
- 1 teaspoon butter
- 1/2 teaspoon canola oil
- 2 tablespoons dark rum
- 1 teaspoon lime juice
- 1/8 teaspoon cinnamon
- 4 tablespoons vanilla Greek yogurt

Directions

1. Place a medium-sized nonstick skillet over medium heat. Add the brown sugar, butter, and oil, and sauté until bubbling.
2. Add the rum, lime juice, and cinnamon and continue to sauté until slightly thickened.
3. Add the bananas, cook, stirring occasionally, until tender. Divide into 2 equal portions and top with 2 tablespoons vanilla yogurt.

Chocolate Sweet Potato Pudding



Servings: 2

Prep Time: Under 5 mins

(Per Serving)

Calories: 253

Protein: 4 grams

Carbohydrates: 37 grams

Fat: 13 grams

Ingredients

- 1/2 medium sweet potato, cooked
- 1 medium avocado
- 5 dates, pitted and soaked
- 2 tablespoons carob or chocolate powder
- 1/4 cup water

Directions

1. In a food processor or blender add all of the ingredients and pulse until ingredients are mostly mixed. Turn on high and slowly add any additional water until the pudding is smooth.

Cran-Strawberry Popsicles



Servings: 8

Prep Time: 5 mins

Chilling Time: 1 hr, or until set

(Per Serving)

Calories: 31

Protein: 0 grams

Carbohydrates: 8 grams

Fat: 0 grams

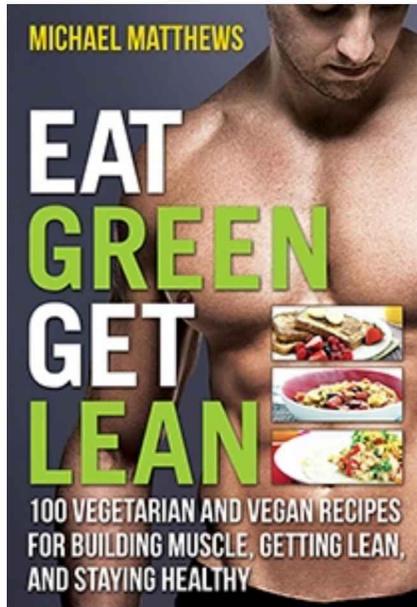
Ingredients

- 2 cups fresh strawberries
- 1/4 cup frozen cranberry juice concentrate, thawed
- 1 teaspoon stevia or other natural sweetener
- 1 tablespoon lemon juice
- 3 tablespoons water

Directions

1. In a blender or food processor, add the strawberries, cranberry concentrate, stevia, lemon juice, and water and process until smooth.
2. Pour the mixture into 8 popsicle molds or small paper cups. Place in freezer until they begin to set, about 1 hour. Insert popsicle sticks and place back in freezer until completely set.

FINALLY! HOW TO GET LEAN AND TONED WITHOUT HATING YOUR “DIET”



Did you like these recipes? How would you like 80 more?

Well, if you want to know how to build muscle and burn fat by eating healthy, delicious meals that are easy to cook and easy on your wallet, then you want to get my book, *Eat Green Get Lean: 100 Vegetarian and Vegan Recipes for Building Muscle, Getting Lean, and Staying Healthy*.

Inside you'll find 100 healthy, flavorful recipes specifically designed for athletes that want to build muscle or lose fat.

Regardless of your fitness goals, this book has got you covered.

Here's a "sneak peek" of the recipes:

- 20 fast, delicious breakfast recipes (13 vegetarian and 7 vegan), including Berry Cheesecake Muffins, Red Pepper & Goat Cheese Frittata, Tempeh Hash, PB&J Oatmeal, Tex-Mex Tofu Breakfast Tacos, Healthy French Toast, and more.
- 20 mouthwatering entrees (10 vegan and 10 vegetarian), including Raw Almond Flaxseed Burgers, Greek Pasta Salad, Eggplant Parmesan, Seven Layer Bean Pie, Tofu Puttanesca, High Protein Mac & Cheese, and more.
- 20 savory side dishes (18 vegan and 2 vegetarian), including Carrot Fries, Cranberry Apricot Squash, Quinoa & Smoked Tofu Salad, Sherry-Asiago Cream Brussels Sprouts, Three Bean Salad, Greek Potatoes, and more.
- 20 awesome snack recipes (5 vegetarian and 15 vegan), including Maple Pumpkin Protein Bars, Protein Parfait, Blueberry Banana Oat Cakes, Chocolate Black Bean Energy Bars, Baked Kale Chips, No-Bake Almond Protein Bars, Homemade Applesauce, and more.
- 10 hearty, healthy protein shake recipes (8 vegetarian and 2 vegan), including Double Chocolate Protein Smoothie, Pumpkin Delight, Cherry Vanilla Protein Smoothie, Blueberry Flax Smoothie, and more.
- 10 delectable desserts (6 vegetarian and 4 vegan), including Banana Caramel Bread Pudding, No-Bake Vanilla Cake, Protein Peach Surprise, Blackberry Parfait, and more.
- And more! (I haven't even mentioned the recipes for pork, salads, protein shakes, protein bars, and snacks...)

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BONUS REPORT



12 HEALTH AND FITNESS MISTAKES YOU DON'T KNOW YOU'RE MAKING

- Do you believe that your genetics are preventing you from making great gains in the gym?
- Do you do certain exercises because they're supposed to "shape" your muscles?
- Do you stretch before lifting weights to prevent injury or increase strength?
- When doing cardio, do you shoot for a "target" heart rate zone to burn the most fat possible?

If you answered "yes" to any of those questions, you're in good company as most people do the same.

But here's the kicker: *There's NO science behind any of it.*

Quite to the contrary, however, science actually disproves these things.

If you want to learn the truth about these myths and 8 others that ruin people's efforts to get fit, click the link below to download a free bonus report that I put together for you called *12 Health & Fitness Mistakes You Don't Know You're Making.*

[Click here to get this report now!](#)

WOULD YOU DO ME A FAVOR?

Thank you for downloading my book. I hope you enjoyed reading it and have found it helpful.

I have a small favor to ask. Would you mind taking a minute to write a blurb on Google Play about this book? I check all my reviews and love to get feedback (that's the real pay for my work—knowing that I'm helping people).

[Click here to leave me a review on Google Play](#)

Also, if you have any friends or family that might enjoy this book, spread the love and sent it to them!

Now, I don't just want to sell you books—I want to see you use what you've learned to build the body of your dreams.

As you work toward your goals, however, you'll probably have questions or run into some difficulties. I'd like to be able to help you with these, so let's connect up! I don't charge for the help, of course, and I answer questions from readers every day.

Here's how we can connect:

Like me on Facebook:

www.facebook.com/muscleforlifefitness

Follow me on Twitter: www.twitter.com/muscleforlife

Follow me on

Instagram: www.instagram.com/muscleforlifefitness

Add me on G+: plus.google.com/MikeMatthews/

Subscribe to my Youtube
channel: www.youtube.com/muscleforlifefitness

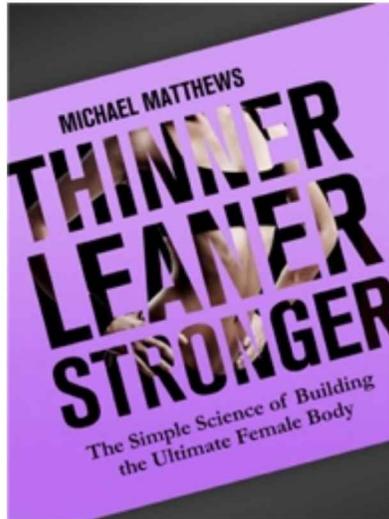
And last but not least, my
website: <http://www.muscleforlife.com>

Thanks again, I hope to hear from you, and I wish you the
best!

Mike

P.S. Turn to the next page to check out other books of mine
that you might like!

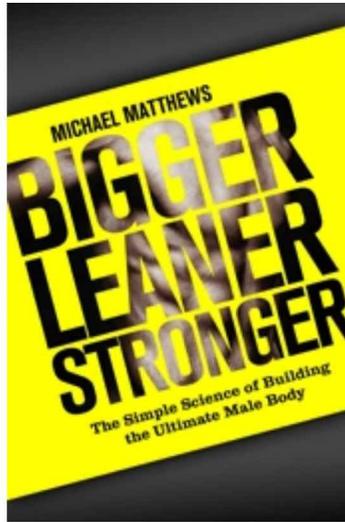
ALSO BY MICHAEL MATTHEWS



Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body

If you want to be toned, lean, and strong as quickly as possible without crash dieting, “good genetics,” or wasting ridiculous amounts of time in the gym and money on supplements...regardless of your age...then you want to read this book.

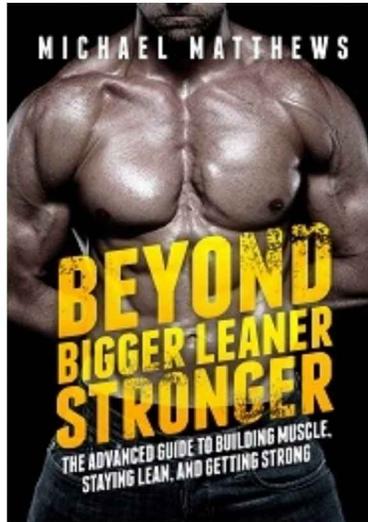
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Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body

If you want to be muscular, lean, and strong as quickly as possible, without steroids, good genetics, or wasting ridiculous amounts of time in the gym, and money on supplements...then you want to read this book.

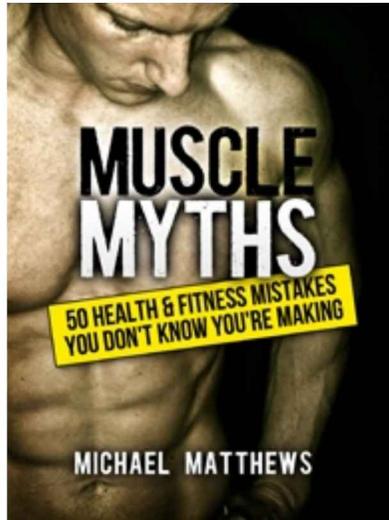
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Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong

If you're an intermediate or advanced weightlifter and want to know how to achieve your full genetical potential for size and strength *and* maintain a ripped, beach-ready physique year round...then you want to read this book.

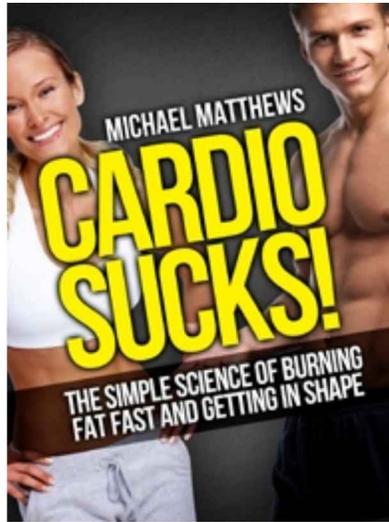
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Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making

If you've ever felt lost in the sea of contradictory training and diet advice out there and you just want to know once and for all what works and what doesn't—what's scientifically true and what's false—when it comes to building muscle and getting ripped, then you need to read this book.

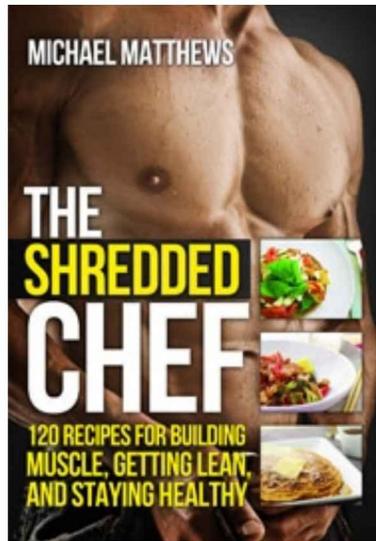
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Cardio Sucks! The Simple Science of Burning Fat Fast and Getting in Shape

If you're short on time and sick of the same old boring cardio routine and want to kick your fat loss into high gear by working out less and...heaven forbid...actually have some fun...then you want to read this new book.

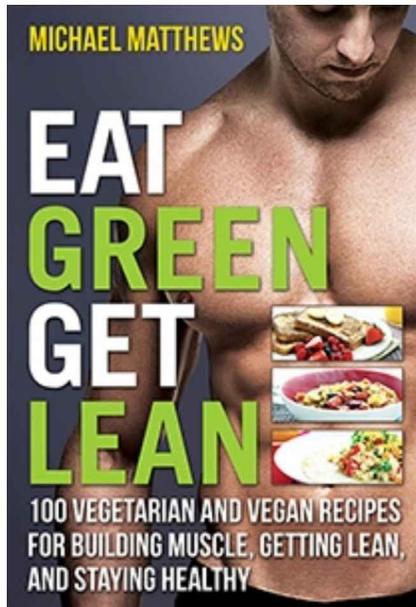
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**The Shredded Chef: 120 Recipes for Building Muscle,
Getting Lean, and Staying Healthy**

If you want to know how to forever escape the dreadful experience of “dieting” and learn how to cook nutritious, delicious meals that make building muscle and burning fat easy and enjoyable, then you need to read this book.

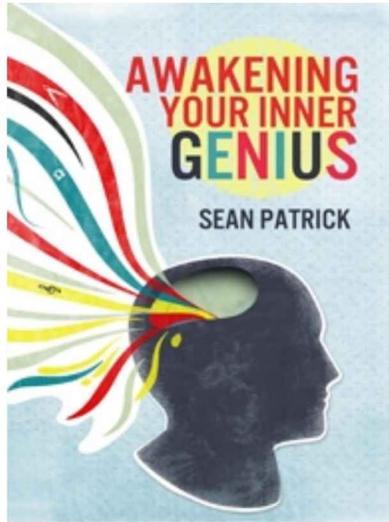
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Eat Green Get Lean: 100 Vegetarian and Vegan Recipes for Building Muscle, Getting Lean, and Staying Healthy

If you want to know how to build muscle and burn fat by eating delicious vegetarian and vegan meals that are easy to cook and easy on your wallet, then you want to read this book.

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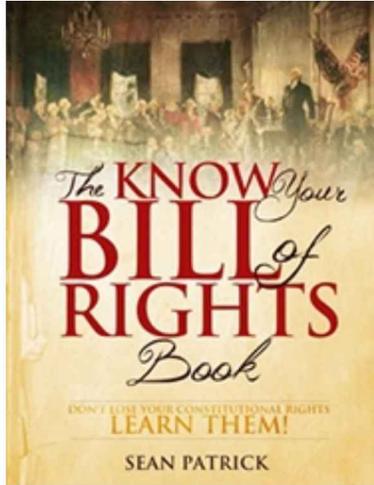


Awakening Your Inner Genius

If you'd like to know what some of history's greatest thinkers and achievers can teach you about awakening your inner genius, and how to find, follow, and fulfill your journey to greatness, then you want to read this book today.

(I'm using a pen name for this book, as well as for a few other projects not related to health and fitness, but I thought you might enjoy it so I'm including it here.)

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The Know Your Bill of Rights Book

Are you comfortable letting crooked politicians decide what your rights are? I'm not, which is why I wrote this book. It helps you easily reach a deep understanding of the Bill of Rights by walking you through the historical context needed to fully grasp and spirit and importance of key amendments.

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