



5 Minute Muscle Meals

Jeff Anderson

CHICKEN SALAD PITAS

Two Whole wheat pitas rounds cut in half
2 Tbsp. Reduced fat mayonnaise
2 tsp. Reduced sodium soy sauce
1 Tbsp. Sesame seeds
6 oz. Canned chicken drained
1/2 c Chopped pea pods
One Orange peeled and chopped
1/2 Red bell pepper chopped
Ginger to taste

Blend mayonnaise with soy sauce, sesame seeds and ground ginger. In separate bowl, mix chicken, pea pods, orange and bell pepper. Combine mixtures and spoon into pita halves.

Per Serving: calories 415, protein 28 g, carbohydrate 15 g, fiber 8 g

TUNA AND LIMA BEAN SALAD

6 oz.	Canned tuna in water
1 oz.	Crumbled feta cheese
1 c	Frozen baby lima beans
2	Tomatoes cut into wedges
12	Green olives with pimento
1/2 c	Red onion finely chopped
1/2	Cucumber, peeled
2 Tbsp.	Low fat Italian dressing
1 Tbsp.	White wine vinegar

Defrost lima beans and drain tuna. Cut cucumber into thin circles. Mix all ingredients in a glass bowl and chill 2 hours prior to serving. Two servings

Per serving: calories 367, protein 32 g, carbohydrates 32 g, fat 15 g, fiber 6 g

SUMMER CHICKEN WRAPS

6 oz.	Skinless cooked chicken breasts, cubed
1/2	Red onion
1/2	Bunch cilantro
3/4	Cucumber
1/2 c	Prepared guacamole
1 oz.	Feta cheese crumbled
4	Flour tortillas
1	Red chili seeded
	Dash of paprika and splash of lime juice

Finely chop onion and chili in a food processor. Place mixture into a small bowl. Add cilantro and cucumber to food processor and finely chop. Add to bowl mixture of chili and chopped onion.

In a separate bowl, mix guacamole with feta cheese. Add to the mix a dash of paprika and lime juice. Spread guacamole mixture down the center of tortilla. Add equal parts of chicken and vegetable mixture and roll.

Spinach or tomato basil tortillas may be substituted.

Per Serving: calories 435, protein 26 g, carbohydrate 50 g, fat 17 g, fiber 5 g

PARMESAN AND SPINACH DIP

16 oz. Fat free sour cream
10 oz. Frozen and chopped spinach
1/4 c Fat free mayonnaise
2 Tbsp. Parmesan cheese
One Package vegetable soup dip mix

Thaw spinach in microwave. Mix all ingredients and chill for a minimum of one hour before serving.

TANTALIZING TUNA BURGERS

One	Small can of tuna
One	Egg well beaten
2 Tbsp	Scallions, chopped
One	Red bell pepper, diced
1 Tbsp	Skim milk
1/2 c	Italian bread crumbs
1/2	Clove of minced garlic

Combine all ingredients and shape into two patties. Fry them over medium heat turning once for approximately 5 minutes on each side. Serve on hamburger buns.

Per Serving: calories 414, fat 8 g, carbohydrate 48 protein 34 g.

DELI HAM & CORN SALAD

4 oz. Lean deli ham cut into strips or cubed
1/2 c Chopped red onion
1 c Chunk pineapple (fresh or canned)
1/4 c Red wine vinegar
1/4 tsp. Garlic powder
One Red bell pepper sliced into rings
One 16 oz. Can whole kernel corn, rinsed & drained
1/2 c Chopped cilantro
1 can Tomatoes with green chilies, drained
Lettuce Leaves

Arrange lettuce leaves and red pepper rings on 2 plates.
Mix remaining ingredients in a bowl and add equal portions to each plate.

Per Serving: calories: 387, protein 18 g, carbohydrate 60 g, fat 11 g, fiber 6 g

CREAM CHEESE & SALMON BAGELS

2 Whole bagels, onion or plain flavor
1 Tbsp. Minced onion
1/3 c Chopped parsley
7 oz. Canned salmon
1 Tbsp. Lemon juice
1/2 Tbsp. Horseradish
4 oz. Fat free cream cheese, softened

Combine first six ingredients. Spread on top of bagel halves.

Per Serving: calories 375, protein 37 g, carbohydrate 48g, fat 5 g, fiber 3 g

CANNELLINI & BEEF SALAD

1 c	Cannellini beans rinsed and drained
6 oz.	Extra lean deli cooked roast beef
1/2 c	Chopped parsley
1	Green chopped onion
1/2	Red bell pepper chopped
1	Celery stalked chopped
2 oz	Diced Provolone cheese
2 Tbsp.	Low fat Italian dressing
2 Tbsp.	Red wine vinegar

Combine all ingredients except for dressing and vinegar.
Mix well. Add vinegar and dressing and toss lightly.

Per Serving: calories 408, protein 38 g, carbohydrate
37g, fat 13 g, fiber 4 g.

PROTEIN PANCAKES

1 c Quick cooking oatmeal
1 tsp. Vanilla extract
1 tsp. Baking powder
2 c Egg substitute
6 Packets sugar substitute

Mix all ingredients in a large bowl. Let mixture sit for a couple minutes. Drop one quarter of batter onto nonstick coated pan lightly coated with nonstick cooking spray. Cook over medium heat until one side is brown, then turn and cook the other side. Makes 4 large pancakes.

Per Serving: calories 168, protein 17 g, carbohydrate 25 g.

LOW-FAT OMELET

- 5 Large egg whites or 3/4 c fat free egg substitute
- 3 Tbsp. Shredded non-fat cheddar cheese
- 1 Tbsp. Imitation bacon bits

Coat nonstick skillet with cooking spray. When skillet is preheated, pour the egg substitute or egg whites in the skillet cooking without stirring for 2 minutes. Use a spatula to lift the edges of the omelet allowing the uncooked egg to flow beneath the cooked portion. Cook for one minute and sprinkle cheese and imitation bacon bits over one half of the omelet. Fold the other half over the filling and cook for one minute until cheese is melted and eggs are completely cooked. Serve immediately.

Per Serving: calories 109, protein 20 g, carbohydrate 5 g, fat 1 g.

TUNA LUNCH

1 can	Solid white tuna packed in water and drained
1/4 c	Chopped celery
1/4 c	Chopped Vidalia onion
1/4 c	Chopped bell pepper
1/3 c	Fat free mayonnaise or yogurt
1 tsp.	Lemon juice
1 Tbsp.	Spicy brown mustard
1 Tbsp.	Raisins

Mix all ingredients well. Serve on toasted wheat, rye or poppy seed bagel.

Per Serving: calories 555, protein 45 g, carbohydrate 78 g, fat 7 g,

CUCUMBER SALAD FOR ONE

One	Cucumber peeled and shaved
1/4 tsp.	Salt
1/4 tsp.	Fresh ground pepper
1/4 c	Red wine or cider vinegar

Placed shaved cucumber into a bowl. Add remaining ingredients and mix well. Chill prior to serving.

Per Serving: calories 32, protein 1 g, carbohydrate 8 g, fiber 1 g, 0 fat.

SPICY BEAN SALAD

1	16 oz. can navy beans drained and rinsed
1 c	Chopped parsley
1/4 tsp.	Cumin
1	Red onion finely chopped
1/2	Jalapeno pepper seeded and minced
1/4 c	Red wine vinegar
1 Tbsp.	Olive oil

Mix all ingredients in a bowl and chill over night prior to serving.

Per Serving: calories 389, protein 25 g, carbohydrates 68 g, fat 9 g, fiber 16 g.

GAZPACHO SOUP

One	Tomato
1/2	Medium sized red onion
1/2	Cucumber
1/2	Green bell pepper
1/4	Chili, red or green seeded
2 c	Tomato juice
1/2 tsp.	Sugar substitute
1/4 tsp.	Garlic powder
2 tsp.	Olive oil
2 Tbsp.	Red wine vinegar

Salt and pepper to taste.

Using a food processor, finely chop onion, tomato, cucumber, bell pepper and chili. Pour into a bowl and stir in remaining ingredients. Chill. Makes 2 servings.

Per Serving: calories 141, protein 5 g, carbohydrate 25 g, fat 5 g, fiber 6 g.

TURKEY & BERRY SANDWICHES

- 4 Tbsp. Low fat cream cheese softened
- 1 Tbsp. Plain non-fat yogurt
- 1 Tbsp. Light mayonnaise
- 4 Tbsp. Dried berries (your choice)
- 6 oz. Lean deli turkey breast thinly sliced
- 4 Slices wheat bread
- 4 Red leaf lettuce leaves

Mix first 3 ingredients. Add dried berries, toss mixture and spread mixture over bread. Top each sandwich with equal portions of turkey and lettuce. Makes 2 servings.

Per Serving: calories 314, protein 28 g, carbohydrate 30 g, fat 10 g, fiber 2 g.

GINGER & CRANBERRY YOGURT

1 C	Low fat plain yogurt
1/4 tsp.	Ground ginger
1 c	Peeled and cubed peaches
1/2 c	Blueberries
2 Tbsp.	Dried cranberries

Mix yogurt and ginger, and place into bottom of 2 serving dishes. Mix cranberries, peaches and blueberries. Place on top of yogurt mixture and chill.

Per Serving: calories 114, protein 5 g, carbohydrate 21 g, fat 2 g, fiber 3 g.

COTTAGE CHEESE SPREAD

8 oz. Low fat cottage cheese
2 Green onions finely chopped
2 oz. Crumbled feta cheese
1/2 Red chili finely chopped
1 c Coarsely chopped parsley
Dash of celery salt

Mix all ingredients and serve with whole grain low sodium crackers.

Per Serving: calories 270, protein 30 g, carbohydrate 22, fat 10 g, fiber 7 g.

BREAKFAST BREAD PUDDING

1 c	Nonfat milk
1 tsp.	Cinnamon
1 tsp.	Vanilla
1	Packet sugar substitute
1	Whole egg
1	Egg white
Fruit	One Peach cubed or 1/2 c blueberries
1	Slice of bread torn in pieces

Mix first 6 ingredients in a microwave safe one quart sized dish. Add fruit and bread pressing into liquid with spoon. Microwave on high for 4 minutes stirring halfway through. Cool approximately 15 minutes, cover and refrigerate. Serve in the morning. One Serving.

Per Serving: calories 310, protein 22 g, carbohydrate 41 g, fat 6 g.

FRIDAY'S FISH

3 oz.	Nonfat cream cheese
2 tsp.	Lemon juice
1 tsp.	Dill weed or parsley
1 tsp.	Low sodium soy sauce or steak sauce
2 oz.	Canned salmon
1	Bagel

Mash cream cheese with a fork and blend in seasonings. Add salmon. Refrigerate overnight and serve on bagel halves. One serving.

Per Serving: calories 339, protein 34 g, carbohydrate 44 g, fat 3 g.

PAINLESS PROTEIN BARS

2 Scoops Protein powder
200 g Oat Bran (or grind up regular whole oats in a
blender)
150 g Honey
100 g Low fat peanut butter

Heat honey and peanut butter over low heat for
approximately 5 minutes. Stir in oats and protein
powder. Flatten the mixture out on a cookie sheet laced
with parchment paper into a square shape. Refrigerate
for 4 hours and slice into 12 bars.

Per Serving: protein 13 g, carbohydrates 10 g, fat 4 g

APPLESAUCE WAFFLES

- 2 Scoops protein powder
- 3 Egg whites
- 1/4 c Oat flour
- 1 Tbsp. Naturally sweetened applesauce
- 1 Packet sugar substitute
- 1 tsp. Vanilla extract
- Dash of cinnamon

Combine all ingredients in a bowl. Coat waffle iron with non-stick cooking spray. Spoon batter onto preheated waffle iron. Cook until golden brown and serve with fresh cut fruit.

Per Serving: calories 235, protein 35 g, carbohydrates 8, fat 3 g.

PEANUT BUTTER BROWNIES

2	Egg whites
1/2 c	Honey
200 g	Chocolate protein powder
1/2 c	Skim milk
1 c	Creamy peanut butter
2 c	100% whole grain oatmeal

Blend peanut butter and honey and microwave on high for approximately 90 seconds. Add the remaining ingredients and mix well. Preheat oven to 320. Spread onto 13x9 tray and bake for 20 minutes. Test with toothpick. Cut into 20 bars, wrap and store in refrigerator.

Per Serving: calories 170, protein 12 g, carbohydrates 15 g, fat 7 g

CURRY CHICKEN

8 oz.	Boneless chicken breast
1 c	Chopped white onion
1/2 c	Jalapeno pepper sliced
2 c	Red bell pepper
2 c	1% milk
6 cloves	Minced garlic
2 tsp	Grated ginger
1 tsp	Ground tumeric
1 tsp	Dried cilantro
1 tsp	Curry Powder
4 tsp.	Cornstarch

In a separate pan, cook 5 cups of raw shredded cabbage in 5 tsp. of olive oil until tender. While cabbage is cooking, sauté remaining ingredients in a nonstick pan until chicken is done.

Mix cornstarch with sufficient water to dissolve and add to cooked chicken and pepper mixture, cooking for an additional 3 minutes. Serve cabbage on 2 plates and top cabbage with chicken mixture serving immediately.

Per Serving: calories 475, protein 39 g, carbohydrates 45, fat 16

BAKED BREAKFAST BARS

1/2 c	Fat free margarine
1/2 c	Brown sugar
4	Egg whites
1 tsp.	Vanilla extract
1 c	Protein powder
1/2 c	All purpose flour
1 tsp	Baking soda
1 Tbsp	Cinnamon
3	Packets sugar substitute
2-1/2 c	Oatmeal
1 c	Raisins
2 Tbsp	Creamy peanut butter

Preheat oven to 350 degrees. Beat together margarine, peanut butter and sugar until creamy. Add eggs and vanilla, beat well. Add dry ingredients to margarine mixture and mix well.

Pour batter into two 2x2 bread pans and bake 12-15 minutes until golden brown. Yield: 4 bars.

Per Serving: calories 310, protein 5 g, carbohydrate 53 g, fat 4 g.

BLUEBERRY BLINTZES

1 c Whole blueberries
1 c Low fat cottage cheese
1/4 Nonfat milk
3/4 c Whole wheat flour
2 Egg whites
1/2 tsp. Lemon juice

Combine cottage cheese, milk and flour. In a separate bowl, beat egg whites until frothy. Add to cottage cheese mixture. Stir in lemon juice and fold in blueberries.

Pour batter onto heated pan coated with nonstick cooking spray. When top begins to bubble turn pancake and cook on other side until lightly browned. Serves 2.

Per Serving: calories 307, protein 22 g, carbohydrate 48, fat 3 g.

PROTEIN SHAKES AND SNACKS

<u>Root Beer Float</u>	1 can diet root beer 1 - 2 Tbsp heavy cream 1-3 scoops protein powder 4 ice cubes
<u>Pina Colada</u>	12 oz. water 3 scoops protein powder 1/3 c pineapple chunks 2 tsp. coconut extract 4 ice cubes
<u>Cherry Cola Supreme</u>	12 oz. diet cherry cola 1 - 2 Tbsp heavy cream 1-3 scoops protein powder 4 ice cubes
<u>PBC</u>	12 oz. water 1 Tbsp heavy cream 1 Tbsp peanut butter 2 scoops chocolate powder 4 ice cubes
<u>Coffee Shake</u>	6 oz. water 2 Tbsp heavy cream 6 oz. coffee 2 scoops protein powder
<u>Chocolate Banana</u>	1 banana 1-2 scoops chocolate protein powder 6-8 oz. water, 4-6 cubes

<u>Orange Julius</u>	2 scoops protein powder 1 Tbsp. sugar free instant vanilla pudding mix 6 oz. water 1/4 c orange juice 1 tsp. vanilla extra 3-4 ice cubes
<u>Choco Raspberry</u>	1-2 scoops chocolate protein powder 8 raspberries 6-8 oz. 1% milk 6 ice cubes
<u>Nilla Nana</u>	1-2 scoops vanilla protein powder 6-8 oz. 1% milk 1 banana 6 ice cubes
<u>Berry Blast</u>	1-2 scoops protein powder 20-30 whole blueberries 6-8 oz. water 4-6 ice cubes
<u>Chocolate Coconut Shake</u>	2 scoops protein power 2 oz. coconut milk 6 oz cold water 1 tsp chocolate sugar free pudding
Frappachino	1 Tbsp instant coffee 1 scoop protein power 1/2 c skim milk 10 ice cubes

<u>Fruit Smoothie</u>	1/2 c fresh orange juice 4 frozen strawberries sliced 1/2 banana frozen and sliced 1 scoop vanilla or strawberry protein powder
<u>Morning Smoothie</u>	1 small banana 3/4 c skim milk 1/2 c non-fat sugar free strawberry yogurt 1/4 c fresh orange juice 1 scoop vanilla protein powder
<u>Peaches And Cream</u>	6 oz powdered peach tea 2 Tbsp instant vanilla pudding 6 packets sugar substitute 6 ice cubes
<u>Root Beer Freeze</u>	1 scoop vanilla protein powder 1 can diet root beer Ice
Tropical Fruit <u>Smoothie</u>	1 c fresh cut-up strawberries 8 oz pineapple chunks in natural juice 1 banana sliced 1/2 c cholesterol free egg substitute 1 scoop vanilla protein powder

<p>Double Berry <u>Delight</u></p>	<p>1 c frozen or fresh strawberries 1/2 c raspberries 1/2 c water 1 c ice, 1/2 c milk 1 pack sugar substitute 1 c orange juice, vitamins or protein powder</p>
<p>Strawberry <u>Smoothie</u></p>	<p>10 frozen strawberries 1/2 banana 1 scoop low carb whey 8 oz water 1/3 c nonfat dry milk Sugar substitute to taste Ice to suit</p>
<p><u>Vanilla Ice Cream</u></p>	<p>1-1/2 scoop whey vanilla protein powder 5 packets sugar substitute 1 capful sugar free vanilla syrup Ice</p>
<p><u>Apple Pie Frosty</u></p>	<p>1-1/2 scoops vanilla protein powder 1 apple peeled, cored & sliced 1/2 c sugar free applesauce 2 packets sugar substitute 1/2 tsp cinnamon 1/4 tsp nutmeg 3/4 c water 8-10 ice cubes</p>

<p><u>Choco Mint Shake</u></p>	<p>1-1/2 scoops chocolate protein powder 1 packet sugar free hot chocolate mix 1 tsp mint extract 1/2 c soy milk 1/2 c water 6 ice cubes</p>
<p>Chocolate/<u>Cherry Shake</u></p>	<p>1-1/2 scoops chocolate protein powder 1 c soy milk 2 Tbsp sugar free chocolate syrup 10-12 cherries 8-10 ice cubes</p>
<p><u>Egg Nog</u></p>	<p>1 scoop vanilla protein powder 1 c soy milk 1 tsp rum extract 1/2 tsp all spice 4-6 cubes</p>
<p><u>Vanilla Frosty</u></p>	<p>1-1/2 scoops vanilla protein powder 1 small container yogurt 3/4 c water or soy milk 10-12 ice cubes</p>
<p><u>Creamy Peach Melba</u></p>	<p>6-8 frozen peach slices 4-6 oz water 1 Tbsp peach mango tea 2 packets sugar substitute 1 Tbsp heavy cream 2 scoops peaches & cream protein powder</p>

5-Minute Muscle Meals

The "Muscle Nerd", Jeff Anderson

<p>Orange Banana <u>Smoothie</u></p>	<p>1/2 cup cold water 1/2 c pulp free O.J. 1/2 banana sliced 1 scoop orange crème protein powder 1 scoop banana crème protein powder 1 c ice</p>
<p>Chocolate Frosty <u>Shake</u></p>	<p>1 scoop chocolate protein powder 1 tsp fat free/sugar free vanilla coffee granules 1 tsp fat free non-dairy coffee creamer 10 ice cubes</p>
<p><u>Peach & Strawberry</u></p>	<p>3 slices frozen peaches 3 frozen strawberries 1/4 - 1/2 c water 1 packet sugar substitute 1 scoop vanilla protein powder</p>
<p><u>Strawberry/Berry</u></p>	<p>1 scoop strawberry protein powder 4 strawberries - frozen/fresh 1/4 c blueberries 1 c cranberry juice 1 c crushed ice</p>

<p><u>Butterscotch/Pecan</u></p>	<p>2 scoops protein powder 8 oz cold water 2 Tbsp sugar free butterscotch pudding 4-5 ice cubes Pecans</p>
<p>Chocolate Almond <u>Shake</u></p>	<p>2 scoops chocolate protein powder 1 c soy milk 2 Tbsp sugar free chocolate syrup 1 tsp almond extract 1/4 c almonds 6-8 cubes</p>
<p>Chocolate, Banana, <u>Peanut Butter</u></p>	<p>3/4 c cold water 1/4 c toasted marshmallow sugar free syrup 2 scoops chocolate protein powder 4 packets sugar substitute 1/2 banana 1 Tbsp sugar free peanut butter 1 Tbsp white chocolate sugar free instant pudding mix</p>
<p>Chocolate Fudge <u>Shake</u></p>	<p>2 scoops chocolate protein powder 2 Tbsp chocolate fudge sugar free pudding 8 oz water 5 ice cubes</p>

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<p>Chocolate Peanut Butter Certain <u>Death</u></p>	<p>2 scoops chocolate protein powder 8 oz cold water 2 tsp sugar free pudding mix 1 packet sugar substitute 1-1/2 oz sugar free peanut butter syrup 1-1/2 oz sugar free cookie dough syrup 1 Tbsp fat free whipping cream 1 tsp reduced fat creamy peanut butter Crushed ice</p>
<p><u>Iced Mocha Latte</u></p>	<p>2 scoops chocolate protein powder Leftover cold hazelnut coffee 1 Tbsp sugar free vanilla pudding mix Ice</p>
<p>Morning Mango <u>Smoothie</u></p>	<p>Juice of 1/2 fresh lime 2 oz cold water Meat of 1 mango 1 tsp vanilla extract Sliver of fresh ginger 2 scoops vanilla protein powder Ice</p>

<p>Pineapple Vanilla <u>Ginger Shake</u></p>	<p>1/2 small chilled pineapple Sufficient cold water to blend Grated ginger to taste 5-6 cubes 2 scoops vanilla protein powder Cinnamon and fresh mint</p>
<p>Vanilla <u>Butterscotch</u></p>	<p>8 oz cold water 2 scoops vanilla protein powder 1 Tbsp butterscotch sugar free pudding 4 ice cubes</p>
<p>Vanilla/Peanut <u>Butter Fruity</u></p>	<p>2 scoops vanilla protein powder 2 Tbsp sugar free vanilla pudding mix 8 oz water 1 Tbsp berry sugar free syrup 2 tsp crunchy peanut butter 3-5 ice cubes</p>
<p>Vanilla Spice <u>Freeze</u></p>	<p>2 scoops vanilla protein powder 2 Tbsp sugar free vanilla pudding ix Dash of cinnamon & cloves</p>

<p><u>Citrus Vanilla</u></p>	<p>2 oz cold water 1/4 fresh lime and rind cut into 5 wedges ginger to taste 1/2 tsp vanilla extract 2 scoops vanilla protein powder Dash cinnamon</p>
<p><u>Chocolate Orange</u></p>	<p>1-1/2 scoops chocolate protein powder 1/2 scoop orange flavored protein powder 8 oz water</p>
<p><u>Fudgesicle</u></p>	<p>1-1/2 scoops chocolate whey powder 12 oz cold water 10 packets sugar substitute 1/2 oz sugar free vanilla syrup 6 cubes</p>
<p>Chocolate Vanilla <u>Swirl</u></p>	<p>1/2 scoop chocolate and vanilla protein powder splash of water & ice</p>
<p>Creamy Orange <u>Shake</u></p>	<p>8 oz diet orange cream soda 1 scoop vanilla protein powder Ice</p>
<p><u>Peach Creamsicle</u></p>	<p>6 oz sugar free peach tea crystals 2 Tbsp sugar free instant vanilla pudding 6 packets sugar substitute 1 scoop whey vanilla</p>

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<p><u>Chocolate Peanut Butter Shake</u></p>	<p>1 scoop chocolate protein powder 1 Tbsp peanut butter 1 c skim milk Ice</p>
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