



<http://prcvir.com/blog/12-recipes-for-bodybuilding/>

## 12 Recipes for BodyBuilding

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You don't have to be a gourmet chef to cook nutritional meals that can complement your body-building program.

Cooking can be a great way to gain control of your eating and pick what you put into your foods like salt and fat. Meals can be as simple or as complicated as you like.

Here are a few recipes to get you started.

# Cereal Casserole

## Ingredients

your favorite cereal  
skim milk  
honey  
1 cup yogurt

## Instructions

1. Fill half the bowl with cereal.
2. Add milk until it reaches the top of the cereal.
3. Add yogurt. Top with more cereal.
4. Add more milk. Drizzle with honey.

# Protein Pancakes

## Ingredients

1 cup of oatmeal  
11 egg whites  
1 whole egg  
1 packet of sugar-free Jello any flavor

## Instructions

1. Stir all ingredients together in a mixing bowl.
2. Drizzle onto hot non-stick fry pan.

# Tuna or Salmon Patties

## **Ingredients**

1 can tuna or salmon  
1 onion  
1 tablespoon of salt  
1 teaspoon of pepper  
1 teaspoon of parsley  
1 whole egg  
3 medium potatoes, boiled and mashed

## **Instructions**

1. Mix potatoes, tuna, onions, salt, pepper and parsley.
2. Shape into patties.
3. Fry in olive oil until brown and heated on both sides.

# Spicy Chicken Ole

## **Ingredients**

8 ounces chicken breast cut into chunks  
1 can dice tomatoes or 2 medium fresh tomatoes diced  
1 can spicy chili hot beans  
1 medium onion chopped

## **Instructions**

1. Sauté chicken breast and onions in some olive oil in a frying pan.
2. Stir in tomatoes and chili beans.
3. Cook uncovered for ten minutes.
4. Sprinkle with low-fat shredded Cheddar cheese.

# Lightning Fast Fajitas

## Ingredients

1 lb. flank steak cut into strips or small pieces  
1 large green pepper, cut into strips  
1 red pepper, cut into strips  
1 medium yellow onion, cut into strips  
3 cloves pressed garlic  
1 tsp chili powder  
lemon juice  
fresh ground pepper to taste

## Instructions

1. Sauté garlic in a bit of lemon juice for 1 minute in large wok or skillet.
2. Add beef and chili powder and cook until beef is cooked near to the temperature you desire.
3. Add peppers and onions and cook until vegetables are mostly soft, raising the heat for a short time if you like the vegetables slightly charred.
4. Spoon into whole wheat tortillas.
5. Top with salsa or fat-free sour cream if desired.



# Chicken Cacciatore

## Ingredients

2 lbs boneless skinless chicken breast  
1 28 oz can crush tomato  
1 chopped onion  
1 chopped green pepper  
3 pressed garlic cloves  
1 tsp. thyme  
1 tsp. salt  
1 tsp. oregano  
1 tbsp. parsley  
dash of pepper  
cooking spray

## Instructions

1. Spray pan with cooking spray and heat. Brown chicken and set aside.
2. Add chopped onion, green pepper and garlic.
3. Cook until the onion is tender; about 5 minutes.
4. Add crushed tomatoes, parsley, oregano, thyme, salt, and pepper.
5. Cook over low for 15 minutes; stirring occasionally.
6. Add browned chicken, cover and cook on low for 45 minutes.
7. Uncover and cook an additional 15 minutes.
8. Serve. Top of whole wheat pasta or brown rice if desired.



# Pan Broiled Fish

## Ingredients

1 lb. fish filets

1 14 oz. can dice tomatoes

basil, garlic & oregano

## Instructions

1. Arrange fish filets in a single layer in skillet.
2. Cover with tomatoes and liquid.
3. Cover and cook over medium heat for 10-20 minutes, or until the fish easily flakes with a fork.
4. Serve plain or over brown rice.

# Broiled Fish Dijon

## **Ingredients**

6 fish filets  
1 lb small zucchini, cut lengthwise into halves  
1 cup lemon juice  
2 tbsp. low-calorie Dijon mustard  
1 clove garlic, minced or pressed  
2 tbsp. drained capers  
Paprika to taste

## **Instructions**

1. Rinse fish and pat dry. In a separate bowl, stir together mustard and garlic.
2. Arrange fish and zucchini in a single layer in a large pan.
3. Drizzle with lemon juice. Broil on top racks for 5 minutes.
4. Turn fish over, spread with mustard/garlic mixture.
5. Continue to broil for 5 minutes or until zucchini is lightly browned and fish is cooked.
6. Sprinkle with paprika and capers. Makes 6 servings.



# Stuffed Chicken Breasts

## **Ingredients**

1 chopped onion  
1 pkg. frozen spinach, thawed and dried  
1 egg lightly beaten  
8 oz. low-fat ricotta cheese  
Salt & pepper to taste  
4 boneless, skinless chicken breasts, slice in half and flattened

## **Instructions**

1. Combine the onion, spinach, egg, and cheese mixture in a bowl.
2. Put a dollop of the mixture into each chicken breast.
3. Tie the chicken breasts together with butchers twine, or put toothpicks through them.
4. Bake at 350 degrees for 30-35 minutes.
5. Optional: Garnish with lemon slices.



# Ground Turkey Breast Sauce

## Ingredients

1 lb. ground turkey or beef  
1 chopped onion  
1 cup chopped portabella mushrooms  
1 tsp allspice  
1 tsp red pepper flakes  
Salt & pepper to taste  
1 jar spaghetti sauce

## Instructions

1. Brown the meat with the red pepper flakes. Add the chopped onion and mushrooms.
2. Put all the spice, salt and pepper in. Pour the spaghetti sauce in.
3. Serve over your favorite type of noodle.

# Lemon Pepper Tuna

## Ingredients

1 can tuna  
lemon pepper seasoning

## Instructions

1. Spray a frying pan with no calorie non-stick cooking spray.
2. Add tuna and sprinkle with seasoning.
3. Cook tuna to desired doneness.
4. Eat plain or on a bed of pasta. This is also good if serve cold.



# Worcestershire Tuna

## **Ingredients**

1 can tuna

Worcestershire Sauce

no-fat or low-fat cheese (optional)

## **Instructions**

1. Spray a frying pan with no calorie non-stick cooking spray. Add tuna with an amount of Worcestershire Sauce that you like. Cook to desired texture.
2. Add tuna with an amount of Worcestershire Sauce that you like.
3. Cook to desired texture.
4. Add cheese if you like and let it melt after turning the burner off.
5. You can eat this on some whole-wheat bread, plain, or over some brown rice.