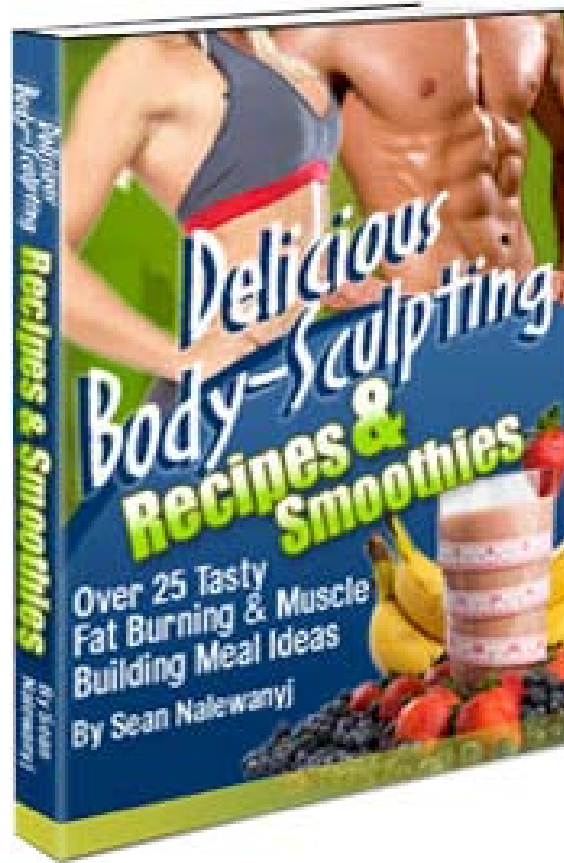


# “Delicious Body-Sculpting Recipes & Smoothies”



Over 25 Tasty Fat Burning &  
Muscle-Building Meal Ideas

By Sean Nalewanyj

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# The Truth About Burning Fat

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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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On top of his best-selling fat loss and muscle gain programs, Sean Nalewanyj is also the owner of the renowned "Muscle Building & Fat Loss Inner Circle"... A private, members-only bodybuilding and fat loss community open to anyone who is interested in living a fit, confident and healthy lifestyle.

The M.F.I.C combines cutting-edge tips and tricks from a team of renowned muscle building and fat loss experts... along with a detailed list of interactive applications that let you chat, make friends and share advice with thousands of fitness-oriented guys and gals from all over the world.

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- Share your goals and progress with other members
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- And much more!

It's a full bodybuilding and fat loss community designed to keep you driven and motivated over the long haul... Your virtual home away from home!

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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:

**[The Real Body Transformation System](#)**: A step-by-step fat loss program that teaches people how to burn fat and tone their bodies safely, quickly and permanently without supplements or fad diets.

**[The Muscle Gain Truth No-Fail System](#)**: A renowned natural bodybuilding program that details the most effective ways to build muscle and gain strength by training for an average of just 24 minutes a day.

Sean is also the owner and operator of **[The Muscle Building & Fat Loss 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.