

SCRAWNY TO BRAWNY NUTRITION

A Quick Guide To Preparing and Cooking Your Ultimate Muscle Meal

When most guys think about gaining muscle, the first thing that pops into their head is the training program or the workout they need to follow.

But working out is not the most important step to building a muscular, athletic body. Not even close.

The crucial component to gaining muscle is the food you eat.

But where do you start? Count calories? Weigh your food? Add up protein grams?

No, no, and no.

You see, most fitness experts try to make nutrition advice way too hard to understand or follow.

After making our own transformations and helping hundreds of other guys go from Scrawny to Brawny, we've learned that complex science actually gets in the way of building muscle, at least at first.

So we're not here to wax philosophical about nutrient timing or the details of protein synthesis — we're here to help you gain muscle. Starting now.

And the best way to do that is to keep things simple.

Your solution?

The Ultimate Muscle Meal.

The Ultimate Muscle Meal Breakdown

The must-have components of the Ultimate Muscle Meal.

2 palms of protein - the building blocks of muscle.

3 fists of veggies - loaded with vitamins, minerals, and fiber.

1 fist fruit, starch, or whole grains - carbohydrates to help add healthy calories.

1/4 cup healthy fat - helps increase natural testosterone and other good stuff.

A big glass of water - Because water makes up 70% of your body. And because you're probably dehydrated.

Ultimate Muscle Meal Grocery List

The following grocery list will be enough to make all of the meals listed here. Plus, you'll have some leftovers.

(Note: Some stuff like the jar of coconut oil, hot sauce, and spices will last a month or more.)

- 1 dozen eggs
- 1 red bell pepper
- 1 small red onion
- 1 bag baby spinach
- 1 avocado
- 1 jar coconut oil
- 1 package fresh raspberries
- 1 package fresh blueberries
- 2 pounds lean ground beef
- 1 bag broccoli slaw
- 2 medium-sized sweet potatoes
- 1 bottle olive oil
- 1 bottle Udos 3-6-9 oil
- 1 bottle white wine vinegar
- raw mixed nut mixture (pecans, cashews, macadamia, almonds)
- 1 jar almond butter
- 1 container vanilla protein powder
- 1 can coconut milk
- 1 bag frozen mixed berries
- 1 carton unsweetened almond milk
- hot sauce (optional)
- paprika
- garlic salt
- red pepper flakes
- sea salt
- pepper

Stuff You Should Have In Your Kitchen

You don't need a ton of tools to make the Ultimate Muscle Meal, but you do need a select few. The higher quality, the better.

- Cutting board
- Chef's knife
- 1 large pan or wok
- 1 small omelet pan
- 1 baking sheet
- 1 can opener
- 1 big mixing bowl
- 1 blender

The Ultimate Muscle Meal Recipes

The cool thing about the Ultimate Muscle Meal is how customizable it is. As long as you follow the rules and have all the components, you can really do whatever you want.

Want chicken instead of beef? Go for it.

Want salmon instead of chicken? Do it.

Hate broccoli and want to use carrots? Sure.

Want to make scrambled eggs with veggies and fruit for dinner? Why the hell not. Go crazy.

So just keep that in mind as you check out the following recipes. Every one is incredibly simple and matches up with the Ultimate Muscle Meal components. But they're not set in stone.

You can cook whatever you like as long as you have all the components.

BREAKFAST

Scrambled Eggs with Veggies, Fruit, and Avocado

INGREDIENTS

2 palms of protein = 4 eggs

3 fists of veggies = 1 cup baby spinach, 1/2 red bell pepper, 1/2 red onion

1 fist fruit/starch/whole grain = 1/2 cup fresh blueberries, 1/2 cup fresh raspberries

1/4 cup fat = 1/2 an avocado

Other stuff: 2 teaspoons coconut oil, salt, pepper, hot sauce

PREPARE

- Chop the bell pepper and onion into small squares
- Grab a handful of spinach
- Halve an avocado
- Rinse the fruit and place in a bowl
- Break four eggs into a bowl and a pinch of salt and pepper. Beat with a fork for 20 seconds.

COOK

Put a pan on medium heat with 2 teaspoons of coconut oil. Once the oil melts, toss in the spinach, bell pepper, and onion and saute for 2-3 minutes. Add the egg mixture and get ready to stir with a rubber spatula. Cook the eggs, stirring often, for 3-4 minutes until the eggs are how you like them (runny or firm). Transfer everything to a plate, top with hot sauce, salt, pepper. Eat. Rub stomach and declare life is good

Other ideas: Use different veggies. Cook your eggs a different way. Substitute eggs for lean ground beef or sausage. Use different spices. Top with salsa. Use different fruit.

LUNCH

Broccoli Slaw Salad With Protein and Mixed Nuts

INGREDIENTS

2 palms of protein = 1 pound (ish) lean ground beef

3 fists of veggies = 3 cups of broccoli slaw (or coleslaw mix)

1 fist fruit/starch/whole grain
= 1 medium-size sweet potato

1/4 cup fat = raw mixed nuts

Other stuff: 1 teaspoon olive oil, teaspoons Udo's 3-6-9 oil, 2 teaspoons coconut oil, 2 teaspoons white wine vinegar, salt, pepper, garlic salt.

PREPARE

- Preheat the oven to 400 degrees.
- Lay everything out on the counter. This won't be hard.

COOK

Cut the sweet potato in half, drizzle with olive oil, season with salt and pepper, place it on a baking sheet and put it in the oven for 20-30 minutes. (Stab it with a fork to see if it's done. If the fork comes out clean, it's ready). While the sweet potato is about halfway through cooking (at the 10-minute mark or so), put 2 teaspoons of coconut oil in a large pan or wok over medium-high heat. Crumble the ground beef into the hot pan and stir. Add a couple pinches of garlic salt, pepper, and sea salt for flavor. Continue cooking and stirring until brown and cooked-through. (About 5-7 minutes.)

Pour three cups of broccoli slaw into your mixing bowl. This is now your eating bowl. Add your 1/4 cup of raw mixed nuts to the broccoli slaw bowl. Measure 2 teaspoons of Udo's 3-6-9 oil and 2 teaspoons white wine vinegar and put in the broccoli slaw bowl. (You could also just use a couple teaspoons of whatever kind of dressing you want.)

Remove your ground beef from the heat. Check on your sweet potato. Once everything's cooked, add the ground beef to your broccoli slaw bowl. Plate the sweet potato. Pour yourself a glass of water and eat everything. (Good job.)

Other ideas: Use coleslaw or salad mix instead of broccoli slaw. Use chicken, pork, or fish instead of ground beef. Use avocado instead of mixed nuts. Make quinoa, brown rice, or white potatoes instead of the sweet potato.

DINNER

Ground Beef with Broccoli, Sweet Potato Chips, and Mixed Nuts

INGREDIENTS

2 palms of protein = 1 pound (ish) ground beef

3 fists of veggies = 1 bag frozen broccoli

1 fist fruit/starch/whole grain = 1 medium-sized sweet potato

1/4 cup fat = raw mixed nuts

Other stuff: 2 teaspoons coconut oil, 1 tsp olive oil, salt, pepper, red pepper flakes, coconut aminos (or soy sauce), lime (optional)

PREPARE

- Preheat oven to 400 degrees
- Cut the sweet potato into 1/4-inch thick rounds, drizzle with olive oil, salt, and pepper
- Lay everything else out on the counter.

COOK

Place your sweet potato rounds onto a baking sheet. Spread 'em out so they don't touch. Cook for 15-20 minutes or until slightly crispy. Add 2 teaspoons of coconut oil in a large pan or wok over medium-high heat.

Crumble the ground beef into the hot pan and stir. Add a couple pinches of garlic salt, red pepper flakes, pepper, and sea salt for flavor. Continue cooking and stirring until brown and cooked-through. (About 5-7 minutes.)

Add bag of frozen broccoli, stir, and cover for 5 - 7 minutes, stirring occasionally. Once the broccoli is thoroughly thawed and steamed, add 4 teaspoons coconut aminos or soy sauce and stir.

Grab your sweet potato chips. Put the broccoli and beef mixture on a plate. Grab a glass of water and your 1/4 cup of nuts. Drizzle some lime over your sweet potato chips. Eat. Smile broadly.

Other ideas: None. Just try this one out. Seriously.

SUPER SHAKE

Vanilla Berry Super Shake

INGREDIENTS

2 palms of protein = 2 scoops vanilla protein

3 fists of veggies = handful of baby spinach (in the shake), 2 cups of baby carrots (on the side)

1 fist fruit/starch/whole grain = 1/2 cup frozen blueberries, 1/2 cup frozen raspberries

1/4 cup fat = Almond butter

Other stuff: 8 ounces unsweetened almond milk, 1/4 cup coconut milk, blender

PREPARE

- Lay everything out on the counter.

BLEND

Add everything to a blender and blend on high for a minute or so.

Pour your Super Shake into a glass and serve it with a side of baby carrots

Other ideas: Use chocolate protein. Use different berries or fruit. Try peanut, cashew, or pecan butter.

RANDOM COOKING TIPS

Make easy roast chicken.

INGREDIENTS

2 boneless, skinless chicken breasts
salt
garlic salt
pepper
paprika

COOK

1. Preheat oven to 375 degrees
2. Cut fat off chicken
3. Season chicken with a pinch of salt, garlic salt, pepper, and paprika
4. Put in the oven for 30 (ish) minutes.
5. Eat

MICROWAVE YOUR SWEET POTATO

Don't have time to wait around for a sweet potato to bake in the oven? Throw it in the microwave for 10 minutes or so. Just make sure to puncture it with a fork a few times so the steam can escape. (Unless you want to clean potato off the inside of your microwave, that is.)

BATCH MEALS

Roast six chicken breasts at a time. Cook 2 pounds of ground beef and use one for lunch and one for dinner. Bake 4 sweet potatoes at once. Put everything in the fridge and microwave it when you're ready to save yourself some time.

USE FROZEN VEGGIES.

Frozen veggies are perfectly good. Just pour a bag into a microwaveable bowl, add a few teaspoons of water, and microwave on high for 4-6 minutes. Drain the water, season with salt and pepper and eat.

BUY MADE-FOR-YOU SPICES.

You can always make your own spice blends but why make it harder than it needs to be? Hit the grocery store and grab some pre-made steak seasoning and chicken rub. Use liberally.

BUY MADE-FOR-YOU MEATS AND VEGGIES.

If you want to make it very easy on yourself, simply go to a Whole Foods or organic grocery store, head to the deli section, and load up on their pre-made chicken breasts, burgers, salmon, and veggie combos. It's a little more expensive, but it can save you time.

FOCUS ON ONE MEAL AT A TIME.

We just gotta say it one more time: don't try to replace all of your meals at once. That all-or-nothing attitude will get you nowhere.

Instead, pick one Ultimate Muscle Meal, grab all the ingredients you need, and make it today. Then make it again tomorrow. And again the next day.

After you've made it every day for a week or two, feel free to add another one.

Remember: We're building Brawny habits here. And that takes time and consistency.