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Easy Muscle Building Recipes For Hard Gainers

Here are 3 easy to make muscle building recipes to help you gain muscle and weight and enjoy what you are eating. Dieting is the hardest part for changing your body and can sometimes get boring eating the same foods over and over again, however dieting is responsible for around 80% of muscle building success so it is important to get it right and make sure your body does not come bored with the same old boring foods day in day out.

Give one of these muscle building recipes a try and you'll be surprised just how easy it is to eat right, achieve your goals and actually ENJOY your food at the same time.

1) Protein Fudge Nuggets

These are excellent for post workout or whenever you need a high protein treat. There are excellent for weight gain and will help hard gainers pack on extra size.

8 scoops chocolate protein powder

1 cup oatmeal (can be ground depending on the consistency you'd like)

1/3 cup natural peanut butter

3 tbsp honey

1/2 cup milk

3 tbsp crushed peanuts

First mix together the protein powder, oatmeal, peanut butter, honey and milk. Form into small balls and then roll in the crushed peanuts to finish.

Note that these can easily be frozen in plastic bags and consumed on a later date.

Nutritional Info (1/10 of the recipe approx)

234 calories

6.7 grams fat

18 grams carbohydrates

25 grams protein

2) Blueberry Cookies

These cookies are a nice little treat and being high in protein and low in fat they will not damage your muscle building diet. These are one of my favourite muscle building recipes and I personally make these all the time. I love cookies and these are a great way to satisfy my sweet tooth.

2 scoops vanilla protein powder

4 egg whites

½ cup oats

1 cup blueberries

First combine all three ingredients so they are blended well. Then mix in blueberries and drop by the spoonful onto a greased cookie sheet. Bake at 375 degree Celsius for approximately thirteen minutes. Makes 10 cookies.

Nutritional Info (per cookie approx)

54 calories

6.5 grams protein

0.7 grams fat

5.5 grams carbs

3) Protein Jell-o

When you're craving something sweet but are on a very low carb diet, there often is not a lot of options. This recipe is the perfect dessert that will give you plenty of protein and not much else. Great for those on a very strict diet.

1 package sugar-free Jell-O (any flavour)

1 scoop Syntrex Nectar protein powder (any flavour - to match Jell-O)

Mix 1 cup boiling water with the Jell-O powder then stir in one scoop of the protein powder until dissolved. Once that's finished, mix in one cup of cold water and allow to set. Serve with low fat Cool Whip if desired.

If you are serious about gaining muscle size and strength then try some of these muscle building recipies to satisfy your taste buds.

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