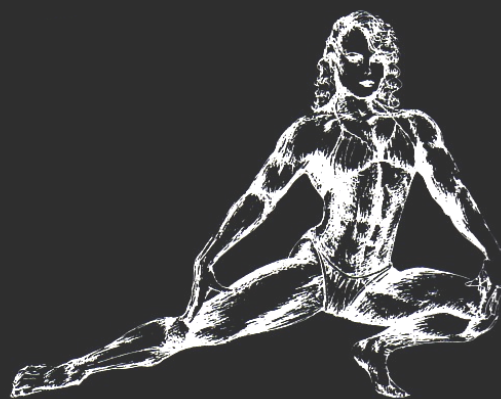


THE NEW BODYBUILDER'S COOKBOOK



***FOR THE SERIOUS
MALE & FEMALE BODYBUILDER***

By Ernest F. Cottrell with Dennis B. Weis

Distributed by www.dennisbweis.com

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NOTICE

This **BODYBUILDER'S COOKBOOK** is not fancy in any way...it is simply filled with an enormous amount of bodybuilding nutrition information in the form of delicious, nutritious, easy-to-prepare recipes and other specialized information that has never been published in one information-packed eBook before...!

This eBook is published so that you can get all this wealth of information in it at a reasonable cost. Read it carefully and thoroughly...and then it should be a very valuable aid to your special bodybuilding nutrition needs, and education, in this serious and highly-rewarding field of bodybuilding!

REDISCOVERED !!!

THE LOST GOLDMINE OF MASTER NUTRITION RECIPES AND ENERGY EATING.

My introduction to the personal and professional bodybuilding & nutritional advice of Ernest F. Cottrell was on a handshake through letter and telephone correspondence. I learned that he had been involved in the bodybuilding field for 27 years and was very well known world-wide as a writer in the fields of bodybuilding, power-lifting and nutrition, etc.

In my correspondence with him I discovered that one of his most innovative and a realistic niche's in the iron game was that of convincing his bodybuilding students (of which I was one) from all walks of life that they can "MAKE SUPER GAINS IN TRAINING BY EATING RIGHT NUTRITIONALLY".

I was a bit skeptical of his statement and ask him to clarify what he had just said in a bit more detail.

His explanation was brief and he said that he had just written, what he described as a landmark book; **THE BODYBUILDER'S COOKBOOK "FOR THE SERIOUS BODYBUILDER" and it would answer all of my questions. I must declare upon reading Ernie's book I became absolutely convinced that eating the right nutritional FOODS is of paramount importance when it comes to building the physique be it male or female.**

I am a person who doesn't like to or don't know how to cook and even I found Ernie's revealing array of delicious gourmet recipes exciting in that they were extremely easy and fast to prepare and best of all no more days of eating boring water packed tuna out of the can.

I have to say that **THE BODYBUILDER'S COOKBOOK "FOR THE SERIOUS BODY-BUILDER" was brilliantly written and is still a cookbook for our times. Secrets of the most important and results producing Bodybuilding cookbook is now back in print in this newly titled, updated and expanded edition. Enjoy!**

Dennis B. Weiss

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Foreword

This **BODYBUILDER'S COOKBOOK** will not be technical in any way for the simple reason it would have to get into the enormous and complicated field of individual body chemistry and metabolism. Also, I won't get into any detailed studies of vitamins and minerals, etc., since this subject is covered in so many other books (Dr. Michael Colgan and other fine nutritionists). This **BODYBUILDER'S COOKBOOK** is primarily interested in suggesting many tasty and simple recipes of foods very high in protein from many valuable sources (and foods high in "natural" nutrients other than protein), plus give a fairly accurate analysis of fat & carbohydrate grams, and total calories. These are essentially the things bodybuilders have to deal with – in conjunction with their workouts and inherited physical types – in order to achieve their desired bodybuilding results which is realized in muscular growth, fat loss, strength & endurance, etc.

Many bodybuilders have found special types of foods that give them fairly decent results, but their meals are usually very bland and repetitious...and very boring. And, oftentimes, really isn't the diet they need! It may come as a surprise to you, but many advanced bodybuilders don't know how much protein, carbohydrates, fats and calories they are eating! That's right! Much of their eating is done by accident and fancy! Many of them find it difficult to get cut-up without starving themselves; or they can't gain weight they need...and get frustrated; or they go on fad diets and lose valuable nutrition, then get injuries (tendonitis, cramping, irritability & nervousness, sprain easily, slow recuperation, fatigue easily, etc.), then attempt to rely on all kinds of unnatural, highly-concentrated food supplements and vitamin & mineral pill they can get their hands on!

I can hear some of you grumbling about what I've just written, and saying, "Everyone says vitamins and minerals are good for you, and that taking vitamin pills is alright." Don't take me wrong; I'm not against taking vitamin & mineral supplements now and then. It's just that I don't feel that a "fad" diet which is made-up of only high-protein foods and a heaping handful of pills is the right way to make the bodybuilding progress you want. Many of the top physique stars don't eat this way, but magazine articles about them make it appear as if they do. I'll get into this subject a little later...

With this **BODYBUILDER'S COOKBOOK, you will be able to** have a large spaghetti & meatball dinner, for instance, that satisfies your fierce urge for spicy food, but a meal that supplies you with more protein and other nutrients than a large steak dinner! This **BODYBUILDER'S COOKBOOK** will make bodybuilding meals a treat instead of a bland experience.

Everyone is different...and their nutrition needs vary considerably, too. Remember this: There is not any simple, single and definitely-known formula concerning what you should eat to be a bodybuilder, or even what to eat to lose weight, or gain weight. It's an individual thing that you have to find out for yourself by honest experimentation. I know one top bodybuilder who can eat quite a bit of starch/sugar and fat foods and not lose his fabulous definition, but when he takes a little milk each day, he smoothes out. Another top bodybuilder eats a lot of noodles right up to the contest night and looks like he's cut out of marble with a sharp chisel! And so forth... One guy can eat 4,000 calories a day and gain weight on a hard bodybuilding program. Another can eat 8,000 calories a day while using a short, 3-

day week "bulk" program, and not gain an ounce of weight! It depends on your physical type (endomorph, fat & large bellied; mesomorph, muscular, husky & prominent bones; and ectomorph, skinny, slender & frail), and it depends how you exercise with the weights (not enough; about right; or too hard), and also on your job or school activities – plus your combined mental activity (calm; nervous; over-active; negative attitude and quarrelsome; etc.). All these things will affect your bodybuilding progress.

Diet can play a very important roll in your progress, but you'll have to be attentive to such details as how many grams of protein, carbohydrates, fats and calories you take in daily. Then you can experiment by adding more of one or two ingredients, and subtracting that which seems to be defeating your purpose, etc.

For instance: you might be gaining too much fat tissue, so you cut way down on carbohydrate grams to see if this is the culprit and try the low-carbohydrate diet for a few weeks. Or you could cut down on fats; or even a combination of both, Experiment! Why? Because you might be also getting entirely too much protein, which, after body maintenance and tissue-building has been taken care of, will often be stored as fat rather than being eliminated or used up. And some people respond to fats and oils in a negative way and remain smooth and soft in appearance; others can utilize fats to aid their metabolism and actually get cut-up on a high-fat diet.

I will give you some guidelines that are general requirements for your physical type. Many of you are combinations of the two types, so you may experiment from that point. I cannot be specific since I don't know how much energy you use (or waste!) during your workouts...or any other thing about you as an individual. Remember: There is not any secret, miracle formula to use all the "tools" at your disposal with an intelligent purpose and direction.

Here's a few general rules top follow:

1) If you are an ectomorph type, get about 150 to 200 grams of protein daily, then a total of 5,000 calories (derived from all the foods you eat) each day. Start out easy to get this much food (see 2-week's Menu Suggestions at back of book which shows how to play the "6-meals-a-day" eating routine) so you won't get sick to your stomach. If this doesn't work, take in more fats and carbohydrates for energy so as not to use the protein for energy. You can even go up to around 7,000 calories per day. You don't need more protein at this point; in fact you may never need more than 200 grams of protein daily since it all depends on how much you utilize and not waste.

2) If you are the mesomorph type, get around 175 to 225 grams of protein daily, then get about 4,500 calories total daily from all the foods you eat); about half 'n half, fats and carbohydrates, then experiment from there.

3) If you are the endomorph type, get about 200 grams of protein daily; then lower the carbohydrates to around 40 to 50 grams, and get around 2,500 to 3,000 total calories per day. I know this sounds high in calories, but let's don't forget that you are using a lot of energy during your hard bodybuilding workouts...aren't you...?

These are general suggestions; be sure to remember that you will have to experiment for your special requirements to be found in the many possible

combinations in this **BODYBUILDER'S COOKBOOK**...which allows you to do this easily, as in simple arithmetic problems! A little later, I'll show you just how simple it is.

In general, carbohydrates create more surface fat than fats and oils do – but not in all people. Also, many carbohydrate foods (beans, grains, whole grain breads, sweet raw fruits, etc.) are very high in other nutrients (proteins, vitamins & minerals) that the body needs to function well...and these natural elements work best as opposed to concentrated pills, in most cases.

Again...don't take me wrong – I'm not against taking food supplements; but so many bodybuilders will eat only meat, eggs, fish, milk and small salads, then take large quantities of high-potency, highly-concentrated vitamins and minerals that don't (in my opinion) supply the body with these elements as efficiently as carefully selected natural foods. I have found this to be true with myself, and with my clients, too – it's not just my educated opinion, but something I've seen demonstrated far too often to ignore.

In my professional opinion, I feel that most bodybuilders don't get enough potassium, iron, manganese, magnesium, zinc and calcium minerals, and B-complex, E and C with citrus bioflavonoids for the vitamins from completely natural foods instead of from isolated and concentrated sources. I honestly feel that natural food is better for bodybuilding results. Occasionally, a large dose of "therapeutic vitamins and minerals is good for a shot-in-the-arm, but only every now and then for best results; such as: take vitamin & mineral supplements for one week, then skip a week; or, for three weeks, then none for three weeks; or, quite a few every three days, and none in between. Many nutritionists say that taking too many vitamin supplements on a regular basis can lead to the body's inability to manufacture its own from food source!

Here's what I always suggest to my students for getting those natural high-potency vitamins and minerals: Kelp (seaweed), parsley and alfalfa tablets; desiccated liver; and brewer's yeast (almost all of these will have to be gotten from health food stores – phone them and they'll send you literature). You'll have to determine your personal needs here, too; I wish there was a convenient formula, but there isn't. I might suggest 10 tablets each of all these fine, natural foods every day and it is food, just dehydrated and concentrated nutrition in its natural state (minus water). This will relieve you from taking too many pills, and it will eliminate your need for a lot of salads and cooked vegetables.

How to Measure Foods

Solid foods and liquids are measured in TABLESPOONS, TEASPOONS, CUPS (and fractions of each), QUARTS, PINTS, GRAMS and OUNCES. Be sure to measure accurately, and be sure to use the correct measuring device! For instance, a "Tablespoon" (**Tblspn**) is not a soup spoon you eat meals with; but it is a cook's measuring spoon. Same with a "Teaspoon" (**Tspn**). A "cup" is not a coffee cup; but rather a cook's measuring cup, marked with liquid fractional graduations. Measuring spoons are to be filled, then a flat surface (back of table knife) drawn across it to remove excess contents and make it level. Always use "level" spoon measurements unless recipe states "rounded".

To determine weights accurately, use a convenient home "diet scale". In this way, you'll never have to guess the weight of that meat cut, cheese slice, meat loaf or

roast portion, etc. Any health food store has these handy little scales. I only paid a few dollars for mine, and it's very accurate. Some of the items you'll need when using this **BODYBUILDER'S COOKBOOK** includes and is not limited to: A Food/Diet Scale, glass measuring cup, separate plastic graduated measuring cups and plastic graduated measuring spoons plus for good measure a Computer Nutrition software program (assists in planning meals, analyzing diet and determining food values).

Here's a simple breakdown on measures:

1 quart (qt) equals: 4 cups liquid
32 ounces (oz.) liquid
64 tablespoons (tblspns liquid)

1 cup equals:-----8 ounces (oz) liquid
16 tablespoons liquid
(also called "1/2 pint")

1 tablespoons equals: 3 teaspoons liquid
2 tablespoons equals: 1 fluid ounce

I'm not going to break-down pounds and ounces into grams since the little "Diet Scale" will do this for you.

This photo shows some of the main measuring devices you'll use to accurately measure portions of food used in the following recipes.

Shown is the "diet scale", glass measuring cup (my favorite since it is see-through with clear graduation marks), separate plastic graduated measuring cups and plastic graduated measuring spoons...plus a few of the common ingredients of the recipes in this BODYBUILDER'S COOKBOOK.

How to Use the BODYBUILDER'S COOKBOOK

It's easy...and all you do is add up all the ingredients that I itemize for every recipe, as shown here:

INGREDIENTS	Protein	Carbohydrates	Fat	Calories
1 pt. whole milk	17	24	19	332
1 tblspn honey	0	16.7	0	62
2 tblspns peanut butter	8.4	6.8	15	184
1/2 cup evaporated milk	8.8	17.5	10	173
TOTALS:	34.2	60.0	44	751

Here's your total for PROTEIN MALT #2, as an example to show just how easy it is to use this **BODYBUILDER'S COOKBOOK**. Now, if you want to drop a few carbohydrate grams, and add a few protein grams, all you have to do is switch to PROTEIN MALT #14, for instance:

INGREDIENTS	Protein	Carbohydrates	Fat	Calories
1-1/2 cups unsweetened grapefruit juice	2.3	38.6	0	148
3 medium egg yolks	8.4	.3	16.5	183
1 tblspn honey	0	16.7	0	62
2 pkgs Knox gelatin	17.2	0	0	68
1 tspn lemon juice				
TOTALS:	27.9	55.6	16.5	461

As you can see, protein was added, and carbohydrates were removed. If you didn't use the honey, or wanted to substitute an artificial sweetener, the carbohydrates would only be 38.9 grams. See...it's easy!

Diet sweeteners instead of honey or brown sugar may be used if you wish. It's medically debatable as to the health hazards due to the use of these synthetic sweeteners, and I have never heard of, or seen, any negative effects if used sparingly. I personally won't use them, but I can't honestly tell you not to.

From now on, you will see the designations for protein grams, carbohydrate grams, fat grams and calories printed like this:

	(P)rotein	(C)arbo(h)drates	(F)at	(C)alories
	P	Ch	F	Ca
1-lb, round steak-----	123	0	59	1,057

Okay, now we are going to get to the recipes; but let's explain something that is very important:

Quality of foods varies from market to market, and between market foods and home-grown foods. Also, some cuts of meat differ drastically in fat, water, bone and waste content – even the same-name cuts can vary, depending on how the butcher trims them, etc. Milk will vary considerably all across the nation...and so forth. I don't pretend to have perfect figures here for protein, carbohydrates, etc. (no one can do this!), but they are as accurate as possible...besides this BODYBUILDER'S COOKBOOK is primarily designed to give you guys (or your mothers, wives or girlfriends) a much easier and tastier way to get your bodybuilding nutrition without almost totally guessing about what you are getting from your meals. Be sure to see the back of this book for a large list of individual foods.

As you can see, in some cases I only suggest the basic ingredients to give you ideas, then you add the type of food (in this case, you might want Swiss cheese and Italian salami instead of cheddar cheese and bologna). That's what that section in the back is for, and it makes this book even more versatile, for you can change any recipe in this book to the way you want at any time and still know the total nutritional value!

NOTICE

You will see brand names used now and then. This doesn't necessarily mean that I am endorsing these commercial products; it means that they are common products found almost everywhere...or that they contain certain combinations of ingredients that are convenient for these recipes.

Most (or all) commercial canned and packaged products have to state their nutritional analysis on the label. This will help you immensely since all brands vary considerably in their ingredients. You will be able to almost exactly compute your daily nutrition intake...and alter the figures listed in this book. The figures are based on U.S. Government Agricultural sources, and other sources, which are somewhat general due to the large variety of products and commercial processes used by the huge number of companies involved. The figures in this book are an accurate average that you can use with confidence.

A Few Hints

1) Make-up any quantity of many of these recipes (stews, breads, meatloaf, seasoned ground beef patties, etc.) by doubling, tripling, etc., the ingredients, then package them in plastic "freezer dishes" in individual servings, and freeze for future use. They'll keep for months! It takes just as long to make one serving as it does to make six...! Save time.

2) Many fresh fruits that are seasonal, or not easily available can be sliced, packaged in plastic bags and frozen; and then thawed and served months later! I always do this with fresh pineapple (not cooked or canned!), since its famous enzyme is excellent for aiding digestion – plus it tastes great and really sparks the appetite.

3) Another trick I have my clients use is to chew gum (sugarless) after each meal to aid digestion. Some "authorities" scoff at this, but it sure works!

THE COOKBOOK CONTENTS

High-Protein Malts



To make high-protein malts that are smooth-textured and creamy (no lumps, and mixed thoroughly), you'll have to get a good electric blender. I know that almost everyone has one, but if you don't here's a word of advice: You don't need one of those fancy 15-speed machines; a good 2- or 3- speed model is fine. On those others, you'll find that there's hardly any difference between the

various speeds, except the starting, medium and highest speeds; they're mostly a fancy luxury...and can go on the blink easier than a simple blender.

If you don't have a blender, you may temporarily use a covered jar or pitcher (1-quart capacity or larger) and vigorously shake your malt mixture 'til mixed. This doesn't usually work too well, but if you have to...

Another way is to use an electric, or hand-operated egg beater...always in a tall bowl. Crude, but it works.

Note: I only mention "whole" milk in these malt recipes where dairy milk is called for; you can substitute this with extra-rich or skim milk if you wish by looking in the back of this Ebook for individual listings.

Malt #1:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 pt. whole milk	17	24	19	332
¾ cup nonfat dry milk	32	48.3	.9	332.5
1 tblspn honey	0	16.7	0	62
1/8 tspn vanilla flavoring				
TOTAL:	49	89.0	19.9	719.5

Malt #2:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 pt. whole milk	17	24	19	332
1 tblspn honey	0	16.7	0	62
2 tblspns natural peanut butter	8.4	6.8	15	184
½ cup evaporated milk	8.8	12.5	10	173
TOTAL:	34.2	60.0	44	751

Malt #3:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 pt. whole milk	17	24	19	332
1 tblspn honey	0	16.7	0	62
1 small ripe banana	.5	18	0	60
2 tblspns natural peanut butter	8.4	6.8	15	184
1 tblspn malt'd milk powder	2.1	10	1.2	58
TOTAL:	28.0	75.5	35.2	696

Malt #4:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 pt. whole milk	17	24	19	332
¾ cup nonfat dry milk	32	48.3	.9	332.5
2 medium egg yolks	5.6	.2	11	122
1 tblspn blackstrap molasses	0	11	0	43
TOTAL:	54.6	83.5	30.9	822.5

Malt #5:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 pt. whole milk	17	24	19	332
½ cup evaporated mile	8.8	12.5	10	173
2 tblspns brown sugar	0	26.2	0	102
2 tblspns unsweetened cocoa.				
3 drops vanilla flavoring.				
TOTAL:	25.8	62.7	29	607

Malt #6:**INGREDIENTS:**

1 pt. whole milk
 1 small ripe banana
 ½ cup evaporated milk
 1 tblspn malt'd milk powder
 3 drops maple flavoring.

TOTAL:

<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
17	24	19	332
.5	18	0	60
8.8	12.5	10	173
2.1	10	1.2	58
28.4	97.9	30.2	747

Malt #7:**INGREDIENTS:**

1 pt. whole milk
 ¾ cup nonfat dry milk
 ½ cup applesauce
 (unsweetened)
 2 tblsns brown sugar
 Dash ground cinnamon.

TOTAL:

<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
17	24	19	332
32	48.3	.9	325.5
.3	13	.3	50
0	26.2	0	102
49.3	111.5	20.2	809.5

Malt #8:**INGREDIENTS:**

1 pt. whole milk
 2 tspns decaffeinated
 instant coffee
 ½ cup evaporated milk
 2 tblsns honey

TOTAL:

<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
17	24	19	332
3.8	12.5	10	173
0	33.4	0	124
25.8	69.9	29	629

Malt #9:**INGREDIENTS:**

1 pt. whole milk
 ¾ cup nonfat dry milk
 ½ cup dietetic jam (read
 label for nutrition
 analysis; add to total

TOTAL:

<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
17	24	19	332
32	48.3	.9	325.5
49	72.3	19.9	657.5

Malt #10:**INGREDIENTS:**

1 pt. unsweetened grapefruit
 juice
 ¾ cup nonfat dry milk
 ½ cup evaporated milk
 2 pkgs Knox gelatin
 1 tblspn honey

TOTAL:

<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
2	84	0	320
32	48.3	.9	325.5
8.8	12.5	10	173
17.2	0	0	68
0	16.7	0	62
60.0	161.5	10.9	948.5

Malt #11:**INGREDIENTS:**

1-1/2 cups unsweetened
 pineapple juice
 1 medium ripe banana
 ½ cup evaporated milk
 1 tblspn brown sugar
 2 medium egg yolks
 2 pkgs Knox gelatin

TOTAL:

<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
2	48	0	180
1	23	1	85
8.8	12.5	10	173
0	13.1	0	122
5.6	.2	11	122
17.2	0	0	68
34.6	96.8	22	750

Malt #12:**INGREDIENTS:**

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1-1/2 cups skim milk	12.9	18.7	.3	130.5
6-oz. can frozen orange juice (unsweetened)	5.5	75	1.4	300
2 pkgs Knox gelatin	17.2	0	0	68
1 tblspn malt'd milk powder	2.1	10	1.2	58
1/2 cup evaporated milk	8.8	12.5	10	173
1 medium egg yolk	2.8	.1	5.5	61
TOTAL:	49.3	116.3	18.4	790.5

Malt #13:**INGREDIENTS:**

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 cup canned apricots (unsweetened, solids and liquids)	1.2	19.8	.2	7
1 cup whole milk	8.5	12	9.5	166
1/4 cup nonfat dry milk	10.7	16.1	.3	108.5
2 pkgs Knox gelatin	17.2	0	0	68
1 tblspn honey	0	16.7	0	62
TOTAL:	37.6	64.6	10.0	481.5

Malt #14:**INGREDIENTS:**

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1-1/2 cups unsweetened grapefruit juice	2.3	38.6	0	148
3 medium egg yolks	8.4	.3	16.5	183
1 tblspn honey	0	16.7	0	62
2 pkgs Knox gelatin	17.2	0	0	68
1 tspn lemon juice				
TOTAL:	27.9	55.6	16.5	461

Malt #15:**INGREDIENTS:**

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1-1/2 cups apple cider	.3	51.6	0	186
1/4 cup unsweetened applesauce	.2	6.5	.2	25
1/2 cup evaporated milk	8.8	12.5	10	173
2 brown sugar	0	26.2	0	102
3 medium egg yolks	8.4	.3	16.5	183
2 pkgs Knox gelatin	17.2	0	0	68
Large dash allspice				
TOTAL:	34.9	97.1	26.7	737

Malt #16:**INGREDIENTS:**

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1-1/2 cups tomato juice	3.6	15.6	.8	75
3 medium egg yolks	8.4	.3	16.5	183
2 pkgs gelatin	17.2	0	0	68
Dash salt.				
1 Worcestershshire sauce.				
1 tblspn lemon juice				
TOTAL:	37.8	15.9	17.3	360

Malt #17:**INGREDIENTS:**

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1-1/2 cups whole milk	12.8	18	14.3	249
1/2 cup evaporated milk	8.8	12.5	10	273
1/2 cup chopped dates	2	67	.6	253

1 tblspn honey	0	16.7	0	62
1 tblspn malt'd milk powder	2.1	10	1.2	58
1 medium egg yolk	2.8	.1	5.5	61
1 pkg. Knox gelatin	8.6	0	0	34
TOTAL:	37.1	124.3	31.6	890

Malt #18:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 cup canned, unsweetened pears (solids & juices)	.7	20	0	75
1 cup whole milk	8.5	12	9.5	166
½ cup evaporated milk	8.8	12.5	10	173
1 tblspn brown sugar	0	13.1	0	51
2 pkgs Knox gelatin	17.2	0	0	68
Large dash ground cinnamon.				
TOTAL:	35.2	57.6	19.5	533

Malt #19:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1-1/2 cups whole milk	12.8	18	14.3	249
2 small ripe bananas	1	36	1	240
2 tblspns peanut butter	8.4	6.8	15.2	184
1 tblspn honey	0	16.7	0	62
1 tblspn malt'd milk powder	2.1	10	1.2	58
4 drops vanilla flavoring				
TOTAL:	34.3	87.5	31.7	793

Malt #20:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1-1/2 cups whole milk with ¼ cup wheat germ softened in it for 15 minutes	21.7	30.6	17.4	355
2 pkgs Knox gelatin	17.2	0	0	68
2 tblspns brown sugar	0	26.2	0	102
½ cup evaporated milk				
TOTAL:	47.7	69.3	27.4	698

High-Protein Meat Dishes

#1 – BEEF MEAT LOAF:

2-lbs. Ground beef (your choice; add to total);

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
A) Regular "hamburger"	200	0	272	3,308
B) Ex. Lean "hamburger"	246	0	118	2,114
¼ cup coarsely grated raw carrot	.3	2.5	.1	11
1 medium onion (chopped)	1.5	11.3	0	49
½ cup canned tomatoes (solids only)	1	9	.2	20
½ cup wheat germ	17.6	25.2	6.2	212
¼ cup rolled oats (raw)	3	13.2	1.8	78
4 medium raw eggs	24.4	1.2	22	308
½ cup evaporated milk	8.8	12.5	10	173
2 tblspns chopped celery leaf.				
2 tblspns chopped bell pepper.				
1/8 tspn black pepper.				
1 tspn salt.				

1 tblspn Worcestershire
sauce
½ tspn Lawry's "Pinch of
Herbs."
1/8 tspn garlic powder.

TOTAL:	56.8	84.9	40.3	851
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(Without meat; you add the type of meat you want.)

In a deep bowl, mix all ingredients thoroughly with your hands. Grease a standard bread pan with lard, butter, Pam etc., then mold meat mixture in pan so that it is evenly distributed. Preheat oven to 350°F, then place pan in, uncovered, for about 1 hour. You may vary the cooking time and temperature a little to suit your individual taste.

To determine the nutritional analysis of each piece of meat loaf, all you do is to cut it up into equal slices...then divide that number from the total.

#2 – PORK/HAM MEAT LOAF:

INGREDIENTS:	P	Ch	F	Ca
1-lb. ground ham	109	0	150	1,818
1-lb. ground pork	104	0	118	1,508
3 medium raw eggs	18.3	.9	16.5	231
½ cup wheat germ	17.8	25.2	6.2	
3 slices, crumbled dry Russian Rye bread	6.3	36.3	6	171
½ cup evaporated milk	8.8	12.5	10	173
1 medium onion, chopped	1.5	11.3	0	49
1 tspn Worcestershire sauce.				
½ tspn salt.				
1/8 tspn black pepper				
6 cumin seeds (crushed).				
1/8 tspn curry powder.				
1 tspn brown sugar				
TOTAL:	265.7	86.2	306.7	4,162

#3 – LIVER MEAT LOAF:

1-lb. liver (your choice; add to total):

INGREDIENTS:	P	Ch	F	Ca
A) Beef liver	89.4	72.2	14.5	618
B) Calves liver	86.3	18.2	22.2	618
C) Pork liver	89.4	7.7	21.8	608
D) Chicken liver	100.3	11.8	18.2	638

To begin with, cover liver with water and simmer for 5 minutes; drain liquid and save it for recipe.

1 medium onion (quartered)	1.5	11.3	0	49
1-lb. ground pork	104	0	118	1,508
½ cup wheat germ	17.8	25.2	6.2	212
3 slices dried, crumbled whole wheat bread	6.3	33.9	1.8	165
3 medium raw eggs	18.3	.9	16.5	231
4 slices raw bacon (halved)	8	.4	17.6	194
1/8 tspn black pepper				
1/8 tspn garlic powder.				
½ tspn celery salt.				
½ tspn salt.				
1 tspn Worcestershire sauce				
TOTAL:	161.9	71.7	160.1	2,459

Grind liver and quartered raw onion in food chopper (or chop very fine with knife); then add all the ingredients and mix thoroughly, including broth liver was immersed in. Prepare as in #1, and cook in oven preheated to 325°F for 1 hr. 15 min.

#4 – STUFFED BELL PEPPERS (Corned beef hash):

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 large bell pepper	1	4	0	20
6-oz. canned corned beef hash	23.4	12.2	10.4	240
2 pkgs gelatin (softened in 3 tblspns of cool water)	17.2	0	0	68
1 tblspn chopped raw bell pepper.				
¼ tspn onion powder.				
¼ tspn Worcestershire sauce.				
Dash garlic power & black Pepper				
TOTAL:	41.6	16.2	10.4	328

Put all ingredients (except whole bell pepper and hash) and simmer, covered, about 15 minutes. Stir, often, and add small amounts of water whenever mixture's water boils-off. When mixture is done, it should be moist, but not wet. Now, add corned beef hash and warm mixture, mixing thoroughly. Remove from heat while you do this:

Boil the large bell pepper in lightly-salted water 'til it is tender. Now, fill the pepper with the hash mixture and serve; let excess spill over onto plate...and eat well!

#5 – "TACO MEAT" STUFFED PEPPER:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
½-lb. ground lean beef	61.3	0	29.5	528.5
2 pkgs gelatin	17.2	0	0	68
1 tblspn chopped bell pepper.				
1 tblspn chopped onion.				
Dash garlic powder.				
Dash black pepper.				
1/8 tspn Tabasco Sauce (if you like it hot!)				
3 cumin seeds (crushed)				
TOTAL:	78.5	0	29.5	596.5

Follow the directions on packaged dry "Taco Mix" that you can find in almost every grocery store. NOTE: Be sure to use amount of Taco Mix that corresponds to the amount of meat you are using (if package says to use 1-lb. meat, you would use only ½ package for your ½-lb. recipe, etc.). Add everything to the package mixture, except meat (which is almost always cooked separately) and cook per directions. Mix everything together and stuff boiled "pepper s(as in #4). Usually very tasty!

#6 – EASY ROAST MEAT METHOD:

Making a delicious, high protein roast is the easiest thing in the world! All you need is an over, the meat of your choice, and heavy-duty aluminum cooking foil.

I personally prefer to use about 3" to 4" thick roast cuts, rather than very large, bulky cuts (such as diamond cut, etc.) since the thinner cuts cook faster, and it is easier to add flavoring to these cuts... seasoning that penetrates inside meat more thoroughly.

To make a roast, lay-out 1 or 2 large layers of aluminum foil (1 layer if foil is extra rugged; 2 layers if foil is thin), then place meat on foil and season it. (I will give you four delicious seasoning recipes!). Now, loosely wrap meat completely, making an air-tight "tent." Place in preheated oven at 350°F, and it will be done in about 2-1½ to 3 hours. The cooking time will vary with the meat, your particular oven, etc., so check it with a fork after 2 hours, then every ½ hour until it is done to your taste.

The average nutritional analysis for "common" roast beef is:

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
4 lbs. chuck roast	472	0	499	5,624

Okay, here's the seasoning recipes...

A) For simple roast beef flavor, just add salad and Pepper to both sides: about ½ salt per lb. After sprinkling salt & pepper to meat evenly, poke into meat with fork to allow seasoning to seep into meat during cooking.

B) For each lb. of roast beef meat, make-up this mixture:

- ¼ tspn salt
- 1/8 tspn black pepper
- ½ tspn Worcestershire sauce
- ¼ tspn onion powder
- Large dash garlic powder
- ¼ tspn Lawry's "Pinch of Herbs"
- ½ tspn tomato catsup

Mix all this together and let set for about ½ hour; then brush generously over meat and poke with fork into meat.

C) Here's a delicious favorite! On about 4-lb. roast meat (about 4" thick), lightly salt & pepper both sides; then on top side, evenly spread contents of 1 pkg. Of Lipton's Onion Soup dry mix.

D) For a variety of terrific flavors, lightly salt & pepper both sides of 40-lb. roast (about 4" thick), then evenly spread different condensed canned soups (such as Campbell's; right from the can, undiluted) over top of roast meat. Cream of celery, cream of mushroom and cream of asparagus soups are very good! Experiment with others if you want.

Here's a general nutritional analysis for 11-oz. cans of these soups:

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 can cream soups	6.9	29.6	16.2	279

#7 – GROUND MEAT PATTIES:

Here's six great ground meat patty seasoning recipes for you to try...and I think you'll really enjoy them, too! Each recipe is for 1-lb. portions; you can breakdown the nutritional analysis by dividing the amount of patties you make from each recipe. These can be fried, oven or charcoal broiled.

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
A) 1-1.b. lean ground beef	123	0	59	1,057
½ pkg. Lipton's Onion Soup Mix - (see label)				
1 tblspn wheat germ	2.3	3.2	.8	27
1 tspn water				
TOTAL:	125.3	3.2	59.8	1,084

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
B) 1-1b. lean ground beef	123	0	59	1,057
1 tblspn pkg. Dry meat loaf mix - (see label)				
1 tblspn rolled oats	1	2	.2	10
1/8 tspn black pepper				
1/8 tspn salt				
TOTAL:	124	2	59.2	1,067

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
C) 1/2-lb. lean ground beef	61.3	0	29.5	528.5
1/2 lb. country sausage	24.5	0	101.7	1,022
2 medium raw eggs	12.2	.6	11	154
1/2 tblspn wheat germ	1.2	1.6	.4	13.5
1 Lawry's "Pinch of Herbs."				
1/8 tspn salt				
1/8 tspn black pepper				
1/8 tspn garlic powder				
1/4 tspn onion powder				
TOTAL:	99.2	2.2	142.6	1,718

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
D) 1/2-lb. country sausage	24.5	0	29.5	528.5
1/4-lb. canned corned beef hash	15.6	8.1	7.6	160
6 slices crisp bacon	12	.6	26.4	291
1/4-1.b. lean ground beef	30.8	0	14.8	269
1 tblspn rolled oats	1	2	.2	10
2 medium raw eggs	12.2	.6	11	154
1 cup corn flakes	2	21.2	.1	96
1/4 cup skim milk	2.2	3.1	0	21.8
1/4 cup chopped raw onions				
1 tblspn chopped fresh parsley				
Dash garlic powder				
1/8 tspn black pepper				
1/8 tspn poultry seasoning				
1/2 tspn salt				
TOTAL:	100.3	35.6	89.6	1,530.3

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
E) 1-1.b. ground raw calves liver	86.3	18.2	22.2	639
1/4-lb. lean ground beef	30.8	0	14.8	269
3 slices dry Russian Rye bread	6.3	36.3	1	171
1/2 medium onion, chopped	.8	5.6	0	25
2 slices crisp bacon	4	.2	8.8	97
1/2 tsp Worcestershire sauce				
1/2 tspn salt				
1/8 tspn black pepper				
Dash garlic pepper				
TOTAL:	128.2	60.3	46.8	1,201

Broil, or pan-fry (covered) slowly or liver might get touch.

Burgers . . . BURGERS . . . BURGERS!

Burger Patties with Mustard

(Choose your own meat cuts that are ground, then add nutritional total, per pages 61, to the following for accurate nutritional analysis of total recipe)

1 lb. Ground Beef

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
2 tblspns wheat germ	4.6	6.4	.8	54
1 tblspn butter or margarine	0	0	11.3	100
2 tblspns chopped parsley	(Not enough to mention)			
1 small onion chopped fine	"	"	"	"
1 tspn salt	"	"	"	"
¼ tspn pepper	"	"	"	"
1 ½ to 2 tblspns prepared mustard	"	"	"	"
(Note: Mustard with horseradish is good too, or 1 tblspn each mustard and prepared horseradish)				
2 tspns Worcestershire sause				
TOTAL (without meat)	4.6	6.4	12.1	154

Mix everything together, except mustard and Worcestershire sause, form into 2 loose patties (not pressed together very firmly) and sauté into skillet with butter until done to your liking. Remove to hot platter and immediately add 1 ½ tblspns of water, mustard and Worcestershire sause to skillet drippings, mixing briefly and thoroughly. Pour over burger patties. I've found this one to be very popular! Goes well with mild sauerkraut, very small baked potato and sliced tomatoes.

Pineapple Beef Patties

(Ground beef of your choice as before)

1 lb. ground beef

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
½ cup Brown Rice (uncooked)				
cook as directed	7.8	80.8	1.7	374
1 large egg (slightly beaten)	7	.5	6	83
2 tblspns whole wheat four	2	10	.3	50
¼ cup honey	0	67	0	248
2 large slices of pineapple				
(Unsweetened; this varies a lot				
so look on the can label for				
analysis)				
Average	2	35	0	128
1 tspn Worcestershire sause	(Not enough to mention)			
Few dashes pepper	"	"	"	"
1 tblspn lemon juice	"	"	"	"
TOTAL (without meat)	18.8	193.3	8	875

Mix the ground beef, cooked rice, egg and Worcestershire sause with ½ cup water and 1 tspn salt and shape into 4 rather thick patties. Place in shallow baking pan. Press ½ large pineapple into the top of each patty, then bake uncovered, at 350 degrees for 35 minutes. Combine 3 tblspns of pineapple juice, honey and lemon juice into saucepan, then stir 2 tblspns of water into flour and add to saucepan; cook and stir constantly until bubbly. Spoon onto patties and bake another 5 minutes. Make the sause just before the original 35 minutes are up so the cooking times will not be disturbed.

This dish goes well with asparagus or broccoli, or corn on the cob and colorful dinner salad.

Chinese-Style Burger Patties

(Ground beef of your choice as before)

1 lb. ground beef

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
2 tblspns of butter or				
margarine	0	0	22.6	200
1 tblspn molasses				
(medium dark)	0	4	0	14
1 tblspn salt	(Not enough to mention)			
¼ tblspn pepper	"	"	"	"

1 tblspn Worcestershire sauce	(Not enough to mention)			
1 tblspn Soya sauce	"	"	"	"
½ to 1 tblspn dry mustard	"	"	"	"
1 (16 oz.) can dried bean sprouts	"	"	"	"
TOTAL (without meat)	0	4.4	22.6	214

Mix all ingredients into 4 patties and cook in skillet or broil until done to your liking; or leave out the butter, molasses, soy sauce and bean sprouts and cook burgers in frying pan, then combine these ingredients to pan drippings until hot and top patties with it. The latter way is slightly more popular but the first way is quicker.

Goes well with egg-drop soup and sweet and sour Chinese fruit-vegetables.

COOKING OF MEAT PATTIES

First of all, press-out patties the size you like, then cook right away and serve; or wrap them in plastic bags and freeze for future use. Thaw-out somewhat before cooking or outside might get too well done while the inside is still frozen and raw.

1) A charcoal broiler makes these meat patties taste really good! Be sure to turn often to keep them juicy.

2) If you use oven broiler, or fry pan, add 3 to 4 drops liquid "smoke" to each side to give it that charcoal flavor.

NOTE: Broiled burgers will lose considerable fat, so deduct approximately 1 tblspn to ½ fat, depending on fat content of meat.

#8 – GREAT TUNA DISHES!

A) Tuna Patties:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 9-1/4 oz. can tuna not drained)	64	0	56.4	745.1
3 medium raw eggs	18.3	.9	16.5	231
2 tblspns wheat germ	4.6	6.4	1.6	54
2 tblspns rolled oats	2	4	.2	20
½ tspn soy sauce				
1/8 tspn onion power				
1/8 tspn garlic powder				
1/8 tspn black pepper				
1 tblspn chopped parsley				
Pinch celery seed (ground)				
TOTAL	88.9	11.3	74.7	1,050.1

Mix well in large bowl with your hands, then form into large patties (about 4 with this mixture) and fry in skillet that has about 2 oil, lard, etc. Turn them over once, browning both sides.

B) Tuna Casserole:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 9-1/4 oz. can tuna not drained)	64	0	56.4	745.1
1 cup cooked whole wheat spaghetti) drained)	7.4	44.1	0.9	218
2 pkgs gelatin	17.2	0	0	68
¼ cup cooked, sliced & drained, mushrooms	.9	2	2	7
½ medium onion, chopped	.8	5.6	0	25
¼ large bell pepper,				

sliced thin	.3	1	0	5
½ cup canned peas				
and carrots	2	9.3	.2	47
¼ cup evaporated milk	4.4	6.3	5	86.5
1 tspn corn starch	0	2.1	0	9.3
1 tspn Worcestershire				
sauce				
6 cumin seeds (crushed)				
2 tblspns chopped celery,				
including leaves.				
Dash thyme				
1/8 tspn black pepper				
Salt to taste.				
TOTAL	97.0	70.4	64.5	1,215.9

Boil spaghetti until almost cooked done, then let set in water. Simmer raw vegetables and spices in small amount of water until tender. Soften gelatin & corn starch in ¼ cup cool water.

Now, add all ingredients together in pan and bring to light boil, stirring often until it thickens slightly (add small amount of water if needs). Remove from heat and serve....or refrigerate first since it helps taste.

c) **Quick Tuna Casserole:**

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 9-1/4 oz. can tuna				
not drained)	64	0	56.4	745.1
1 can condensed cream				
of mushroom soup	6.9	29.6	16.2	279
1 cup cooked egg				
noodles, drained	3.5	20.5	1.5	107
2 pkgs Knox gelatin	17.2	0	0	68
¼ cup evaporated milk	4.4	6.3	5	86.5
¼ cup water				
1/8 tspn black pepper				
1/8 tspn Lawry's "Pinch				
of Herbs"				
TOTAL	96.0	56.4	79.1	1,285.6

Mix everything together in pan and heat to low boil; then simmer for about 3 to 5 minutes. Remove from heat and serve, or refrigerate.

High-Protein Sandwiches

First, I'll give you a basic analysis of common breads. These figures are based on an overall selection of breads from across the country.

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1) Whole wheat (2 slices)	4.2	22.6	1.2	110
2) Rye bread (2 slices)	4.2	24.2	.6	114
3) Cracked wheat (2 slices)	4	23.6	1	120
4) Boston brown bread (2 slices)	4.6	44.2	2	210

For convenience, I will use regular whole wheat bread (#1) in these sandwich recipes since it is the most common bread eaten (except for white bread, which I don't recommend!). You may change this analysis whenever you use Rye bread, etc. I will also use commercial sliced cheddar cheese as the standard cheese slices (about ¾-oz. per slice) unless otherwise specified. See back of book for more accurate cheese analysis of different cheeses. I leave sandwich spreads up to you.

Now, here's the sandwiches:

S'wich #1:**INGREDIENTS:**

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
¼-lb ground beef patty	30.8	0	14.8	269
2 slices bread	4.2	22.6	1.2	110
TOTAL	35.0	22.6	16.0	379

S'wich #2:**INGREDIENTS:**

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
¼-lb ground beef patty	30.8	0	14.8	269
2 slices cheese	9.8	.1	12.8	157
2 slices bread	4.2	22.6	1.2	110
TOTAL	35.0	22.6	16.0	379

S'wich #3:**INGREDIENTS:**

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
Same as #1	35	22.6	16	379
But add 4 slices bacon	8	.4	17.6	194
TOTAL	35.0	22.6	16.0	379

S'wich #4:**INGREDIENTS:**

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
Same as #1	35	22.6	16	379
But add 1 med. fried egg	6.1	.3	5.5	77
TOTAL	41.1	22.9	21.5	456

Here's a jumbo combination of sandwiches #2, 3 and 4.

S'wich #5:**INGREDIENTS:**

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
¼-lb ground beef patty	30.8	0	14.8	269
1 slice cheese	4.9	.5	6.4	78.5
4 slices bacon	8	.4	17.6	794
1 medium fried egg	6.1	.3	5.5	77
2 slices bread	4.2	22.6	1.2	110
TOTAL	54.0	23.8	45.5	728.5

S'wich #6:**INGREDIENTS:**

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
3-oz sliced ham	20	.3	28	339
2-oz sliced Swiss cheese	15	1	15.2	202
2 slices bread	4.2	22.6	1.2	110
TOTAL	39.2	23.9	44.4	651

S'wich #7:**INGREDIENTS:**

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
3-oz sliced ham	20	.3	28	339
1 slice cheese	4.9	.5	6.4	78.5
3 slices bacon	6	.3	13.2	145.5
1 medium fried egg	6.1	.3	5.5	77
2 slices bread	4.2	22.6	1.2	110
TOTAL	35.0	22.6	16.0	379

S'wich #8:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
6 slices bologna	21	6	30	372
2 slices cheese	9.8	.1	12.8	157
2 slices bread	4.2	22.6	1.2	110
TOTAL	35.0	22.6	16.0	379

S'wich #9:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
4 slices bologna	14	4	20	248
2 slices cheese	9.8	.1	12.8	157
2 slices bacon	4	.2	8.8	97
1 medium fried egg	6.1	.3	5.5	77
2 slices bread	4.2	22.6	1.2	110
TOTAL	38.1	27.2	48.3	689

S'wich #10: (SUBMARINE DELUXE!)

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
Large bread roll (1/3-lb)	12.4	78.7	4.1	408
3 slices cheese	14.7	1.5	19.2	235.5
4 slices bologna =				
4 slices salami =				
2 thin slices ham =	38	8	46	646
TOTAL	65.1	88.2	69.3	1,289.5

S'wich #11:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
3-oz. pastrami (med. fat)	21.5	0	10	182
2 slices bread	4.2	22.6	1.2	110
TOTAL	25.7	22.6	11.2	292

S'wich #12:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
3-oz corned beef (lean)	22.5	0	7	159
2 slices bread	4.2	22.6	1.2	110
TOTAL	26.7	22.6	8.2	269

NOTE: #11 and #12 are very good with mustard, horseradish, dill pickle and Rye bread. Also, you may want to put 1 med. fried egg on these sandwiches, too.

S'wich #13:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
2 peanut butter	8.4	6.8	15.2	184
6 slices bacon	12	.6	26.4	291
2 slices bread	4.2	22.6	1.2	110
TOTAL	24.6	30.0	42.8	585

S'wich #14: (popular BLT: bacon, lettuce & tomato)

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
8 slices bacon	16	.8	35.2	388
2 slices bread	4.2	22.6	1.2	110
1 tblspn mayonnaise	.2	.4	10.1	92
1 large leaf romaine lettuce				

2 large slices tomato

TOTAL

20.4 23.8 46.5 590

GRILLED CHEESE VARIETIES:

S'wich #15:

Take 2 slices bread (your choice) and melt 1 tblspn butter in frying pan. Turn heat up and place bread slices and pan and move around a little 'til they are toasted as you want. Then place as many slices of cheese (your choice) between toasted sides. Now, toast each untoasted side until done with frying pan covered to melt cheese. You may want to add a little mayonnaise, mustard, dill pickle slices, bacon, etc. Figure nutritional analysis from back of this book.

S'wich #16:

Take 2 slices bread (your choice), or whole wheat bread roll sliced in half, and do this: (Bread) toast both sides medium well in pop-in toaster; (Roll) medium toast sliced side in over broiler. Now, butter one side generously and sprinkle ½ tblspn grated Parmesan cheese. Place in oven broiler until cheese and butter bubbles, then remove from oven and add 2 or 3 slices cheese to make a sandwich. Turn over off and place sandwiches back into warm broiler about 2 minutes to melt sliced cheese.

S'wich #17:

A quick, simple way to make grilled cheese sandwiches is to make your sandwich before you toast bread; then butter outside of sandwich and place in hot frying pan until it's browned to your liking. Cover pan and cheese will melt faster.

DEVILED MEAT/EGG SALAD SANDWICHES:

How to make:

Your choice: (Choose one)

INGREDIENTS:

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
6-1/2 oz can tuna (solids and liquids)	43.8	0	38.6	498.1
8-oz. chicken (mixed, cooked meat from whole chicken)	40.8	0	56.6	682
8-oz. turkey (mixed, cooked meat from whole turkey)	45	0	44	608
6 medium hard boiled eggs (crumbled fine)	36.6	1.8	33	462

To any of the above you choose, add the following:

1 tblspn each:

- Finely chopped bell pepper
- Fresh parsley, chopped
- Celery leaf; or 1/8 tsp celery seed
- Regular onion, chopped

plus ¼ cup shredded romaine lettuce and 1/8 Lawry's "Pinch of Herbs." If you wish, add ½ prepared mustard and 1/8 salt to these mixtures (except tuna; it's rich and salty to begin with). To determine analysis of each sandwich, evenly divide mixture in order to measure that fraction's value...plus that of 2 slices of bread.

The above is **Sandwiches #18, 19, 20 & 21.**

S'wich #22:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
6-oz canned corned beef hash	23.4	12.2	10.4	240
2 slices bread	4.2	22.6	1.2	110
TOTAL:	27.6	34.8	11.6	350

S'wich #23: ("Breakfast" sandwich!)

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
3-oz canned corned beef hash	11.7	6.1	5.2	120
3 slices bacon	6	.3	13.2	145.5
1 medium fried egg	6.1	.3	5.5	77
2 slices bread	4.2	22.6	1.2	110
TOTAL:	28.0	29.3	25.1	452.5

S'wich #24: (a "HOT DOG")

Many regular wieners, knockwurst, Polish and other sausages are excellent foods for the bodybuilder. Most of these (also most common lunch meats, such as bologna) are made from almost the whole animal...and provide a quality of protein combinations that are, I feel, far superior to just the muscle portions of meat (steaks, etc.) Many of these also have dry milk solids added to even further their protein potency! I know that the bodybuilding results are marvelous from eating these foods. This is not just my opinion based on my experiments and long experience, but a fact that is legend in countries where these foods were eaten in large quantities and the people were (still are) known for their exceptional strength, endurance and long life.

Make a "hot dog" by splitting 2 wieners, etc. in half and fry lightly; then place between whole wheat bread and season with mustard, relish and chopped onion; or with sauerkraut; or with chili; or...whatever you like.

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
2 wieners	14	2	20	248
2 slices bread	4.2	22.6	1.2	110
TOTAL:	18.2	24.6	21.2	358

S'wich #25: (Fishburgers)

Fish steaks or fillets are delicious...and full of protein! Here's some unique fishburgers for you to eat and enjoy getting your high-protein bodybuilder's nutrition.

First of all, here's the break-down on 4 popular types of fish:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
¼-lb haddock	21.2	4	5	169
¼-lb halibut	29.7	0	9	200
¼-lb cod	18.7	0	.5	84
¼-lb swordfish	30.5	0	8	220
(Your choice; add to total)				

I will use popular halibut for the following recipes:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
¼-lb halibut steak	29.4	0	9	200
2 slices cheese	9.8	.1	12.8	157
4 slices bacon	8	.4	17.6	194
2 slices bread	4.2	22.6	1.2	110
TOTAL:	51.7	23.1	40.6	661

Try seasoning sandwich with tarter sauce, mustard with horseradish and shredded romaine lettuce. You may use other fish if you wish, such as trout, perch, bluegill, catfish, sturgeon, etc.

S'wich #26:

How to make meat (2 ways)

- A) Quick method: Add 1-lb ground lean beef to 1 pkg. "taco mix": and follow package directions; then add 2 pkgs gelatin...or make from scratch for an extra taste and nutrition treat as shown below:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
B) 1-lb ground lean beef	123	0	59	1,057
2 pkgs gelatin	17.2	0	0	68
½ tblspn chili powder				
Dash garlic power; or 1 clove chopped fine				
1/8 tspn leaf oregano, crushed				
1/8 tspn whole cumin seed, crushed				
1 tspn onion powder				
1 tblspn bell pepper, finely chopped				
½ tspn paprika				
½ tspn salt				
1 beef bouillon; or 1 cube				
2/3 cup water				
TOTAL:	142	0	59	1,125

Simmer all ingredients (except ground meat) in sauce pan until bell pepper is tender (add little water if necessary). When this mixture is cooked, it should be slightly wet, but not runny. Remove from heat and cook ground meat. Just barely brown meat in ½ oil, thoroughly crumbling with fork. Salt and pepper lightly.

Now, mix the meat with the sauce and mix together well. Let set for about 30 minutes before serving, or refrigerate overnight for best taste.

To make your "Taco Burgers," use nutritious whole wheat, rye or pumpernickel buns.

ADDITIONAL SANDWICH HINTS:

- 1) Meat loaf and left-over roast meat are excellent sandwich ingredients...and can be nutritionally-designed for your needs by adding-up each ingredient's value (use "diet scale" to determine meat portions, etc.).
- 2) Do you like sardines, crab and lobster meat, salmon, mackerel, liverwurst, Spam, deviled ham, etc., etc.? These are all very good for you, and here's a few sandwiches made with these foods:

S'wich: 27

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
3-oz. canned sardines, drained	21.9	1	9.4	182
2 slices bread	4.2	22.6	1.2	110
TOTAL:	26.1	23.6	10.6	292

S'wich #28:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
3-oz. canned, crab, drained	14.4	1.1	2.5	89
2 slices bread	4.2	22.6	1.2	110
TOTAL:	18.6	23.7	3.7	199

S'wich #29:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
4-oz liverwurst	19	1.8	23.4	300
2 slices bread	4.2	22.6	1.2	110
TOTAL:	23.2	24.4	24.6	410

(This sandwich is good on rye bread with mustard, dill pickle slices and sliced onion)

S'wich #30:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
3-oz canned lobster	15.6	.3	1.1	78
2 slices bread	4.2	22.6	1.2	110
TOTAL:	19.8	22.9	2.3	188

(This sandwich is good between hot buttered toast.)

S'wich #31:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
3-oz Spam (canned pork luncheon meat)	12.6	1.4	6.9	246
2 slices bread	4.2	22.6	1.2	110
TOTAL:	16.8	24.0	8.1	356

S'wich #32:

3-oz canned mackerel, drained	17.2	0	9	160
2 slices bread	4.2	22.6	1.2	110
TOTAL:	21.4	22.6	10.2	270

(Mustard is good with mackerel.)

High-Protein Soups/Stews/Broths

1) Tomato/Beef/Herb Soup:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
¼-lb ground lean beef, cooked and crumbled	30.8	0	14.8	269
8-oz can tomato puree	2.3	9	.6	45
3 pkgs Knox gelatin	25.8	0	0	102
2 tspns beef bouillon powder, or 2 cubes				
1 bay leaf				
¼ tspn onion powder				
1 tspn Worcestershire sauce				

Dash black pepper
1 cup water

TOTAL:	58.9	9	15.4	416
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Simmer everything (except meat) in covered sauce pan for about 15 minutes, stirring often and adding a little water if needed; then add meat and remove from heat as you stir ingredients well. Serve now, or refrigerate first.

CONDENSED CANNED SOUPS...WITH ADDITIONS

Here are only a few of the commercial canned condensed soups you can use (Campbell's or equiv.). I'll give you the approximate analysis, then you can add these figures to the additives I suggest:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
A) Bean with bacon (1 can)	21.5	73.6	12.8	481
B) Beef vegetable (1 can)	15	27.8	8.4	248
C) Chicken (1 can; with rice or noodles)	15.3	32.4	10.9	291

Now, let's add the required 1-can of water to these soups (your choice), and the following:

2 pkgs Knox gelatin	17.2	0	0	68
then either beef or chicken...				
¼-lb ground or chopped and cooked beef	30.8	0	14.8	269
¼-lb chopped and cooked chicken	17.7	0	11	175

(You select the combination you want, then add-up the total. This will make quite a lot of soup, so about 1/3 of the total mixture would be 1 serving.)

Example:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 can beef vegetable soup	15	27.8	8.4	248
(1 can water added)				
2 pkgs Knox gelatin	17.2	0	0	68
¼-lb ground lean beef	30.8	0	14.8	269
TOTAL:	63.0	27.8	23.2	585
1 SERVING:	21	9.3	7.7	195

SOUP WITHOUT ADDITIVES: (1 Serving)	5	9.3	2.8	83
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As you can see, the nutrition is increased tremendously...!
This comprises soups #2, 3 and 4.

5) HEARTY HIGH-PROTEIN CREAM OF POTATOE SOUP:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
3 medium potatoes (with skin left on)	8.4	81.3	.3	354
3 pkgs gelatin	25.8	0	0	102
1 medium onion, sliced thin	1.6	11.2	0	50
2 tblspns butter	.2	.2	22.6	200
1.2 tblspn dried parsley				
1 tspn salt				
1/8 tspn coarse-ground black pepper				

1-qt. water

Boil all the above ingredients in covered pan (light boil) until the potatoes are tender; then add:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 cup whole milk	8.5	12	9.6	166
½ cup evaporated milk	8.8	12.5	10	173
Large dash garlic powder				
Salt to taste				
TOTAL:	53.3	117.2	42.4	1,045

After milk is added, stir constantly until soup almost comes to a boil; then remove from heat and refrigerate, or serve immediately. Actually, ½-lb ground lean beef can be added, too!

QUICK HIGH-PROTEIN BROTHS:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
6) 1 can beef consommé (with water)	6	0	1	26
3 pkgs Knox gelatin	25.8	0	0	102
TOTAL:	31.8	0	1	128
7) 1 can beef consommé (with water)	6	0	1	26
3 pkgs gelatin	25.8	0	0	102
½ cup tomato juice	1.2	5.2	.3	25
1 tspn Worcestershire sauce				
Dash black pepper				
TOTAL:	33.0	5.2	1.3	153
8) 1 can tomato soup (no water)	5.6	45.5	5.6	230
1 cup whole milk	8.5	12	9.5	166
3 pkgs Knox gelatin	25.8	0	0	102
½ cup tomato juice	1.2	5.2	.3	25
Dash onion and garlic Powder				
TOTAL:	41.1	62.7	15.4	523
9) 1 can green pea soup (no water)	16.2	63.6	5	357
1 cup whole milk	8.5	12	9.5	166
3 pkgs. Knox gelatin	25.8	0	0	102
¼ cup water				
Salt to taste				
TOTAL:	50.5	75.6	14.5	625
10) 1 can cream of: (your choice) - celery =				
- mushroom =	6.9	29.6	16.2	279
- asparagus = (no water)				
1 cup evaporated milk	17.6	24.9	19.9	346
2 pkgs Knox gelatin	17.2	0	0	68
1/3 cup water				
Dash salt and black Pepper				
TOTAL:	41.7	54.5	36.1	703
11) To all the above, add this for a heartier soup:				
¼-lb ground lean beef	30.8	0	14.8	269

**12) VERY HIGH-PROTEIN
CHINESE CHICKEN/VEGETABLE/
EGG-DROP SOUP!**

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 qt <u>real</u> chicken broth (homemade or canned)	8	0	10	36
1 6-oz can deboned chicken	50.6	0	13.6	338
4 pkgs Knox gelatin	38.4	0	0	138
4 medium raw eggs	24.4	1.2	22	308
2 tblspns diced celery with leaves				
2 tblspns cooked and sliced button mushrooms				
1 tblspn chopped onion				
4 canned water chestnuts, sliced thin.				
2 canned bamboo shoots, sliced thin				
1/8 tspn black pepper				
1/2 tblspn dry crumbled thin seaweed (from oriental market; many supermarkets have it, too)				
8 Japanese "snow peas" (in pods)				
Salt to taste				
TOTAL:	121.4	1.2	45.6	820

Boil all the raw vegetables in large saucepan until half cooked (in small amount of water; only small amount should remain), then add remaining ingredients (but not raw eggs) and slowly bring to a low boil. Beat eggs thoroughly in a bowl, adding little salt and pepper. Now, with a large soup spoon, spoon-in beaten eggs slowly as you constantly stir soup mixture. Soup should be at very low boil...eggs will cook almost immediately as they drop into soup. When last of eggs have been what is called "dropped" in, remove soup from heat and refrigerate before serving. Serve hot, and salt and pepper to taste...and add a few dashes of Chinese soya sauce for great taste! Also, you may want to add cooked rice and noodles...

**13) HIGH-PROTEIN
NEW ENGLAND CLAM CHOWDER:**

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
2 7-1/2 oz cans clams; or 1 pt. shucked clams	28	3.2	1.2	92
1/4-lb salt pork or bacon	28.5	1	62	690
2 medium potatoes (diced with skin)	5.6	54.2	.2	236
1/2 medium onion, chopped	.8	5.6	0	25
1 cup whole milk	8.5	12	9.5	166
1 cup evaporated milk	16.6	24.9	19.9	346
1 cup light cream	7	9.6	48	489
3 tblspns wheat germ (ground into flour in paste)	6.9	9.6	2.4	81
4 pkgs gelatin	34.4	0	0	135
1 tspn salt				
1/4 tspn black pepper				
1 tspn butter				
TOTAL:	136.3	120.1	163.2	2,261

If clams are fresh in shell, put in large pot and bring to boil, then lower heat and steam until shells open (5 to 10 minutes). Now, remove clams from shell, dice them and strain liquid; keep 1/2 cup. Crisply fry salt pork until crisp and put to the side. Add 1/2 claim liquid to pork grease with 1 1/2 cup water, potatoes, gelatin and onion. Boil (covered) until potatoes are tender (15 to 20 minutes).

Now, add clams, milk and cream, and stir-in flour and butter. Cook and stir until chowder is boiling. Add more salt to taste and add crisply-fried salt pork to top of bowl chowder is served in.

14) HIGH-PROTEIN

MANHATTAN CLAM CHOWDER:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
2 7-1/2 oz cans clams; or 1 pt shucked clams	28	3.2	1.2	92
5 slices bacon, chopped very fine	10	.5	22	242.5
1/2 cup sliced celery (very thin and with leaves)	.7	1.8	.1	9
1 medium onion, chopped	1.5	11.3	0	49
4 pkgs Knox gelatin	34.4	0	0	135
2 cups canned tomatoes (cut up, solids and liquids)	4.8	18.8	1	92
1 medium carrot, shredded	.6	4.6	.2	21
2 tblspns wheat germ (ground into flour in paste)	4.6	6.4	1.6	54
1/2 tblspn salt				
1/8 tspn black pepper				
1/8 tspn thyme powder				
TOTAL:	84.6	46.6	26.1	695.5

Cook clams in shell same as in #13. Dice clams finely and strain liquid and keep 1/2 cup. Partially cook bacon in frying pan; then add celery and onion to bacon and cook until tender. Now, add 3 cups water, clam liquid, tomatoes, potatoes, carrots, salt, thyme and pepper and simmer 35 minutes (covered). Blend four in 2 tblspns water and stir into chowder; cook and stir until boiling. Now, add clams and boil about 1 minute longer. Serve now, or refrigerate.

15) HARDY HIGH-PROTEIN

OYSTER CHOWDER:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
2 cups oysters, raw or frozen & thawed	47	26.8	10	400
2 cups whole milk	17	24	19	332
1 cup evaporated milk	16.6	24.9	19.9	346
1/3 cup butter	.4	.3	61	535
2 tblspns wheat germ (ground into flour in Paste)	4.6	6.4	1.6	54
4 pkgs gelatin	34.4	0	0	138
1 medium carrot, chopped	.6	4.6	.2	21
1/2 stalk celery with leaves finely chopped				
1 tspn Worcestershire sauce				
1 tspn salt				
1/8 tspn coarse ground black pepper				
3 to 5 drops Tabasco sauce				
TOTAL:	120.0	87.0	111.7	1,826

Place carrots and celery in saucepan with about half the butter and cook until tender. Now, bend wheat germ, flour, Worcestershire sauce, salt, black pepper, hot sauce and 2 water until smooth in a separate container, and add to vegetables. At this point, add oysters and their liquid and return to boiling; simmer slowly about 3 to 4 minutes, stirring easily. Now, add milk (that has been heated) and remove from heat. Cover and let set about 15 minutes. To serve, place equal amounts of remaining butter into each bowl (this is about 3 large servings), ladle-in chowder, then top with dashes of paprika.

16) HIGH-PROTEIN ITALIAN FISH STEW (Cioppino):

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1-lb fresh or frozen haddock or halibut fillets (your choice)				
Halibut	118.9	0	35.4	827
Haddock	84.9	31.8	25	676
(Choose one, then add to total)				
8-oz. fresh or frozen shelled shrimp	15	.3	.6	70
7-1/2 oz. can minced clams (drained) or 12 clams in shell	24	6.2	3	155
1/2-lb lobster meat (raw)	13.2	.4	1.5	72
1/2 cup tomato puree	2.3	8.9	.6	45
2 tblspns olive or salad oil	0	0	28	248
1 1/2 cups canned tomatoes, solids & liquid, cut up into small pieces	3.6	4.7	.3	69
3 pkgs Knox gelatin	25.8	0	0	102
1 cup dry red wine (alcohol will cook-off)	0	3	0	45
1/2 small bell pepper, sliced very thin				
1/2 medium onion, sliced very thin				
1/8 tspn garlic powder, or 2 cloves, sliced very thin				
1/4 tspn basil leaves, crushed				
1 tspn dried parsley flakes				
1/2 tspn salt				
1/8 tspn black pepper				
1/4 tspn leaf oregano, crushed				
1 2-oz jar (or can) sliced pimentos, drained and cut into small pieces				
1/8 tspn Shilling's Italian seasoning (herbs), crushed				
3/4 cup water				
TOTAL:	83.9	23.5	34.0	806

NOTE: Be sure to add the halibut or haddock to your total at this point!

Thaw any frozen seafood. Cook raw vegetables in oil in fry pan, covered, until tender. Now, add tomato sauce, tomatoes, parsley, water and herbs and spices. Bring to boil, cover, then lower heat and simmer 20 minutes. Soften gelatin in wine and add to mixture and simmer another 10 minutes, covered.

In the meantime, wash the fresh clams in shells (if you are not using canned clams), cut lobster into large bite-size pieces, cut fillets into large pieces (1-in. cubes) and remove bone, if necessary.

Now, add lobster to broth and simmer, covered, 5 minutes. Add fish and shrimp and simmer another 5 minutes. Add clams in shells, or canned clams, then simmer until clam shells open (about 5 minutes), or until canned clams are heated through. Discard any clams in shells that didn't open while cooking. Makes about 4 large servings, or 6 average servings.

17) HIGH-PROTEIN SHRIMP/CRAB GUMBO:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
6-oz. canned crab meat, or fresh cooked and drained	28.8	2.2	5	178

6-oz. canned shrimp, drained	45.6	0	2.4	216
1 ½ tblspn butter	.2	.2	16.8	150
1 6-oz. can tomato puree	3.4	13	.9	22.5
2 pkgs Knox gelatin	17.2	0	0	68
½ medium onion				
¼ tspn raw or brown sugar				
1 cup chicken broth				
1/8 tspn coarse ground black pepper				
1 whole okra, cooked and sliced thin				
1 bay leaf				
1 cup canned tomatoes, solids and liquids, cut-up	2.4	9.4	.5	46
2 cups hot cooked rice (Brown or converted)	9.2	92	1.2	420
TOTAL:	106.8	116.8	26.8	1,100.5

In large saucepan, cook onion in butter until tender, then add tomato puree, tomatoes, chicken broth, sugar, black pepper and bay leaf and bring to boiling; and then reduce heat and simmer, uncovered, about 39 minutes. Remove bay leaf, then add okra, crab and shrimp and heat through as you add gelatin that has been softened in ¼ cup cool water. Serve this high-protein dish over hot rice in soup bowls. Makes about 4 large servings.

18) TEXAS CHILI RECIPES:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
<u>Quickie recipe:</u>				
2 cups canned chili con carne (without beans)	52	30	76	1,020
or...				
2 cups canned chili con carne (with beans)	38	60	30	650
(Your choice; add to total)				
¼-lb ground lean beef	30.8	0	14.8	269
2 pkgs Knox gelatin	17.2	0	0	68
1 tspn chili powder				
1 tblspn finely chopped bell pepper				
1 tblspn finely chopped onion				
Dash garlic power				
1/8 tspn salt				
Dash black pepper				
¼ cup water				
TOTAL:	48.0	0	14.8	337
(Add above canned chili here.)				

Simmer vegetables and spices in ½ cup water until tender. Cook ground beef in skillet until browned, crumbling with fork. Now, mix everything together and bring to a boil, then reduce heat and simmer about 5 minutes and serve...or refrigerate.

19) QUICK HOMEMADE CHILI CON CARNE:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1-lb ground lean beef	123	0	59	1,057
1 medium onion, chopped	1.5	11.3	.2	49
1 medium bell pepper, chopped	.8	3.6	.1	16
1 cup canned tomatoes, cut-up	2.4	9.4	.5	46
1 6-oz. can tomato puree	3.4	13	.9	22.5
1 cup red kidney beans, cooked	14.6	42	1	230
4 pkgs gelatin	38.4	0	0	138
2 tspns chili powder				

1 bay leaf
10 cumin seeds, crushed

TOTAL: **184.1 79.3 61.7 1,558.5**

Cook ground beef, onions and bell pepper in skillet until meat is browned and vegetables are tender. In saucepan, add remaining ingredients to ½ cup water, and simmer for about 10 minutes. Now, mix everything together and simmer about 5 minutes. Remove bay leaf and serve...or refrigerate.

20) CHILI CON CARNE SUPREME:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 ½ lb. ground lean beef	184.3	0	88.5	1,285.5
4 pkgs gelatin	38.4	0	0	138
½ medium onion, chopped	.8	5.6	0	25
1 medium bell pepper, chopped	.8	4	0	17
½ cup canned tomatoes, drained and cut-up	1.2	4.5	.3	20
1 6 oz. Can tomato puree	3.4	13	.9	22.5
1 cup pinto beans, cooked	15	40	1	225
1 cup water				
2 tbsns chili powder				
1 tspn beef bouillon, or 1 cube				
1/8 tspn garlic power, or 1 large clove, sliced				
1/8 tspn black pepper				
1 tspn paprika				
1/8 tspn leaf oregano, crushed				
1/8 tspn cumin seed, crushed				
1 small bay leaf				
1 cup water				
TOTAL:	243.9	67.1	90.7	1,733.0

NOTE: Add hot chili sauce if you like it hot; such as Tabasco sauce, jalapena sauce or peppers, dried and crushed hot red chili peppers, cayenne pepper powder, hot taco sauce, etc.

In large saucepan, add everything (except ground meat and cooked beans), then slowly simmer, covered, until vegetables are tender (about 20 minutes). Now, add meat and beans (after browning meat in skillet and crumbling with fork) and bring to boil, then remove from heat. Test for salt, pepper and chili powder taste and add now if needed; then stir-in well and allow flavors to "marry" as the mixture cools. Refrigerate until gelatin sets, or overnight, then heat and serve.

21) QUICK, SIMPLE HIGH-PROTEIN STEW:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 lb. lean beef (NOTE: Use ground lean beef, round steak cut into 1" cubes and browned well in skillet; or use Meatball recipe in "Hors d'oeuvres" chapter which has slightly different analysis)	123	0	50	1,057
1 medium potato, cubed	2.8	27.1	.1	118
1 large carrot, ½" slices	1	5	.2	25
½ medium onion, chopped	.8	5.6	0	25
½ stalk celery, including leaves, sliced fine	.3	.7	0	3.5
4 pkgs Knox gelatin	34.4	0	0	138
2 tspns beef bouillon powder, or 2 cubes				

1/8 tspn garlic powder
 1/2 tspn dried parsley flakes
 1 large, or 2 small, canned
 tomatoes, cut-up
 1 tblspn diced, raw bell
 pepper, or 1/2 tblspn
 dried bell pepper
 1 tspn salt
 1/2 tspn Lawry's "Pinch of Herbs"
 1 pt. water

TOTAL: 162.3 38.4 59.3 1,366.5

In large saucepan, add everything (except meat) and bring to boil, then reduce heat and simmer until potatoes and carrots are tender. Brown meat in skillet, then add to stew mixture and simmer bout 2 minutes. Serve, or refrigerate.

HINT: You may use measured portions of left-over roast beef, canned roast beef, etc., to make stew. Just add values to that of other ingredients. Lamb, pork and ham, venison, rabbit, squirrel, etc. may be used, too. Just don't use beef bouillon for flavor; use onion or herb bouillon cubes instead.

22) HIGH-PROTEIN CHICKEN STEW:

Same as Beef Stew (#21),
 But add 1 1/2 lbs. chicken
 As noted here:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
Broiler, all parts meat	133.2	0	47.4	996
Roaster, all parts meat	137.4	0	85.8	1,362
Stewing hens, all parts				
Meat	122.4	0	169.8	2,032
Fryers; cut-up pieces:				
Breast, meat only	141	0	3	630
Leg, meat only	116.4	0	15.2	636

(Your choice; add to total of recipe)

Also, use chicken bouillon instead of beef bouillon; but otherwise cook exactly as in #21.

High-Protein Gravies/Sauces

1) PACKAGE GRAVIES:

Most package gravy mixes instruct you to add 1 cup water (sometimes milk), so to these gravy mixes, add 1 or 2 pkgs gelatin, and use canned evaporated milk instead of water or whole milk. Also, to add zestier flavor to most of these mixes, use a dash of black pepper, Lawry's "Pinch of Herbs," onion and garlic powders, etc. Analysis of these ingredients can be found in back of this book.

2) To the above, you can also add ground lean beef (finely crumbled), breakfast sausage (crumbled, or sliced very thin), finely chopped chicken, tender liver (chopped very fine), etc., to add thickness and body...and added protein and flavor to gravies.

3) SIMPLE HIGH-PROTEIN HOMEMADE PAN GRAVY:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1/2 cup evaporated milk	8.8	12.5	10	173
1/2 cup whole milk	4.3	6	4.8	83
2 pkgs Knox gelatin	17.2	0	0	68
1 tblspn butter	0	0	11	100
2 tblspns regular flour	1.5	10.5	0	50
1 tblspn wheat germ, ground				
into flour in paste	2.3	3.2	.8	27
1 tspn beef or chicken				

bouillon, or 1 cube
of either

Salt and pepper to taste

TOTAL: **34.1 32.2 26.6 501**

Pour cold, or room temperature, milk (not hot) into small saucepan; then add all other ingredients and blend well (butter won't blend until heated). Now, over medium heat, constantly stir mixture until it boils vigorously and is fairly thick; serve.

If you want, add a little of the aforementioned meats, etc., or a few dashes Worcestershire sauce, Tabasco sauce, 1 or 2 drops liquid smoke, finely chopped raw green onions, ½ tblspn finely chopped raw parsley, ½ steak sauce (A-1 or equiv.), crisp crumbled bacon, etc., etc....

4) BUTTER/VEGETABLE SAUCE FOR BAKED POTATOES:

(This is a terrific "salad" & sauce combined!)

Not high-protein...but delicious on potatoes, and it's your salad, too...If you want to make it high-protein, simply add ¼ cup crisp, crumbled country sausage, or finely diced cooked chicken, 6 to 8 slices crisp bacon that is crumbled very fine, etc.

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
½ cup butter (1 stick)	.7	.4	90.7	802
1 tblspn chopped bell pepper				
1 tblspn chopped celery leaf				
½ tblspn chopped green onion				
1 tblspn chopped fresh parsley				
¼ tspn onion powder				
Dash garlic powder				
¼ tspn Lawry's "Pinch of Herbs."				
Dash black pepper				
(TOTAL ABOVE)				

Simmer entire mixture over low heat for about 5 to 8 minutes, then serve over hot baked potatoes that have been cut in half and tumbles very loose with fork.

HIGH-PROTEIN SPAGHETTI SAUCES:

5) Quick, simple sauce:

NOTE: First of all, let me say that I will use regular commercial spaghetti (enriched) in the pasta analysis here...since there are so many other special high-protein, whole wheat, buck wheat, soya spaghettis available all over the country I just can't list them. Try to use the others, gotten from large supermarkets or health food stores. If you can't find them, don't worry a lot; it's not a matter of life or death.

The recipe:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 pkg. spaghetti sauce mix (See package for nutritional analysis)				
2-lbs. ground lean beef	246	0	118	2,114
3 pkgs gelatin	25.8	0		102
3 6-oz. cans tomato puree	10	35.5	2.7	170
1/8 tspn crushed Schilling Italian seasoning herbs.				
1/8 tspn leaf oregano, crushed				
½ tspn onion powder				
1/8 tspn garlic powder				
1/8 tspn black pepper				
TOTAL:	281.135.5	120.7	2,386	

Add package spaghetti sauce mix to water, as per instructions, then ignore further instructions and add all other ingredients (except ground meat) and simmer about 15 minutes. Try to refrigerate before serving. Add about 1 tblspn grated Parmesan cheese per serving...which is this per 1 tblspn:

2.6 .2 3.7 56

6) **DELUXE SPAGHETTI SAUCE RECIPE!**

NOTE: This recipe might be a little too complicated for you to want to fool with...but the taste and nutrition is terrific! Remember – you can make twice the amount in the same time (just double the ingredients), then freeze it for future use. Be sure to package in plastic (not glass) in 1-serving quantities; not bulk.

The recipe:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
2 lbs ground lean beef	246	0	118	2,114
2 cups tomato puree	9	35.8	2.4	180
1 medium onion, chopped	1.5	11.3	.2	49
1 medium bell pepper, chopped	.8	3.6	.1	16
3 small stalks celery, with leaves and chopped	.6	1.8	.1	9
6 pkgs gelatin	51.6	0	0	204
2 cups canned tomatoes drained and chopped	5.2	20	1.2	98
1 2 ½ oz can or jar cooked button mushrooms, drained	.8	2	.1	7
¼ tspn cumin seed, crushed				
¼ tspn leaf oregano, crushed				
½ tspn Schilling's Italian seasoning, crushed				
¼ tspn black pepper				
½ tblspn dried parsley flakes				
¼ tspn garlic powder, or 3 large cloves, sliced				
1 or 2 large bay leaves				
1 tspn salt				
1 tspn paprika				
2 beef bouillon cubes, or 1 tspn powder				
½ tspn Worcestershire sauce				
3 heavy dashes thyme				
TOTAL:	315.5	74.5	122.1	2,677

In large saucepan, add 1 ½ cups water and all the other ingredients except the ground meat. Bring water to boiling, then reduce heat and simmer slowly for about 30 minutes, covered. Stir occasionally, and add water if necessary, but not too much; sauce should become thick. Remove from heat and cook meat.

Brown ground beef in skillet, crumbling well with fork; then add to sauce and mix everything well. At this point, taste to see if you need any more salt and pepper. I suggest that you refrigerate before serving but you don't have to. You'll see that it doesn't take many hours to make spaghetti sauce... and you won't destroy the good natural nutrition and the taste of the good vegetables, etc.

High-Protein Candy Bars

These very High-Protein candy bars are so full of protein...and other nutritious ingredients that you could almost exist in the peak of health by eating only the 6 candy-bar recipes I'll give you now! Many people in this world live quite well on a diet that is far less nutritious...But, for the bodybuilder who wants to make fast, tasting gains in strength, muscle size and energy, these High-Protein Candy Bars are fantastic!

To accurately determine the nutritional analysis of each bar, simply divide the number of "bars" you cut from the whole mixture – I will give you an example with recipe #1.

C'bar #1

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
2 cups natural peanut butter	134.6	108.4	246.6	2,972
½ cup nonfat dry milk	21.3	32.2	1.4	217
4 brown sugar	0	52.4	0	204
2 honey	0	16.7	0	62
TOTAL:	155.9	209.7	248.0	3,455

Mix ingredients in large mixing bowl (if mixture is too dry, add a little whole milk; if too moist, add a little nonfat dry milk – be sure to measure these other ingredient sand see back of book for nutritional breakdown so you can add this to total). Mix with your hands, thoroughly mixing everything. Now, very lightly butter cookie sheet, large, flat pan, or sheet of wax paper and spread mixture out on it about ½" to 1" in thickness, and in the shape of a square; then refrigerate until it "hardens." Remove from refrigerator and cut into equal pieces. Now, roll boars in sesame seeds that are spread-out on wax paper, etc. Each bar will take about 1 tblspn sesame seeds:

1 tblspn sesame seeds	.6	.8	1.5	18
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Let's say that you made 12 equal-sized candy bars from this recipe, each bar would have this nutritional analysis (including the sesame seed):

1 candy bar	13+	17.6	20.8	289+
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That's a whopping handful of protein and other nutrition! And, it's so inexpensive, too...!

Keep these bars refrigerated...and eat one whenever you need protein POWER Plus! Terrific as one of those between-meal snacks that constitute on e of the t-meal-a-day plans (See "2-Week Menu Suggestions" chapter.)

C'bar #2:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
2 cups natural peanut butter	134.6	108.4	246.6	2,972
½ cup whole, or halves, Peanuts	16.3	17	32	403
¼ cup evaporated milk	4.4	6.3	5	86.5
¾ cup nonfat dry milk	32	40.3	.9	325.5
1 tblspn honey	0	16.7	0	62
2 brown sugar	0	26.2	0	102
TOTAL:	153.6	187.8	222.8	3,208

Mix, cut and roll in sesame seeds (or shredded coconut) as in Recipe #1. 1 tblspn shredded coconut has:

1 tblspn shredded coconut	0	2	1.5	21.5
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C'bar #3:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 cup natural peanut butter	67.3	54.2	123.3	1,486
¼ cup finely chopped almonds	6.8	7.5	20	216
1 cup nonfat dry milk	42.7	64.4	1.2	434
1 tblspn malted milk powder	2.1	10	1.2	58
2 tblspns brown sugar	0	26.2	0	102
1 tblspn honey	0	16.7	0	62

1/8 tspn vanilla flavoring

TOTAL: **123.3 195.4 150.7 2,434.5**

Follow same directions as #1 (in fact, all the candy bar recipes are to be made in the same manner); then cover with finely chopped almonds, if you wish. Allow 1 tblspn, approximately, of finely chopped almonds to cover each bar:

1 tblspn chopped almonds 1.8 2 6 55

C'bar #4:

INGREDIENTS:

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
4 cups nonfat dry milk	170.8	257.6	4.8	1,736
½ cup malt powder	16.4	80	9.6	460
½ cup evaporated milk	8.8	12.5	10	173
½ cup wheat germ	17.8	25.4	6.2	212
½ cup chopped walnuts	8	8	33	330
3 tblspns brown sugar	0	39.3	0	153
1 tblspn honey	0	16.7	0	62
1/8 tspn maple flavoring				
TOTAL:	221.8	439.5	63.6	3,126

Okay, for this High-Protein Candy Bar recipe, let's coat each bar with wheat germ:

1 tblspn what germ 2.3 3.2 .8 27

C'bar #5:

INGREDIENTS:

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1/2 cup natural peanut butter	33.6	27.1	61.6	743
2 cups nonfat dry milk	85.4	128.8	2.4	868
3 tblspns malted milk powder	6.3	30	3.6	174
1/3 cup raisins	1.3	38	.3	143
¼ cup evaporated milk	4.4	6.3	5	86.5
2 tblspns honey	0	16.7	0	62
2 tblspns brown sugar	0	26.2	0	102
¼ cup sunflower seeds	6	5	13	140
1/8 tspn vanilla flavoring				
TOTAL:	137.0	278.185.9	2,318.5	

Now, chop up some sunflower seeds fairly fine and coat each bar:

1 tblspn chopped sunflower seeds 1.5 1.3 32 31

C'bar #6:

INGREDIENTS:

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 ½ cups malted milk powder	49.2	240	28.8	1,380
2 cups nonfat dry milk	85.4	128.8	2.4	868
2 tblspns brown sugar	0	26.2	0	102
1 cup wheat germ	35.6	50.8	12.4	424
½ cup evaporated milk	8.8	12.5	10	173
¼ cup dried apples, finely chopped	.4	21	.3	79
4 tblspns currents (tiny rich raisins)	.3	4	0	15
3 dried apricot halves, finely chopped	.5	6	9	24
1 tblspn honey	0	16.7	0	62
4 drops vanilla flavoring				
2 large dashes allspice				

Dash clove powder
1/8 tspn liquid orange flavor
(optional)

TOTAL: **180.2 506.0 53.9 3,127**

Cover the individual pieces of this candy bar with whatever you wish: sesame seeds, wheat germ, chopped nuts, etc.; even experiment changing my recipes for this coating. Also...you may alter all my recipes to suit your taste – and know exactly what you are getting in the form of protein, carbohydrates, fats and calories! Be sure to experiment. Be creative!

There are only 6 High-Protein Candy Bar recipes here, but you can literally make hundreds of different recipes from these!

High-Protein Cereals

To the common cereals listed below, add the following ingredients:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 ½ tblspn brown sugar	0	6.5	0	25.5
2 tblspns wheat germ	4.6	6.4	1.6	54
2 tblspns notfat dry milk	5.4	7.8	.2	56
1 cup whole milk	8.5	32.7	11.3	301.5

1) ½ cup cooked rolled oats (like Quaker)	5.7	27.3	3	156
	18.5	33.7	11.3	301.5
TOTAL:	24.2	61.0	14.3	457.5

2) 3 large shredded wheat biscuits	7.8	68.1	2.1	306
	18.5	33.7	11.3	301.5
TOTAL:	26.3	101.8	13.4	607.5

3) 1 cup All Bran	7.2	44.5	2	145
	18.5	33.7	11.3	301.5
TOTAL:	25.7	78.2	13.3	446.5

4) 1 cup bran flakes	4.3	31.5	.8	117
	18.5	33.7	11.3	301.5
TOTAL:	22.8	65.2	12.1	418.5

5) 1 cup wheat flakes	5.2	40	.9	177
	18.5	33.7	11.3	301.5
TOTAL:	23.7	73.7	12.2	478.5

There are many other good, whole grain boxed and sacked cereals on the market for you to choose from, such as Total, Granolas, 7-Grain Cereal, etc. Read label for nutritional analysis.

High-Protein Breads/Cakes

1) HIGH-PROTEIN CORN BREAD:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 15-oz package corn bread mix (this is loose average; it will vary considerably)	12	88	5.5	425

Now, forget package directions for adding extra ingredients and add these:

3 medium raw eggs	18.3	.9	16.5	231
½ cup wheat germ	17.8	25.2	6.2	212
1/3 cup nonfat dry milk	14.2	21.5	.4	145

2 tblspns sesame seeds	3	3	6	70
1 ¼ cups whole milk	12.8	18	14.3	249
6 slices crisp bacon (optional)	12	.6	26.4	291
Few large dashes salt (optional)				
2 large dashes black pepper				
TOTAL:	90.1	69.2	69.8	1,198

Crumble bacon finely, then mix all this together as per package directions. Also, bake as per package instructions. This is one of my most popular recipes for hard working bodybuilders!

2) HIGH-PROTEIN

PANCAKES: INGREDIENTS:

P Ch F Ca

For 6 to 8 extremely high Protein pancakes, add this To the following pancake Mixes:

2 medium raw eggs	12.2	.6	11	154
2 tblspns wheat germ	4.6	6.4	1.6	54
2 tblspns nonfat dry milk	5.4	7.8	.2	56
½ cup whole milk	4.3	6	4.8	83
½ tblspn liquid shortening	0	0	7	62
TOTAL:	26.5	20.8	24.6	409

A) 6 to 8 buckwheat pancakes from mix (1/2 cup)	7.1	47.4	1.3	216
TOTAL:	26.5	20.8	24.6	409
	33.6	68.2	25.9	563

B) 6 to 8 regular flour Pancakes from mix (1/2 cup)	6.4	49.3	.9	235
TOTAL:	26.5	20.8	24.6	409
	32.9	70.1	25.5	582

DELICIOUS **HIGH-PROTEIN SYRUPS:**

A) All-Purpose:

INGREDIENTS:

P Ch F Ca

1 cup brown sugar	0	210.1	0	812
2 pkgs gelatin	17.2	0	0	68
¼ cup butter (4 tblspns or ½ stick)	.4	.4	45.2	401
2 tblspns honey	0	33.4	0	124
1/8 tspn vanilla or maple flavoring				
½ cup water (or a little less if you want syrup thicker).				
TOTAL:	17.6	243.9	45.2	1,405

Add all ingredients together in saucepan, then heat and stir regularly until syrup comes to light boil. Remove from heat and serve. Keep refrigerated for future use.

B) HIGH-PROTEIN **MOLASSES/BUTTER SUPREME!**

INGREDIENTS:

P Ch F Ca

½ cup blackstrap molasses	0	90.2	0	349
½ cup brown sugar	0	105	0	406.5
½ cup butter or margarine	.7	.4	90.7	802

2 tblspns honey	0	33.4	9	124
3 pkgs gelatin	25.8	0	0	124
3 drops maple flavoring				
Dash salt				
TOTAL:	26.5	229.0	90.7	1,783.5

Same directions as "A."

3) **BREAD-MAKING HINTS:**

If you bake your own breads (it's sure getting popular again...and it's easy!), add extra egg, dry milk, wheat germ, nutmeats and double the yeast content. You can more than double the protein content of your breads. Package bread mixes (I suggest only the whole grain mixes unless you add considerable wheat germ to it) and bread cookbooks will give you all the instructions.

4) **HIGH-PROTEIN CAKE & COOKIE RECIPES:**

To any grocery store cake or cooking mix, add ¼ cup wheat germ, an extra egg or two, evaporated milk, etc., for much better nutrition...and more protein. Whenever a mix has sugar in it, usually it is white refined sugar which is devoid of all the nutrients found in the natural sugar cane (or sugar beet) squeezings. Raw sugar is just about perfect, but to make white sugar complete -- or better than complete -- add brown sugar to mix (it has lots of molasses added to it; the stuff taken away from natural sugar to make it white), or add 1 or 2 tsps blackstrap molasses...it's very nutritious!

I can't begin to analyze the cake mixes you'll buy since I don't know which ones you'll choose; there's hundreds of them.

5) **HIGH-PROTEIN OATMEAL COOKIES:**

INGREDIENTS:	P	Ch	F	Ca
1 cup brown sugar, firmly packed	0	210	0	812
3 medium raw eggs	18.3	.9	16.5	231
4 tblspns honey	0	66.8	0	188
1/3 cup butter or margarine 1 ½ sticks	.9	.9	135	1,200
¾ cup all-purpose flour	9	72	.2	300
¼ cup wheat germ	8.9	12.6	3.1	106
¼ cup nonfat dry milk	10.7	16.1	.3	108.5
3 cups uncooked rolled oats	34.2	163.8	17.7	936
2 tblspns currents	.2	2	0	7.5
1 tblspn peanut butter	4.2	3.4	7.6	92
1 tspn vanilla flavoring				
1 tspn salt				
1/8 tspn black pepper				
1/s tspn soda				
TOTAL:	89.2	552.5	183.6	4,036.3

Beat butter, sugar, honey, eggs, liquid and dry milk and vanilla together until smooth (add a little milk if necessary). Sift together the flour, salt and soda; then add to creamy mixture and blend well. Now, add what germ, oats, currents, peanut butter, etc. and stir-in well.

To cook, drop mixture onto greased cookie sheet with heaping-full soup spoon. Bake in preheated oven at 350°F for about 13 to 16 minutes. Count cookies made, then divide that number from receipt total for average analysis of each cookie.

6) HIGH-PROTEIN

CAROB (OR CHOCOLATE) COOKIES:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1/2 cup butter or margarine (1 stick)	.7	.4	90.7	802
2/3 cup brown sugar	0	140.6	0	542
1 tblspn blackstrap molasses	0	11	0	43
2 tblspns honey	0	33.4	0	124
2 medium raw eggs	12.2	.6	11	154
3/4 cup whole wheat flour (or reg. Flour since wheat germ is added)	12	63.9	.6	300
1/2 cup wheat germ	17.8	25.4	6.2	212
1/2 cup chopped nuts	6.8	17	31.8	403
3 tblspns peanut butter	12.6	10.2	22.8	476
1/4 cup hulled sunflower seeds	6	9.5	5	190
3 tblspns carob or chocolate powder, unsweetened				
1/2 tspn baking powder				
1/4 tspn soda				
1/4 tspn salt				
3 large dashes black pepper				
1 1/2 tspns vanilla flavoring				
TOTAL:	68.9	340.4	168.1	3,150

Put everything in large, deep bowl, then mix vigorously and thoroughly with your hands...squeezing everything through your fingers. Drop onto greased cookie sheet with soup spoon. Bake in oven preheated to 400°F for 8 to 10 minutes

7) HIGH-PROTEIN

FRENCH TOAST:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
4 slices wheat bread	8.4	45.2	2.4	220
3 medium raw eggs	18.3	.9	16.5	231
2 tblspns nonfat dry milk	5.7	7.8	.2	56
1 tspn brown sugar	0	4.3	0	17
3 drops vanilla flavoring				
2 large dashes nutmeg				
Dash salt				
Small dash black pepper				
TOTAL:	35.2	62.2	22.3	579.3

Lightly toast bread in toaster while mixing other ingredients together thoroughly in bowl with fork (like beating eggs for omelet). Heat and grease frying pan fairly hot (as with pancakes); then dip toast into egg and milk mixture, letting it soak-up mixture...and then fry until it pan-toasts to your liking. This is delicious with syrup, and eaten with sausage, ham, eggs, burger patty, etc...

High-Protein Desserts

Most desserts are not high in protein...and even though we are used to these sweet treats, we avoid them due to their normal high-carbohydrate content (especially refined white sugar) and don't eat them. This doesn't have to be; here's ten (10) excellent high-protein examples:

1) HIGH-PROTEIN

APPLESAUCE:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1/2 cup applesider, or apple juice	.1	17.2	0	62

1 cup unsweetened applesauce	.5	26.2	.5	100
4 pkgs Knox gelatin	38.4	0	0	138
1 heaping tblspn raisins	.3	115	1	30
1 heaping tblspn peanut halves	3	2.5	4.5	60
4 large dashes allspice or cinnamon powder				
¼ tspn lemon juice				
¼ tspn brown sugar (optional)				
TOTAL:	42.3	160.9	6.0	390

Soften gelatin in apple cider, or juice (sometimes the gelatin won't soften as readily as in water, so let set overnight in refrigerator), then mix all ingredients together and let set about ½ hour to one hour so all flavors "marry."

2) HIGH-PROTEIN

MINCE MEAT:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 cup canned ready-to-eat mince meat	6	100	15	650
	(This is a very rough average; brands vary a lot.)			
½ lb lean roast beef (cooked without any seasoning)	61.3	0	29.5	528.5
2 pkgs Knox gelatin	17.2	0	0	68
1 tblspn finely chopped nutmeats	2.4	2.1	4	50
½ tblspn brown sugar	0	6.6	0	26
1 tblspn orange juice				
½ tsp lemon juice				
Dash black pepper				
TOTAL:	86.9	108.7	48.5	322.5

Soften gelatin in orange and lemon juice, and add about 1 tspn water or so to completely soften it. Now, thoroughly mix everything together and simmer in saucepan. Remove from heat and refrigerate before serving. Heat well before serving; or at least warm enough that gelatin softens (it will be thick – maybe you'll like it this way, too). Serve with High-Protein Refrigerator Ice Cream (recipes later in this chapter); or make pies, turnovers, etc.

COLD GELATIN DESSERTS:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
3) 1 cup evaporated milk	16.6	24.9	19.9	345
1 pkg gelatin	8.6	0	0	34
1 tblspn brown sugar	0	13.1	0	51
½ cup commercial ice cream (your choice for flavor)	2.8	14.6	9	147
4 drops vanilla flavoring				
TOTAL:	28.0	52.6	28.9	578

Soften gelatin in cool milk, then add everything (except ice cream) and heat to a light boil. Now, remove from heat and let set in refrigerator until cool and slightly thick. Then, add ice cream and mix slightly with a swirling motion; let set a little longer and swirl it gently again. Ice cream will be a little runny, and it should be "marbled" in mixture. Do this in individual-serving dishes from beginning if you want to be fancy; then sprinkle with chopped nutmeats, seeds, wheat germ, etc.

4) 1 pt. orange juice	4	54.2	1	216
1 ½ pkgs gelatin	12.9	0	0	51
2/3 cup grated carrot	.9	6.8	.2	30
½ tspn brown sugar	0	2.2	0	8.3

¼ cup whole peanuts	9.7	8.5	16	201
2 tbsps raisins	.4	14.2	0	52
½ tspn lemon juice				
TOTAL:	27.9	85.9	17.2	558.3

Soften gelatin in orange juice (about ½ cup), then bring to light boil, stirring often. Immediately mix all the other ingredients together in hot gelatin and refrigerate until mixture is slightly thick; then stir again to evenly distribute all ingredients. Let set completely and serve.

HIGH-PROTEIN FREEZER ICE CREAMS:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
5) 1 cup evaporated milk	16.6	24.9	19.9	356
1 cup peanut butter	67.3	54.2	123.3	1,486
1 tbsps brown sugar	0	26.2	0	102
1 tblspn malted milk powder	2.1	10	1.2	58
1/8 tspn vanilla or maple				
TOTAL:	86.0	115.3	144.4	2.002

Heat everything in saucepan until it blends well, then place in freezer compartment of refrigerator (preferably in 1-serving plastic (not glass!) containers. This mixture will crystallize with ice, and probably get hard as a brick, so remove from freezer and place in lower part of refrigerator about 1 or 2 hours before you want to eat it; time depends on efficiency of your refrigerator -- people's selection of temperatures differ.

6) Same as #5				
<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
but add:	86	115.3	144.4	2,002
½ tblspn unsweetened cocoa or carob powder				
1 tblspn blackstrap molasses	0	11	0	43
1 tblspn raisins	.2	7.1	0	26
¼ cup chopped nuts	10	8.8	18	206
TOTAL:	96.2	142.2	162.4	2,277

7) 1 ½ cups evaporated milk	25.3	37.4	29.9	519
½ cup canned unsweetened applesauce	.3	13.1	.3	50
1 tblspn malted milk powder	2.1	10	1.2	58
1 tblspn brown sugar	0	13.1	0	51
1 tblspn honey	0	16.7	0	62
Large dash cinnamon				
TOTAL:	27.8	90.3	31.4	740

Heat, refrigerate and serve as in **#5**.

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
8) 1 ½ cups evaporated milk	25.4	37.4	29.9	519
2 tbsps peanut butter	8.4	6.8	15.2	184
¼ cup apple butter	.6	64	1.2	259
1 tblspn brown sugar	0	13.1	0	51
1 tblspn sesame seeds	.6	.8	1.5	18
1 tblspn chopped sunflower seeds	1.5	1.3	3.2	31
TOTAL:	36.5	123.4	51.0	1,061

9) 1 ½ cups evaporated milk	25.4	37.4	29.9	519
1/3 cup nonfat dry milk	14.2	21.5	.4	165
¼ cup orange marmalade	0	56	0	220
1 tblspn brown sugar	0	13.1	0	51
1 tblspn chopped nuts	2.4	2.1	4	50
TOTAL:	42.0	130.1	34.3	1,005

NOTE: You may make any of these freezer ice creams with dietetic jams and preserves, too, if you want to cut-down on carbohydrates and calories.

10) 1 ½ cups evaporated milk	25.4	37.4	29.9	519
4 tblspns malted milk powder	8.4	40	4.8	216
1 pkg Knox gelatin	8.6	0	0	34
4 tblspns peanut butter	16.8	13.6	30.4	368
2 tblspns chopped walnuts	2.2	2.4	9.6	98
2 tblspns brown sugar	0	26.2	0	102
1/8 tspn vanilla flavoring				
TOTAL:	61.4	119.6	74.7	1,337

11) HIGH-PROTEIN CHOCOLATE (OR CAROB) SYRUP:

This is terrific for making
Hot cocoa or topping
Ice cream!

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 cup evaporated milk	16.6	24.9	19.9	346
3 tblspns unsweetened carob or chocolate				
1/3 cup nonfat dry milk	14.2	21.5	.4	165
2 tblspns brown sugar	0	26.2	0	102
2 tblspns honey	0	33.4	0	124
2 tblspns malted milk powder	4.2	20	2.4	118
4 drops vanilla flavoring				
TOTAL:	35.0	126.0	22.7	855

Mix all ingredients in saucepan, then bring to light boil, stirring constantly. Remove from heat and refrigerate. Serve hot or cold.

12) HIGH-PROTEIN HOT (OR COLD) CHOCOLATE:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 cup skim milk	8.6	12.5	.2	87
1/3 cup syrup (recipe #12)	9	32	5.7	219
TOTAL:	17.6	44.5	5.9	306

13) HIGH-PROTEIN CHOCOLATE PUDDING:

Same as recipe #12	36	126	22.7	855
But add:				
1 pkg gelatin	8.6	0	0	34
2 more tblspns malted milk powder	4.2	20	2.4	118
TOTAL:	48.8	146	25.1	1,007

About Potatoes & Beans

Potatoes and beans are oftentimes called "fattening" foods. Such a title is ridiculous in itself since it isn't what foods you eat, but rather what kind and how much! Nothing is "fattening" unless it is the type of foods that are able to store as fat (carbohydrates, mainly starches and sugars, fats and oils, proteins) in the body if they are not used-up or thrown-off as waste. Carbohydrates are just as necessary to the bodybuilder as protein is (just as fats are). Potatoes don't have much protein (roughly 2%), but is an excellent source of energy...plus potassium and Vitamin C. Brown rice, all nutmeats and seeds, all whole grains and all beans are extremely good for you (even you bodybuilders who think you aren't common humans, and avoid much of this good food). This is one reason for anabolic steroid use! Steroids can possibly ruin you; the intelligent use of the right foods won't! 22-inch muscular arms, enormous power consisting of lifting records that haven't been broken yet, massive physique perfection, etc., isn't new... All this now isn't the modern result of taking drugs, but the result of eating the right foods and training correctly. Do it right; don't cop-out to the so-called "easy way out." Believe me, it doesn't work at all...and you have your health and future life to consider. Please – don't be a "muscle head!"

If you are not in the highly-advanced bodybuilding category, and still want to gain good solid muscle size; don't worry about carrying a little fat on your body; this usually means that you have the potential for more energy for your hard workouts...and that you won't have to use-up your valuable muscle-building protein for energy because you've run-out of carbohydrates and fats. When you get your muscular structure developed to the size and general proportion you want, then cut-down on the fats and carbohydrates somewhat to lose the surface fat and reveal the muscle underneath. It's usually much easier and faster to get the muscle you want by doing it in this manner. Please understand that you don't have to gain, get fat...just don't try to constantly look in cut-up, defined shape when you are trying to gain muscle size!

All-in-all, the message here is: don't follow a lot of strange, fad diets just because they appear in articles and are supposed to be the superstar's eating habits. I know many of the current physique stars, plus dozens in the past, and I know that they only resort to odd eating habits just before an important contest...and some of them don't even do that.

I am in opposition to most of the eating and exercise habits that are being adopted by modern bodybuilders; not because I'm old-fashioned, jealous, like to live in the past in the "good ol' days", etc., but because I know that it doesn't take many months, or years, of doing 20 to 30 sets of exercise per body part to gain, oh let's say, 4 or 5 inches on your arms, 6 to 8 inches on your chest, etc.

In this book, I'm only dealing with foods – and mainly only offering tasty, nutritious recipes and a breakdown of basic nutrition so that the bodybuilder will know exactly what he's eating and therefore be able to scientifically adjust his diet to fit his needs.

Okay, let's get back to the recipes:

1) STUFFED BAKED POTATO:

INGREDIENTS:	P	Ch	F	Ca
1 large baking potato (with "plug" taken out, as explained in instructions)	4	40	.2	185
½ pork link sausage link (50 grams) , or same amount bilk sausage	9	0	22	215
TOTAL:	13	40	22.2	420

Fry sausage until almost done.

With a tool used to core apples, core-out a 1-inch diameter cylinder of potato through its length. You will fill this cavity with the sausage. After filling it =, take 2 ½-inch pieces of the potato that was cored-out (cut these ½" lengths with a knife) and use them as "plugs" in each end of the hole. Use toothpicks to fasten them in place. Now, wrap the potato in aluminum foil, after rubbing the potato's skin with lard or butter. Place potato in over preheated to 450°F for ½ hour to 45 minutes. Time will vary, so test your potato for tenderness with blunt fork now and then to see if done.

You may also use ground, seasoned beef, ham, crab, oyster, chicken, etc., for the meat inside potato.

2) HIGH-PROTEIN MASHED POTATOES:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 medium baked potato, and used skin	2.4	22.3	.1	97
¼ cup evaporated milk	4.4	6.4	5	86
¼ cup whole milk	2.4	3	2.4	41
1 tblspn butter	.1	.1	11.3	100
Large pinch salt				
2 large dashes black pepper				
½ tblspn chopped fresh parsley				
TOTAL:	9.3	32.8	18.8	324

Heat milk almost to boiling with butter, salt, pepper and parsley in it. Run hot tap water in glass blender. Take potato out of oven, unwrap it and immediately cut it into small pieces. Immediately put all ingredient sin blender and, at lower speeds, make your fluffy mashed potatoes.

NOTE: If too thin, use less milk next time for same-size potato; if too thick, add milk. If mixture climbs up sides of blender, use rubber spatula to push back down (be sure to turn blender off when doing this!).

3) HIGH-PROTEIN FRIED POTATOES:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 medium raw potato	2.4	22.3	.1	97
4 slices bacon	8	.4	17.6	194
3 medium raw eggs	18.3	.9	16.5	231
Dash garlic powder				
3 large dashes Lawry's "Pinch of Herbs."				
1/8 tspn Worcestershire sauce				
Salt and pepper to taste				
TOTAL:	28.7	23.6	34.2	522

In skillet, fry bacon until it is about half-cooked, then remove from pan (leaving grease) and add potato that has been sliced or cubed fairly small. Salt and pepper a little and cover pan; tumble potatoes so that grease and seasoning is evenly coated over each piece. Let cook slowly for about 5 to 8 minutes, turning over 2 or 3 times. Now, replace bacon (cut-up bacon into about 1" long pieces) and cook slowly for another 5 minutes, or until potatoes are pretty tender. In the meantime, beat raw eggs in a bowl with Worcestershire sauce and a dash of pepper. At this point, add "Pinch of Herbs," onion powder and garlic powder to potatoes, turn heat up and tumble them to distribute seasoning and to brown their surface; then reduce heat and add eggs, stirring constantly until eggs are cooked and scrambled all through the potatoes. Serve.

HIGH PROTEIN BEAN DISHES:

Common beans (pinto, lima, white, kidney, etc.) are very good sources of protein and other nutrients (calcium, iron, phosphorus and potassium). Here's 3 simple and very tasty recipes with beans as the main ingredient for the taste beans have been popular for:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
4) 1 cup dry (uncooked)				
pinto beans	40.7	117	3.0	642
3 pkgs Knox gelatin	25.8	0	0	102
1 lb ground lean beef	123	0	59	1,057
½ medium onion, chopped	.8	6	.1	25
2 tspn beef bouillon powder, or 2 cubes				
½ tspn salt				
3 large dashes black pepper				
3 large dashes garlic power				
15 cumin seeds, crushed				
Large pinch oregano leaves, Crushed				
¼ tspn paprika				
3 cups water				
TOTAL:	190.3	123	62.1	1,826

Wash beans and place in saucepan with water and salt. Bring to boil, then simmer for about 10 minutes; remove from heat and let set covered, for about ½ to 1 hour. Then, resume slow boiling for about 45 minutes, keeping pan covered, and stirring and adding water as needed. Now, add all other ingredients (except meat) and finish cooking until beans are very tender.

Cook the ground beef in skillet, crumbling with fork until meat is browned; then add to beans, stir mixture well and salt and pepper to taste. I like to refrigerate this before heating and serving.

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
5) 1 cup dry (uncooked)				
lima beans	38	112.7	2.4	610
3 pkgs gelatin	25.8	0	0	102
½ lb cooked ham, cubed	52	.9	75	902
½ tspn chicken bouillon, or ½ cube				
1 tblspn diced raw carrots				
1 tblspn chopped bell pepper				
½ tspn onion powder				
Large dash garlic power				
1 tspn dried parsley flakes				
1/8 tspn Worcestershire sauce				
3 drops Tobasco sauce				
Large dash black pepper				
Salt to taste				
TOTAL:	115.8	113.6	77.4	1,614

Cook same way as in #4, but let ham set in beans at least an hour before serving so flavors will "marry." It's best to refrigerate first...

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
6) 1 cup dry (uncooked)				
white beans	40.7	117	3	642
3 slices bacon	6	.3	13.2	145.5
½-lb sliced wieners, about ¼" long	32	4.5	45	565
½ tspn onion powder				
¼ tspn Lawry's "Pinch of Herbs."				
5 cumin seeds, crushed.				
1 tspn brown sugar, or				
½ tspn blackstrap molasses				
¼ tspn salt				
Dash black pepper				

1 large bay leaf
TOTAL: 104.5 121.8 62.1 1,454.5

Cook same as others (cook bacon in with beans from beginning) and let set, or refrigerate, before serving.

Salads & Dressings

If you are going to eat salads...let's eat them so that they nourish the physical body, and not eat them just for the sake of your conscious, since you've been told all your life that "salads are good for you." Here's a few tasty and nutritious examples that won't be a waste of time and chewing:

1) SIMPLE SMALL DINNER SALAD:

1 large green (dark green) leaf head lettuce
 1 small carrot, grated
 1 large cabbage leaf, chopped
 1 tblspn raw parsley, chopped
 1 small very ripe tomato, diced
 ½ small bell pepper, sliced
 ½ stalk celery (dark green) with leaves
 Dressing of your choice (mentioned later)

2) BASIC "HEALTH" SALAD:

2 large spinach (raw) leaves, finely shredded
 2 small raw beets, sliced or diced
 3 beet leaves, finely shredded
 1 small carrot, grated
 1 tblspn raw parsley, chopped
 1 small green onion, chopped
 ½ small bell pepper, sliced
 1 small very ripe tomato, diced
 ½ raw potato, cubed
 ¼ cup assorted nutmeats, chopped
 6 to 8 large ripe olives, sliced thin
 Dressing of your choice (mentioned later)

3) HIGH-PROTEIN "CHEF'S" SALAD:

On a bed of 2 or 3 romaine lettuce leaves, in a fairly large salad bowl, place the ingredients of one of the two salads listed above (or make your own combination of these); then add:

1 hard-boiled egg, sliced in egg-slicer
 1 slice of ham, cut into ¼" strips
 2 slices cheese, cut into ¼" strips
 2 slices turkey, cut into ½" squares
 2 slices of crisp bacon, crumbled
 Dressing of your choice (mentioned later)

You might want to sprinkle sliced olives, paprika, sliced mushrooms, bread croutons, coarse-ground black pepper, raisins, grated parmesan cheese, peppercini peppers, sliced ill pickle, sesame and sunflower seeds, etc.

Seasoning for salads is very important; some people use it to enliven the vegetable flavors – others use it to disguise them. As long as you enjoy the salad as a whole, you'll eat it. Here's a few salad dressing ideas and recipes of mine that may be used instead of the common commercial bottled and package dressings:

SALAD DRESSINGS:

4) Simple, but tastier than the regular vinegar and oil:

½ cup oil (peanut, sesame, olive, etc.)
 1/3 cup apple cider vinegar (not distilled vinegar)

1/8 tspn salt
1 tblspn lemon juice

Mix well in shaker bottle just before serving. Refrigerate when not using.

5) Same as above, but add package dry salad dressing mix of your choice. HINT: Whenever using dry dressing mix, soak mix in vinegar overnight before adding oil for richer taste.

6) To really make Salad Dressing #5 into a sensational salad ingredient, add this:

1/8 tspn coarse-ground black pepper
10 cumin seeds, chopped with knife
1/8 cup water
1 tblspn pickle relish
1 tblspn mayonnaise
1/8 tspn whole celery seed
3 or 4 drops Tabasco sauce
1/2 tspn prepared mustard
1/8 tspn onion powder
Large dash (or more) garlic powder

This one is a favorite for everyone I've tried it on!

BOTTLED DRESSINGS:

There are many bottled salad dressings on the market, such as French, Bleu Cheese, Thousand Island, Italian, etc., etc. These are fairly uniform in nutrition when using only 1 to 4 tblspns on your salads. Here's the analysis:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 tblspn commercial salad dressing	.2	2.5	5.4	58

Also, there are "diet dressings" of all these popular types if you want less calories.

VEGETABLE SLAW SALADS:

7) Cabbage Slaw:

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 cup shredded cabbage	1.5	6	.3	26
4 tblspns mayonnaise, or sandwich spread	.8	1.6	40.4	368
1 tblspn shredded carrot				
1 tspn finely minced onion				
Large dash black pepper				
TOTAL:	2.3	7.6	40.7	394

Mix everything together and refrigerate for a couple of hours for best taste, covered.

8) Spinach-Bell Pepper-Egg Slaw

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
3 medium hard-boiled eggs	18.1	.9	16.5	221
1/4 cup relish sandwich spread (like Best Foods)	2.5	16	48	480
1/8 cup finely shredded fresh spinach	(not enough to mention)			
1/2 cup each finely cut Green and Red Bell Pepper	"			"
Dash black pepper				
TOTAL	20.8	16.9	64.5	701

Mix well. Chop hard-boiled egg coarsely. Top by sprinkling paprika lightly over salad just before

serving. For more zest add 1 to 2 tbsps finely chopped green or white onion to mixture and even 1 tspn of prepared mustard. Refrigerate unused portion in say an (airtight) Tupperware container, and no more than two days.

9) Fruity Chicken Slaw

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
6 oz. canned, boned and drained chicken	50.6	0	13.6	338
½ cup Thompson seedless grapes (sliced in half)	.7	18	.4	70
3 tbsps Mayo	.4	0	36	330
6 large ripe olives, halved	(not enough to mention)			
1 cup shredded Romaine lettuce	"			"
1 cup shredded Ice Berg lettuce	"			"
2 generous sprigs parsley, chopped	"			"
2 heaping tbsps shredded carrots	"			"
TOTAL:	51.7	18	14	738

Flake the chicken and then add all the ingredients and mix well by tossing. Serve with sliced tomatoes and you can sprinkle chopped walnuts over slaw for additional taste.

10) Carrot Slaw: (No. 1)

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 cup shredded carrot	1.3	10.2	.3	45
1 tbspn shredded cabbage				
4 tbsps mayonnaise, or sandwich spread	.8	1.6	40.4	368

Dash onion powder
and black pepper

TOTAL:	2.1	11.8	40.7	413
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Prepare same as #7.

11) Carrot Slaw: (No. 2)

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
1 cup shredded carrot	1.3	10.2	.3	45
¼ cup peanut halves	9.6	8.4	16	200
1 heaping tbsps raisins	.4	8	0	30
¼ cup orange juice	.5	7	.1	27
½ tspn lemon juice				
¼ tspn grated orange peel				
TOTAL:	11.8	33.6	16.4	302

Mix well and soak in refrigerator, covered overnight; then serve as salad or dessert. This is another favorite!

About Eggs

1) Don't put whole raw eggs into any drink, like malts. Raw egg yolks are OK; but raw egg whites can be toxic, and/or your body won't accept them thoroughly and efficiently. When you separate the yolk (done carefully with spoon so as not to break yolk; if this is too difficult for you, ask your mother or wife to show you their way – there are many), you have raw egg white left over. It's very good protein, so save it and add to other cooked egg dishes. Here's a general breakdown on eggs:

INGREDIENTS:

	P	Ch	F	Ca
1 whole medium egg	6.1	.3	5.5	77
1 medium egg yolk	2.8	.1	5.5	61
1 medium egg white	3.3	.2	0	16

2) Scrambling of eggs is very easy and convenient. Use butter, margarine, cooking oil, lard or bacon grease to scramble eggs in; about ½ tspn per egg. All you do is break eggs into frying pan, add salt and pepper (even 1 tblspn milk per egg if wanted) then cook over medium heat until done, stirring constantly.

EGG OMELETS:

A delicious, nutritious way to add flavor and versatility to eggs! Here's 5 suggestions of what to add to beaten eggs made into omelets:

INGREDIENTS:

	P	Ch	F	Ca
3) 3 medium eggs	18.3	.9	16.5	231
1/8 lb finely chopped cooked ham	13.5	0	19	227
¼ cup whole milk	2.2	3.1	0	21.5
1 tspn finely chopped bell pepper				
1 tspn finely chopped onions				
½ tspn finely chopped parsley				
1/8 tspn Worcestershire sauce				
Salt and pepper to taste				

TOTAL: **34.0 4.0 35.5 479.5**

Beat everything together in bowl with fork, then pour into greased pan and cook over low heat until one side is done. Use spatula to turn egg omelet over and cook other side. Don't cook too long or it'll get hard.

4) 3 medium raw eggs	18.3	.9	16.5	231
3 slices crisp bacon, crumbled	6	.3	13.2	145.5
2 slices bologna, cut into small pieces	7	2	10	124
Salt and pepper to taste				

TOTAL: **31.3 3.2 39.7 500.5**

Same instructions as in #3.

5) 3 medium raw eggs	18.3	.9	16.5	231
2 tblspns diced cheddar cheese (about 2 slices)	9.8	10	12.8	78.5
Salt and pepper to taste				

TOTAL: **28.1 10.9 29.3 309.5**

Same instructions as in #3. **NOTE:** You may also add bacon, chopped fresh vegetables, ham, etc., as in #3.

6) 3 medium raw eggs	18.3	.9	16.5	231
¼ cup country sausage, cooked and crumbled	8	0	28	160
½ cup diced fried potatoes	3.3	31	12	240
Salt and pepper to taste				

TOTAL: **29.6 31.9 56.5 631**

Remember: You may add 1 tblspn whole milk for each egg to make omelets fluffier, etc.

POACHING EGGS IS SIMPLE:

7) In a frying pan, or shallow sauce pan, bring about ½-inch water to a slow boil. Gently break-open eggs, so you won't break yolk, and gently drop into boiling water. Cover pan while cooking. You may turn eggs over if you wish. The main thing is to make sure the egg whites are cooked; the yolks can be as runny as you wish. Salt and pepper right after you place eggs in water. Poached and hard-boiled eggs eliminate cooking oils if you want to cut down on these...

HARD-BOILED EGGS:

8) Hard-boiled eggs are easy to cook...and they are convenient to store and eat as snacks, etc.

How To Cook & Peel:

Place eggs in cool water, completely submerged in deep pan. Slowly bring water to a rolling boil, then reduce heat so eggs are in mildly boiling water. The average cooking time is 10 minutes from the time the water begins to boil. Smaller eggs take 1 or 2 minutes less time, larger eggs take 1 to 2 minutes longer.

To peel hard-boiled eggs successfully, I find this method to work perfectly:

Remove pot with cooked eggs from heat, pour 2/3 of the water from the pan (leaving enough hot water to allow eggs to be submerged about half-way in it). Now, run cold tap water and cool your fingers in it for a moment; then pick-up eggs 1 at a time, and hold under cold water about 10 seconds. Now, gently crack egg shell all over egg and begin to peel, being sure to get under the tough membrane (the skin just under the shell) or it might cause egg to tear apart.

To store peeled, hard-boiled eggs, I simply place in plastic bags, wrap well to keep them moist, and refrigerate for future use.

Fermented Foods

I firmly believe that fermented foods are extremely valuable in a person's diet! Some persons' systems won't allow them to eat many of the fermented foods; but most healthy people can eat all of them...and, in my professional opinion, they are exceptionally good for the bodybuilder – and other athletes! The enzymatic action of the fermentation process has preserved numerous foods that comprised the common diet of all our ancestors...and, after all, we are end products of all our ancestors.

That's right; and this goes back probably hundreds of thousands of years – maybe even millions of years – and before the invention of the refrigerator and canning methods, all food not eaten almost immediately was either wasted, dried, smoked, slated or pickled in some way. Fermentation of foods (probably discovered by some accident, much like wine was discovered from leaving grape juice out in warm vessels) became one of the most popular and common foods eaten by most races, and most of the strongest and best-built people in the world still eat large quantities of the following foods:

Sauer Kraut.

Pickles: cucumber, green tomato; cauliflower;
onions; etc., pickled in salt, spices...but mainly
in vinegar and aged.

Cheese, cottage cheese, yogurt, etc.

Olives; green and black, many varieties.

Wines (natural fermentation); dry and sweet, used
for drinking and cooking.

Beer & Ale (same as above)

"Old World" aged sausages of all types.

Japanese soya bean curd (such as used in Sukiyaki)

Hot sauces and pickles: Tabasco; Mexican pickled
hot sauces; hot pickle mixes (with olives, carrots,
cauliflower, cucumbers, onion, etc.); prepared
mustard and horseradish; etc.

NOTE: In any of the above that are preserved in distilled vinegar, I pour-out most of this vinegar and replace it with Apple Cider Vinegar...plus dry, mixed pickling spices and let set about 1 or 2 weeks.

For some reason, the enzymatic action of fermentation allows these foods to help assimilation of themselves, and other foods eaten with them, and be utilized in the body more effectively. I heartily suggest that some of them be eaten daily – I usually eat some of them at each meal. Of course, what and how much you eat is important, in consideration of your physical type, activity, etc., but what you put into your mouth and eat isn't just where it is...If you don't digest assimilate and then utilize efficiently the foods you ingest, the desired results of your bodybuilding efforts will be disappointing...and left up to accident.

Besides the aforementioned foods, here's a few additional hints to aid digestion and assimilation:

About 5 to 10 minutes before eating, drink about 4-oz. grape juice, dry and/or tart wine, fresh lemon juice in water, sauer kraut juice diluted by ½ part water, or small tart plus, 2 bites of fresh lemon.

After meal, chew sugarless gum for at least ½ hour.

With meal, eat some raw (not cooked) pineapple or raw papaya fruit.

2-WEEK'S MENU SUGGESTIONS

This 2-Week's Menu Suggestions" is not necessarily a menu to be followed, but rather a guideline to show you how to spread-out your meals into a "6-meal-a-day" plan in order to avoid having to eat 3 huge meals. To get the nutrition you need to be an advanced bodybuilder, you'll almost certainly have to resort to this type of eating habit...for it cannot be obtained by eating 3 huge meals a day unless you want to have a huge belly, poor digestion, feel sluggish, waste a lot of food in the toilet because it isn't used by the body, etc. As I've said, this menu I've laid-out will probably be too much for you to take at first (it is roughly what I would eat while bulking-up in a hurry; but I don't suggest you do it exactly as it is outlined until you've progressed in bodybuilding for a few months.)

I am purposefully leaving the nutritional values blank so you can fill them in yourself (using the information in this BODYBUILDER'S COOKBOOK) for practice. IN this way, you will be able to easily use this book to design your own menus, depending on your needs and goals.

You fat, or inactive guys, would not eat nearly this much food, of course; follow the general instructions found in the FOREWARD.

Also, let about 2 ½ to 3 hours elapse between meals for good digestion. IF this isn't enough time, and you get heartburn or upset stomach, eat less—or drop down to 4 meals a day. Everyone is different...

NOTE: When bulking-up, you will probably be eating a lot more food than normal, and your belly will get bigger since you are processing larger quantities of food in your stomach and intestines. I wouldn't worry about this because when you arms, chest, legs, etc., get much bigger, you can cut-down on the carbohydrates and fats to "maintain" this muscle size (even increase it) while your belly trims-down to normal.

CODE:

B=breakfast

L=lunch

S=supper

MM=mid-morning snack

MA=mid-afternoon snack

BS=bedtime snack

1st Week:

MONDAY:

B: 4 medium scrambled eggs
Malt #7
1 slice buttered WW toast
Small piece raw fruit

MM: 2 medium hard-boiled eggs
1/3-qt whole milk

L: Sandwich #29
Malt #16

TUESDAY:

B: ½ lb beef patty
1 slice buttered WW toast
2 slices tomato or fresh pineapple
1 cup Malt #12

MM: Candy bar #5
1/3-qt whole milk

L: Malt #1
Sandwich #27

MA: Candy bar #1

S: Hash stuffed pepper
8-oz whole milk
Protein dessert #12
Small salad

BS: Malt #4

WEDNESDAY:

B: 3-oz sliced ham,
fried or broiled
2 medium poached
eggs
1 very small potato,
fried
1 cup Malt #5

MM: 4-oz. can Vienna
sausage
Small piece raw fruit

L: Malt #1
Sandwich #27

MA: 3-oz canned
sardines
5 wheat crackers

S: 1 cup soup/stew/broth
#3
Small salad
Malt #18

BS: Malt #13
2 pieces raw fruit

FRIDAY:

B: 3 medium fried eggs
½ cup canned corned
beef hash, heated
Malt #6
Small piece raw fruit

MM: Candy bar #4
1 cup whole milk

L: Sandwich #23
Malt #8

MA: 1 cup whole milk
4-oz can Vienna
sausage

S: ½-lb broiled liver
w/onions
1 medium baked
potato w/2 tblspns
butter sauce

MA: 2-oz cheese
5 wheat crackers
Piece raw fruit

S: 1-cup soup/stew/broth #12
½ -cup cottage cheese
over lettuce & tomato
5 wheat crackers

BS: Malt #20
¼ cup nutmeats

THURSDAY:

B: Cereal #2
Malt #14
4-oz fruit juice

MM: ¼-cup nutmeats
1 cup whole milk
Small piece raw fruit

L: Sandwich #3
Malt #2

MA: Candy bar #3
Malt #2

S: ½-lb beef patty
or meat loaf
Small portion cooked
vegetable

BS: Malt #1

SATURDAY:

B: 2 medium pork chops
1 medium fried egg
2 slices buttered WW
toast
1 cup Malt #15

MM: 2-oz cheese
1 frankfurter
Small piece raw fruit

L: Sandwich #9
Malt #11

MA: Candy bar #2
1 cup whole milk

S: 1 cup soup/stew/broth
#5
4-oz high-protein corn
bread recipe
Malt #21

Small salad
1 cup whole milk

BS: Malt #10
2 tblspns peanut butter
mixed with 1 tblspn
honey

SUNDAY: (Light eating suggested)

B: 3 medium scrambled eggs
2 slices bacon
1 cup whole milk
4-oz glass fruit juice

L: 1 cup soup/stew/broth #18
1/3-qt whole milk

S: ½-lb fried or broiled steak
Large dinner salad
1 cup whole milk

BS: 1 pt. whole milk
8 wheat crackers

2nd Week:

MONDAY:

B: 3-oz Canadian
Bacon
2 medium poached
eggs
1 slice buttered WW
toast
Large slice tomato
or fresh pineapple
1 cup whole milk

MM: Candy bar #1
1/3-qt milk

L: 6-1/2 oz can tuna,
5 wheat crackers

MA: 2 medium hard-
boiled eggs
1-oz cheese
5 wheat crackers

S: ½-lb roast
1 cup soup/stew/broth
#1
Small salad

BS: Malt #4
Candy bar #5

WEDNESDAY:

B: Protein cereal #3
2 medium scrambled
eggs

TUESDAY:

B: 3-oz country
sausage
3 medium fried
eggs
1 slice buttered WW
toast
Piece raw fruit
1 cup whole milk

MM: 4-oz high-protein
corn bread recipe

L: Sandwich #25
Malt #16

MA: Candy bar #3
1/3-qt whole milk

S: ½-lb meat loaf
½ cup high-protein
mashed potato recipe

½ cup high-protein
gravy recipe
Small salad
1 cup whole milk

BS: Malt #7
¼ cup nutmeats

THURSDAY:

B: Four 4" high-protein
pancakes from recipe
4 tblspns high-protein

1 cup whole milk

MM: 3-oz canned,
boned chicken
1 cup whole milk

L: Sandwich #11
Malt #3

MA: 1 medium hard-
boiled egg
1/3-qt whole milk
Small piece raw
fruit

S: 1 cup soup/stew/broth
#13
4-oz high-protein
cornbread recipe
Small salad

BS: Malt #20
1 slice WW bread with
2 tbsps peanut butter

FRIDAY:

B: Egg omelet #4
Small beef patty
4-oz fruit juice
1 cup whole milk

MM: 1/2 bacon &
peanut butter
sandwich
1 cup whole milk

L: 6-1/2 oz can tuna
1 medium hard-
boiled egg
3 wheat crackers

MA: 1/2 bacon &
peanut butter
sandwich
1 cup whole milk

S: 1/2-lb broiled halibut
steak
1/2-cup fried potatoes
Small salad
1 cup whole milk

BS: Malt #14
Piece raw fruit

SUNDAY: (Light eating suggested)

B: 1/2-lb ground beef patty

syrup from recipe
1 medium fried egg
2 slices bacon
Small slice fresh pineapple
1 cup whole milk

MM: 1 pt whole milk
with 3 tbsps nonfat
dry milk stirred into it

L: Sandwich #21
Malt #5

MA: Candy bar #4

S: Taco meat stuffed pepper
Malt #1
5 wheat crackers

BS: Malt #12
1 medium hard-boiled
egg

SATURDAY:

B: 1/4-lb grilled ham steak
1 cup Malt #2
1 slice tomato and 1
slice pineapple with
tblspn cottage cheese on each
1 slice buttered WW toast

MM: 3-oz cheese
6 wheat crackers

L: Sandwich #4
Malt #1

MA: Candy bar #2
1 cup whole milk

S: 1 1/2 cup casserole
from recipe (your choice)
Small salad
1 cup whole milk

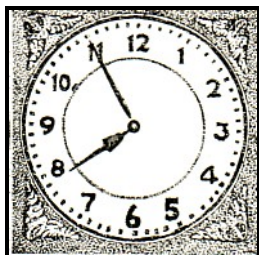
BS: Malt #17
1/4 cup nutmeats

2 medium scrambled eggs
1 cup whole milk
Small piece raw fruit

L: Soup/stew/broth #7
Malt #6

S: ½-lb meatloaf
½ cup high-protein gravy
Small salad
High-protein dessert #7
1 cup whole milk

BS: Malt #8



Another reminder: This “2-week menu suggestions” is not necessarily a definite menu to follow...unless you are skinny or muscular and want to bulk-up and gain muscle fast! Also, I’ve left out many of the foods in the cookbook; this was due to the large amount of recipes, so I leave it up to you to use any and all of them as you wish. The main reason for this 2-week, 6-meal-a-day plan is to acquaint you with how it’s done – you will probably start-out eating much less food, or will want to alter the amount of daily protein, carbohydrates, etc. Here’s a rough daily time schedule for this 6-meal-a-day eating plan:

B: 7:30 a.m. **MM:** 10:00 a.m. **L:** 12:30 p.m.
MA: 3:00 p.m. **S:** 6:30 p.m. **BS:** 10:00 p.m.

HELPFUL BREAKDOWN OF COMMON FOODS

MILK

Whole (pasteurized & raw):

INGREDIENTS:

	P	Ch	F	Ca
1 pt	17	24	19	332
1/3 qt	11.4	16	12.5	222
1 cup	8.5	12	9.5	166
½ cup	4.3	6	4.8	83

Skim (liquid nonfat):

1 pt	17.2	25	.4	175
1/3 qt	11.5	16.7	.3	117
1 cup	8.6	12.5	.2	87
½ cup	4.3	6.2	.1	43.5

Buttermilk (made from skim milk):

1 pt	17	24.8	.4	172
1 cup	8.5	12.8	.2	86

Evaporated (canned, unsweetened):

1 pt	35.2	49.8	39.8	692
1 cup	16.6	24.9	19.9	346
½ cup	8.8	12.5	10	173
1 tblspn	2.2	3.1	2.5	43

Dried Milk:

(Note: This will vary from manufacturer to manufacturer. My analysis is based on "heavy pack," and is by weight. Some dry milk is condensed and heavy, others are light and fluffy to make package appear to have more milk in it. I suggest that you crush-down most fluffy dry milks to equal 128 grams for 1 cup whole dry milk; 120 grams for nonfat dry milk. Use your "diet scale" if in doubt.)

Whole Dry Milk Powder:

1 cup	33	48.6	34.2	630
½ cup	16.5	24.3	17.1	315
¼ cup	8.2	12.1	8.6	158
1 tblspn	2	3	2.2	39.5

Nonfat Dry Milk Powder:

1 cup	42.7	64.4	1.2	434
½ cup	21.3	32.2	.6	217
¼ cup	10.7	16.1	.3	108.5
1 tblspn	2.7	3.9	.1	28

Malted Milk Powder:

1 cup	32.8	160	19.2	920
½ cup	16.4	80	9.6	460
1 tblspn	2.1	10	1.2	58

CHEESE**INGREDIENTS:**

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
½ cup grated	19	1.2	18	446
1 tblspn grated	2.5	.2	2.4	56
1-oz (1-inch cube)	7.1	.6	9.1	113
1 average slice (¾ oz)	4.9	.5	6.4	80
"Processed" 1-oz	6.6	.6	8.5	105

Cottage Cheese (from skim milk):

1 cup	43.9	4.5	1.1	215
½ cup	21.9	2.3	.6	107
¼ cup	11	1.2	.3	54

Cream Cheese:

1-oz	2.6	.6	10.5	106
1 tblspn	1.4	.3	5.6	56

Blue Mold:

1-oz	6.1	.6	8.6	104
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Camembert:

1-oz	5	.5	7	85
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Swiss:

1-oz	7.8	.5	7.9	105
1 large slice, 1 ½ oz	11.7	.8	11.8	157.5
"Processed" 1-oz	7.5	.5	7.6	101

Parmesan:

1-oz	10.2	.8	7.4	112
1 tblspn, grated	6.3	.6	4	60

EGGS**INGREDIENTS:**

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
<u>Medium Raw Chicken Eggs:</u>				
1 whole medium egg	6.1	.3	5.5	77
1 medium egg yolk	2.8	.1	5.5	61
1 medium egg white	3.3	.2	0	15

Bulk Chicken Eggs (by weight):

100 grams whole fresh egg	12.8	.7	11.5	162
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100 grams fresh egg yolk	16.3	31.9	.7	361
100 grams fresh egg white	10.8	.8	0	87.8

NUTS/SEEDS

INGREDIENTS:

P Ch F Ca

Peanuts:

1 cup halves	38.7	34	63.6	805
½ cup halves	19.3	17	31.8	402.5
¼ halves	9.7	8.5	15.9	201
1 tblspn, chopped	2.4	2.1	4	50

Peanut Butter:

1 cup	67.3	54.2	123.3	1,486
½ cup	33.6	27.1	61.6	743
1 tblspn	4.2	3.4	7.6	92

Other Nutmeats & Seeds:

Almonds, ½ cup	13.4	13.9	38.4	424
Walnuts, ½ cup halves	7.5	7.8	32.2	327
Cashshews, 4 oz	20.8	30.8	54.8	656
Brazil nuts, shelled, ½ cup	10.1	7.7	46.1	453
Sunflower seeds (hulled), ¼ cup	6	5	13	140
Soya beans, dried, ½ cup	36.6	36.5	19	347
Sesame seeds, ¼ cup	4.5	5	12	140

BEEF

INGREDIENTS:

P Ch F Ca

NOTE: All meat analysis without bone.

Muscle Meat:

Round, 1 lb	123	0	59	1,057
Chuck, 1 lb	118	0	100	1,425
Flank, 1 lb	114	0	104	1,425
Rump, 1 lb	95	0	145	1,714
Sirloin, 1 lb	104	0	100	1,346

Very Lean Beef (Like "Round"):

¾ lb	92.1	0	49.3	797.3
½ lb	61.3	0	29.5	528.5
¼ lb	30.8	0	14.8	269

Beef Liver:

½ lb	45	14.5	7.5	309
Calves liver, ½ lb	44	9.1	11	320

Beef Tongue:

½ lb	37.2	1	34	470
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Miscellaneous:

Corned beef, canned, 6 oz	43	0	20	340
Corned beef hash, canned, 6-oz	23.4	12.2	10.4	240
Roast beef, canned, 6 oz	42	0	22	370

PORK/HAM/SAUSAGE

INGREDIENTS:

P Ch F Ca

Ham (fresh, smoked & cooked)

1 lb	86	0	118	1,432
½ lb	43	0	59	716
¼ lb	21.5	0	30	359
2-oz luncheon meat	12.9	0	12.9	172

Pork (loin or chops):

1 lb	104	0	118	1,508
½ lb	43	0	59	715
¼ lb	21.5	0	30	359
2-oz luncheon meat	20	0	22	284

Pork Sausage (bulk or link):

½ lb	24.4	0	101.6	1,020
¼ lb	12.2	0	50.8	510

Pork Liver:

1 lb	89.4	7.7	21.8	608
½ lb	44.7	3.8	10.9	304

Bacon:

1 lb	114	5	250	2,761
2 slices	4	.2	8.8	97
Canadian, 2 oz	13	.1	8.5	131

FOWL

INGREDIENTS:

P Ch F Ca

Chicken (1-lb, all parts mixed):

Broilers	68.7	0	24.5	514
Roasters	70.7	0	44.1	700
Hens & Stewing Chickens	65.3	0	90.8	1,098
Fryers, cut-up pieces:				
A) Breast	80.4	0	1.7	359
B) Leg	71.8	0	9.4	391

Miscellaneous Chicken:

Canned, boned, drained				
6-oz	50.6	0	13.6	338
Chicken liver, 6-oz	37.6	4.4	6.8	240

Turkey (average):

1 lb	61.1	0	61.4	815
½ lb	30.5	0	30.7	407.5

Duck (average):

1 lb	70	0	120	1,540
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LAMB/VEAL

INGREDIENTS:

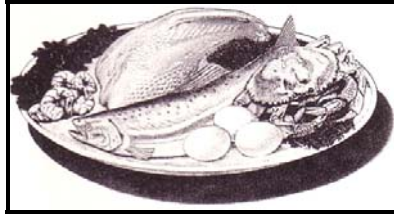
P Ch F Ca

Veal (average):

½ lb cutlet	66.5	0	25	496
½ lb shoulder roast	66.5	0	27	514
½ lb stew meat	57	0	58	672

Lamb (average):

½ lb	50	0	23	800
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SEAFOOD

NOTE: For best analysis of tuna, use "diet scale" and weigh it; tuna will vary a lot, depending on manufacturer and quality of fish. In fact, do this to other seafoods, too.

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
<u>Tuna (canned in oil):</u>				
6-oz solids & liquids	40.4	0	35.6	494
6-oz drained	49.4	0	14	338
<u>Salmon (cooked, canned):</u>				
6-oz solids & liquids	35	0	8	300
<u>Salmon (fresh, broiled or baked):</u>				
½ lb	45	0	35	455
<u>Sardines (canned):</u>				
Pacific, solids & liquids				
6-oz	30.2	1.2	23	342
Atlantic, solids & liquid				
6-oz	35.8	1.8	46	576
Atlantic, drained, 6-oz	43.8	2	18.8	364
<u>Herring:</u>				
Atlantic, 4-oz	20.8	0	14.2	217
Lake, 4-oz	21	0	7.7	159
Pacific, 4-oz	18.8	0	2.9	106
Smoked, kippered, 6-oz	37.8	0	22	360
<u>Halibut (broiled):</u>				
½ lb	59.4	9	17.7	413
<u>Haddock (fried):</u>				
½ lb	42.5	15.9	12.5	338
<u>Miscellaneous Seafood:</u>				
Shrimp, canned, drained				
6-oz	31.8	.6	1.6	152
Bluefish, baked, ½ lb	62.2	0	9.5	352
Crab, canned, drained,				
6 oz	28.8	2.2	5	178
Oysters, 4-oz	23.5	13.4	5	200
Clams, 4-oz	14.5	3.9	1.6	92

VARIETY MEATS

<u>INGREDIENTS:</u>	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
Liverwurst, 4-oz	19	1.8	23.4	300
Bologna, ½-lb	33.6	8.1	36.1	503
Bologna, 1 slice, 1/8 X 4"	3.5	1	5	62
Frankfurter, 1 lb	64	9	91	1,131
Frankfurter, 1 (50 grams)	7	1	10	124
Brains, ½ lb	23	0	18	265

SUGAR/HONEY/MOLASSES

Dark Brown Sugar:

½ cup	0	105	0	406
1 tblspn	0	13.1	0	51

Honey:

½ cup	.5	134.3	0	496
1 tblspn	0	16.7	0	62

Blackstrap Molasses:

1 tblspn	0	11	0	43
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WHEAT/OTHER GRAINS

INGREDIENTS:

P **Ch** **F** **Ca**

Wheat Germ:

1 cup	35.6	50.8	12.4	424
½ cup	17.8	25.4	6.2	212
¼ cup	8.9	12.6	3.1	106
1 tblspn	2.3	3.2	.8	27

Wheat Flour

Whole wheat, 1 cup	16	85.2	2.4	400
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Rice:

Brown, uncooked, ½ cup	7.8	80.8	1.7	374
White, uncooked, Converted, ½ cup	7.1	76.2	.3	338

Barley:

Light pearled, uncooked, ¼ cup	4.2	40	.5	254
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BUTTER/LARD/OIL

Butter & Margarine:

½ cup (1 stick)	.7	.5	90.7	802
¼ cup (1/2 stick)	.3	.2	45.4	401
1tblspn	.1	0	11.3	100
1 average patty	0	0	5.7	50

Lard:

1 tblspn	0	0	14	126
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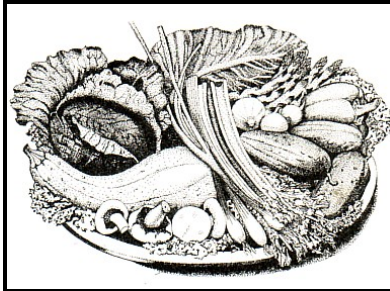
Oils (salad or cooking):

¼ cup	0	0	56	495
1 tblspn	0	0	14	124

GELATIN

NOTE: To soften plain gelatin, simply pour slowly from envelope into cool or cold water, stirring vigorously as you pour so it won't lump. Then let set about 10 minutes before using. In malts, just pour in cool liquid and blend. Otherwise, use about 1 tblspn water per envelope (1 tblspn) gelatin.

1 tblspn (1 env) gelatin	8.6	0	0	34
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A FEW VEGETABLES

INGREDIENTS:

	<u>P</u>	<u>Ch</u>	<u>F</u>	<u>Ca</u>
<u>Potatoes</u>				
Baked, ½ lb	5.5	51.1	.3	223
Baked, 1 medium, 130 grams	2.4	22.3	.1	97
Boiled (about the same As "baked")				
French fried, ¼ lb	6.1	59	43.4	446
Hash-browned (after Storing overnight), Cooked, 1 cup	6.4	62.2	22.8	470
Mashed (milk added only) 1 cup	4.3	33.2	1.4	159
<u>Peas:</u>				
Green, fresh, cooked, ½ cup	3.9	9.7	.3	56
Green, canned, solids & Liquid, ½ cup	4.3	16	.5	84
Split peas, dry (uncooked), ½ cup	25	62	1	344
<u>Lentils:</u>				
Cooked, solids & liquid, ½ cup	8	19	0	106
<u>Pork & Beans (canned):</u>				
Pork & tomato sauce, 1 cup	15.1	48	5.5	295
Pork & molasses, 1 cup	15.1	50	7.8	325

MISCELLANEOUS

Desiccated Liver (defatted):

1 tblspn powder (10 grams)	2.5	1	0	32
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Brewer's Yeast (powder, debittered):

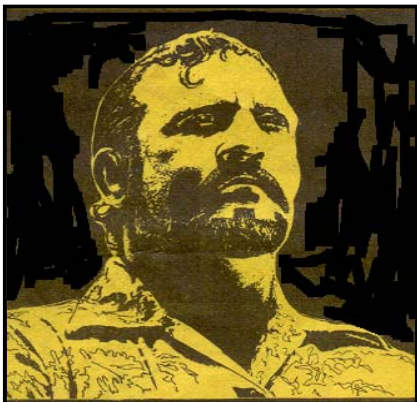
1 tblspn (8.5 grams)	3.5	3	0	23
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THE END

...of this book only—and just the beginning of your bodybuilding progress through systemized nutrition!

ERNEST F. COTTRELL'S BONUS SECTION:

SPECIAL 118-DAY SCIENTIFIC BB'ING EXPERIMENT Exercise Course & Mega-Vitamin/Mineral Regime



Ernest F. Cottrell

Is the author of the popular BODYBUILDER'S COOK BOOK, inventor of the unique "Maxi-Sizer" equipment, ex-Editor, feature writer and researcher for to World-Wide Bodybuilding Magazines. He was also the owner, operator and instructor of many bodybuilding gyms and health centers where he functioned as a physical therapist and nutritionist...as well as trainer of Bodybuilders/Powerlifters and Olympic lifters.

Back in the '70s he established a small but dynamic 1-man business to service the bodybuilders of all types with very personal and highly professional instruction in all phases of physical excellence...!

Introduction...

Having been heavily involved in nutrition for almost 3 decades (1948-1975), especially in the field of bodybuilding and power-lifting of all types – **Ernest F. Cottrell** occasionally experimented on himself and special personal and bodybuilding mail-order students to prove-out certain theorems of exercise and nutrition.

It was through this research and analysis that he was able to design exercise routines and diets that gave him the utmost in bodybuilding results in a very short time. In other words, he found a way to "anabolize" his body and create a positive nitrogen balance for very rapid muscle gains...much like that which is obtained by the common and dangerous use of anabolic steroids and/or thyroid drugs – but without the possible harm involved.

Ernest would constantly re-test and modify his programs of exercise (routines) and diet so that everyone using them will make progress to some degree – some to the point of 2 to 3 times the bodybuilding progress they've previously realized...! His mission was for bodybuilders to start making progress for all the hard months and years of bodybuilding effort they were expending...!

Thus the **SPECIAL 118-DAY SCIENTIFIC BB'ING EXPERIMENT Exercise Course & Mega-Vitamin/Mineral Regime** was developed. Here is an overview of the program exactly as Ernest F. Cottrell designed it.

NOW...THE EXERCISE COURSE

The exercise course consists of a slightly unusual weight-training routine that changes every month, plus a refreshing “1-Week Preparatory Workout” that is used just before, and in-between the regular course.

The following Exercise Course is a 6-day-a-week schedule...each body-part is directly exercised twice per week. This has proven to be the most effective (1975) schedule with most bodybuilders. The exercise sequence and rest periods are rather critical, so be sure to follow the routine carefully.

This Exercise Course uses a minimum of equipment so you guys working-out in your basement with only basic equipment can progress along with the guys in a fancy, well-equipped gym.

Here's the exercise “outline” showing the exercise sequence and rest between exercises. The exercise performance and Ernest F. Cottrell's reproduced illustrations (line drawings) begin on page 76.

1st WEEK:

No exercise; completely lay-off all exercise for one full week.

2nd WEEK:

1-WEEK 'PREPARATORY' WORKOUT:

After you completely lay-off all exercises for one full week, start the following “1-Week Preparatory Workout.” It is designed to “shock” your system and prepare it for the 3-Month Exercise Course that follows. Here's an “outline” of the 1-Week “Preparatory Workout:”

MON-WED-FRI:

- 1) Squats with a barbell $\frac{1}{4}$ of your body weight.
- 2) Body-weight-only Parallel bar dips.
- 3) Triceps exercise with $\frac{1}{3}$ of the poundage you'd normally do for a 10-rep maximum. You choose the exercise. I happen to like the close-grip (6") bench presses using an EZ curl bar.

TUES-THURS-SAT:

- 1) Underhand-Grip Bodyweight Only Chin-Ups.
- 2) Abdominal Work (Your Choice).
- 3) Biceps Exercise (Your Choice, & $\frac{1}{3}$ rd weight).

All of the exercises listed above should be done for 1 set, using the optimum muscle-blasting technique “cumulative repetitions” (**refer to the page 76 for an in-depth description**).

3rd-6th Week:

Follow the 6-Day-A-Week One Month Barbell Workout as outlined in the first column(s) for sets and reps.

7th Week:

Completely rest on Monday, Tuesday and Wednesday...then do the 2nd-week ‘**Preparatory**’ Workout on Thursday (all 6 of the exercises); then rest again on Friday, Saturday and Sunday.

8th-11th Week:

Follow the 6-Day-A-Week One Month Barbell Workout as outlined in the second column(s) for sets and reps.

12th Week:

Same as the “7th Week.”

13th-16th Week:

Follow the 6 Day-A-Week One Month Barbell Workout as outlined in the third column(s) for sets and reps.

MONDAY/THURSDAY
(Chest & Back)

	<u>Weeks 3-6</u> SETS/REPS	<u>Weeks 8-11</u> SETS/REPS	<u>Weeks 13-16</u> SET/REPS
<u>1</u>			
* <u>Repetition Deadlift</u>	5 X 6	4 X 8	4 X 10
* <u>Parallel Bar Dips</u> (Super-set these 2 with no rest between sequences.)	5 X 6	4 X 8	4 X 10
<i>Rest 5 minutes; then:</i>			
<u>2</u>			
<u>Bent-Over Rowing</u>	4 X 8	4 X 10	4 X 10
<u>Stiff-Arm Pullover</u>	4 X 12	4 X 15	4 X 20
<u>Bent-Arm Flying</u> (Tri-set these 3 without rest between sequences)	4 X 10	4 X 12	4 X 15
<i>Rest 5 minutes; then:</i>			
<u>3</u>			
<u>Body-Weight Underhand Chins</u>	5 X Failure	5 X Failure	5 X Failure
<u>Body-Weight Seated-Position Dips</u> (Super-set these 2, resting 45 seconds between sequences)	5 X Failure	5 X Failure	5 X Failure

Note: Whenever you see asterisks (*), this means you should “warm-up” by doing 2 sets of 15 reps with this exercise with about 2/3rds the amount of the exercise weight.

TUESDAY/FRIDAY (Arms & Shoulders)	<u>Weeks 3-6</u> SETS/REPS	<u>Weeks 8-11</u> SETS/REPS	<u>Weeks 13-16</u> SETS/REPS
<u>1</u>			
* <u>Seated Barbell Curl</u>	4 X 8	5 X 10	5 X 12
* <u>Supine Tricep Extensions</u>	4 X 8	5 X 10	5 X 12
<u>Close-Grip Barbell Curls</u>	4 X 12	5 X 15	5 X 15
<u>Standing Triceps Press</u>	4 X 12	5 X 15	5 X 15
(Quad-set these 4, rest 1 minute after each sequence)			
(Use an E-Z curl bar for both triceps exercises)			
<i>Rest 5 minutes; then:</i>			
<u>2</u>			
* <u>Narrow-Grip Upright Rowing</u> (with a 10" grip)	4 X 8	4 X 10	5 X 12
<u>Seated Front Arm Raise</u>	4 X 15	4 X 15	5 X 15
<u>Expander "Chest Pull"</u>	4 X 15	4 X 15	5 X 15
(Tri-set these 3, rest 2 minutes after each sequence)			
<i>Rest 5-10 minutes; then:</i>			
<u>3</u>			
<u>Hand Gripper</u> (No rest; alternate hands)	3 X to Failure	3 X to Failure	3 X to Failure
No rest; then:			
<u>4</u>			
<u>Dumbbell Wrist "Rocker"</u> (No rest; alternate arms)	3 X 8	3 X 8	3 X 8

WEDNESDAY/SATURDAY (Legs & Waist)	<u>Weeks 3-6</u> SETS/REPS	<u>Weeks 8-11</u> SETS/REPS	<u>Weeks 13-16</u> SETS/REPS
<u>1</u>			
*<u>Bench Squats</u> (Bench should be a height that will allow you to squat 2 inches below parallel.)	4 X 6	4 X 8	4 X 10
*<u>Thigh Bicep Curls</u>	4 X 10	4 X 12	4 X 15
<u>Full Front Squats</u> (Tri-set these 3, rest 2 minutes after each sequence)	4 X 12	4 X 12	4 X 15
<i>Rest 3 minutes; then:</i>			
<u>2</u>			
<u>Hack-Lift Squat-Tense</u> (This exercise is done in regular straight set fashion, resting only 30 seconds to 1 minute)	2 X 10	2 X 12	2 X 15
(Mentally tense the thighs at the top of the movement for a 2-second squeeze.)			
<i>Rest 2-3 minutes; then:</i>			
<u>3</u>			
<u>1-Leg Rise-on-Toes</u> (No rest; alternate legs.)	5 X 6	5 X 10	6 X 15
<i>Rest 5-8 minutes; then</i>			
<u>4</u>			
<u>Bent-Legged Situps</u>	5 X 10	5 X 15	5 X 20
<u>Overhead Sidebends</u>	5 X 20	5 X 25	5 X 30
(Superset these 2 with absolutely no rest between sequences)			

17th Week:

No exercise; completely lay-off all exercise for one full week.

18th-21st Week:

For one month do the exercise program you were doing prior to the **Special 118-Day Scientific BB'ing Experiment** or perhaps you might enjoy doing one of the two following **THREE-DAYS-A-WEEK TOTAL BODY SYSTEM WORKOUTS.**

NO. 1 **MIAMI BEACH** **WORKOUT**

Monday-Wednesday-Friday
Or
Tuesday-Thursday-Saturday

Flat Barbell Bench Press
Parallel Bar Dips w/Weight
Incline Dumbbell Flyes
Barbell Triceps Extension
Close Grip Lat Pull-downs
(to chest)
Straight Arm Barbell Pullover

These 6 exercises make one sequence, with no rest between. Repeat the sequence **SIX** times, 8 reps for each exercise.

***Gironda Perfect Curls**
Close Grip Chins

Super-set these two exercises for 6 sets of 8 reps.

Barbell Front Squats
Machine Leg Curl

Super-set these two exercises for 6 sets of 8 reps.

Calf Raise on Leg
Press Machine

6 sets of 30 reps (10 reps, each foot position)

Incline Sit Ups
Hanging Leg Raises

4 sets, with weight.
4 sets, with weight.

If you don't have the impetus to complete the Miami Beach Workout in its entirety then I suggest you consider the Every-Other-Day Split Routine.

JUST WHAT IS THE EVERY-OTHER-DAY SPLIT ROUTINE?

Simple stated it means that you train on the following rotating workout schedule.

1st DAY-TRAIN LEGS AND ABDOMINALS
2nd DAY-REST & RELAXATION
3rd DAY-TRAIN UPPER BODY
4th DAY-REST & RELAXATION
5th DAY-TRAIN LEGS AND ABDOMINALS
6th DAY-REST & RELAXATION
7th DAY-TRAIN UPPER BODY

CONTINUE FOLLOWING THE ROTATING WORKOUT SCHEDULE INDEFINITELY.

***[Gironda Perfect Curl:](#)**

The late, Vince Gironda, the originator of the Perfect Curl (or complete curl) described how to do it in the following manner.

The first part of “The Perfect Curl” (using a straight bar and a shoulder width hand spacing) begins with the elbows resting on the pelvis or hip bones with the arms hanging straight and the upper torso inclined with the head and shoulders just back of the hips. This particular starting position will actively stimulate the lower insertion of the biceps as the barbell is curled upward the first 10-12 inches.

The second part of “The Perfect Curl” kicks in as the barbell is continuing to be curled upward and the upper torso (head and shoulders) begins to travel forward to an erect (or vertical) position. This part of the curl involves the belly of the biceps.

The third part of “The Perfect Curl” concludes with the upper torso (head and shoulders) moving slightly forward from an erect (or vertical) position and the bar is curled upward to completion. When the torso is slightly forward from vertical at the completion of the upward phase of the curl it creates a maximum peak contraction in the biceps. Cramp the barbell into the top curl position and contract the biceps for all they are worth for a second and then reverse the procedure as you lower the barbell to the starting position. This completes one rep! Each rep should take approximately 6 seconds to complete.

Always use poundage that you can handle in the form described above, perhaps with about 60 percent of your maximum single barbell curl. Vince suggested doing one of the following sets and reps schemes; 6 sets of 6 reps, or 8 sets of 8 reps and finally 10 sets of 10 reps. Rest-pause, 20-30 seconds between each set of the chosen set and rep scheme.

NO. 2

THREE-DAYS-A-WEEK

CONCENTRATED BODY BLAST WORKOUT(S)

The following three Concentrated Body Blast Workouts (popularized in the 1980's by a Maj. Donald V. Clerkin) are most result producing in that they concentrate on the seven basic body groups-thighs, chest, back, shoulders, arms, calves and abs.

Monday's workout consists of the heavy core building exercises for muscle growth. Do not add or substitute exercises on this training day. However for the other two training days you can substitute one body part exercise for another. For example on alternate Wednesdays you could substitute Barbell Bent-Arm Pullovers for Barbell Bent-Over Rowing and on alternate Fridays, do Hack Machine Squats instead of Leg Extensions. The combinations are endless.

Three sets are generally performed for each exercise with the first set being a warm-up using relatively light to moderate weights. Go all out on the remaining two sets. While three sets seem to be just about right for muscle stimulation some bodybuilders may find that a fourth or fifth set (at most) is necessary on some exercises. You will have to experiment a bit to determine if this is the case for you. Each of the workouts should take approximately 60-90 minutes to complete.

The following is an outline of the **Three-Days-A-Week Concentrated Body Blast Workout(s)**.

Monday

Barbell Back Squat

3 sets15-9-7 reps

Flat Barbell Bench Press

3 sets.....12-7-5 reps

Conventional Dead lift

3 sets.....12-7-5 reps

Barbell Press Overhead

3 sets.....12-7-5 reps

Barbell Curl

3 sets.....12-7-5 reps

Standing Calf Machine Heel Raises

3 sets.....15-20 reps

Abdominal ¼ Crunches

3 sets.....20-40 reps

Seated Twists (with broom stick)

3 sets..... 20-40 reps

Wednesday

Barbell Front Squats	
3 sets.....	15-9-7 reps
Incline Barbell Press	
3 sets.....	12-7-5 reps
Barbell Bent-Over Rowing	
3 sets.....	12-7-5 reps
Barbell Press Behind Neck	
3 sets.....	12-7-5 reps
E-Z Bar Reverse Curls	
3 sets.....	12-7-5 reps
Seated Calf Machine Heel Raises	
3 sets.....	15-20 reps
Incline Bent Knee Sit-Up	
3 sets.....	20-40 reps
Incline Leg Raises	
3 sets.....	20-40 reps

Friday

Leg Extensions	
3 sets.....	15-9-7 reps
Flat Dumbbell Flyes	
3 sets.....	12-10-8 reps
Barbell Power Cleans	
3 sets.....	12-7-5 reps
Seated Dumbbell Lateral Raises	
3 sets.....	12-10-8 reps
Seated E-Z Bar Triceps Press	
3 sets.....	12-10-8 reps
Donkey Heel Raises	
3 sets.....	15-20 reps
Hanging Leg Pull-Ins	
3 sets.....	20-40 reps
Seated Barbell Twists	
3 sets.....	20-40 reps

After four weeks of doing the above workout routines you can do the **Special 118-Day Scientific BB'ing Experiment** again if you desire (usually once per training year is enough for most natural drug free bodybuilders), beginning with the 1st WEEK: **No exercise; completely lay-off all exercise for one full week.**

The final factors to be considered in the **Special 118-Day Scientific BB'ing Experiment** is: EXERCISE PERFORMANCE, HOW MUCH WEIGHT, WHEN

TO ADD MORE, HOW MUCH REST? and the MEGA-VITAMIN/MINERAL REGIME. Here's a brief overview of each of these factors...

EXERCISE PERFORMANCE

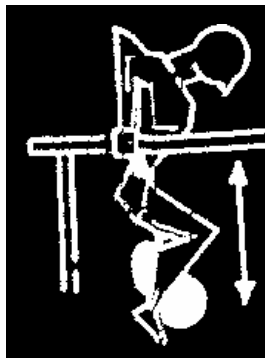
for the

Special 118-Day Scientific BB'ing Experiment

MONDAY – THURSDAY



1A: REPETITION DEADLIFT: Hold bar with hands 18" apart, palms facing you, keep back flat, knees bent; then stand up with barbell until body is straight – lower and repeat, just barely touching floor with barbell. Now, immediately go to the next exercise:



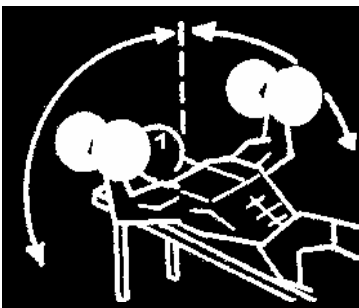
1B: PARALLEL BAR DIPS: Grasp parallel bars with regular grip (palms facing down with your body between the bars, then proceed to “dip” from arms’ length up high, to very low. Add weight around waist if you need more weight. Now, immediately go back to (A) and do another set, then back to (B), etc., until all sets are done on both.



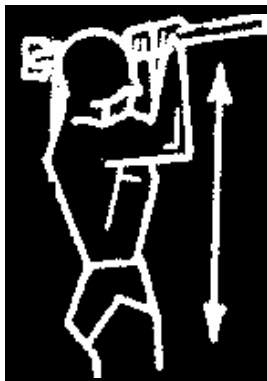
2A: BENT-OVER ROWING: Bend over, back flat, legs slightly bent, grasp bar as in Deadlift, but now you don't stand up; instead, you pull barbell bar up into stomach area as high as possible, and then lower and repeat for 1 set. Now, immediately go to:



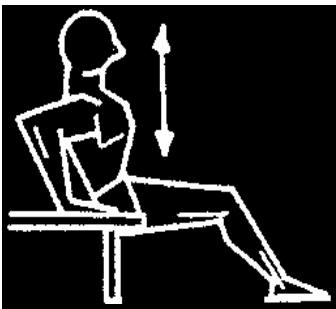
2B: STIFF-ARM PULLOVER: Lie on floor, barbell on floor behind your head; then grasp bar with arms stiff and raise it up over your head as you exhale air; lower while taking a deep breath and repeat. Now, go immediately to:



2C: BENT-ARM FLYING: For a deep armor-plated chest! Lie on an incline exercise bench, hold dumbbells over your chest, arms straight; then proceed to lower dumbbells to sides, bending arms slightly, as low as possible while inhaling deeply – return, while exhaling and repeat for 1 set. Okay, now go back to (A), (B) and (C) again and do all the sets without rest.



3A: BODYWEIGHT UNDERHAND CHINS: Do as you would regular chins but use underhand grip (palms facing you) and hands about 4" apart; be sure to "stretch" at bottom and hold a moment at top. Now, immediately to:

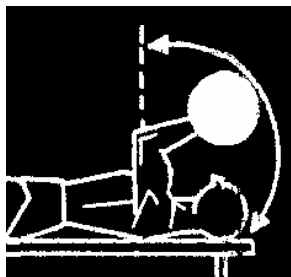


3B: BODYWEIGHT SEATED-POSITION DIPS: Sit between 2 exercise benches or chairs and place hands on each; then proceed to do "dips" between them. Inhale deeply when lowering. Now, rest 20 seconds and start all over again until all sets are done.

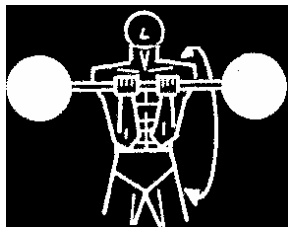
TUESDAY – FRIDAY



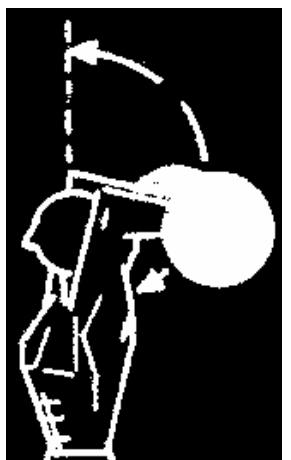
1A: SEATED BARBELL CURL: Sit as shown, rest barbell across thighs; then proceed to curl bar from thighs up to the chest area, trying not to move elbows! Lower and repeat for a set. Now immediately go to:



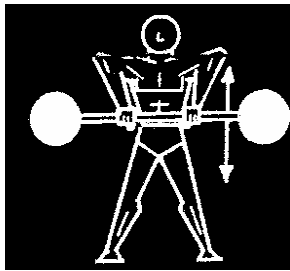
1B: SUPINE TRICEP EXTENSIONS: Start with barbell overhead; then proceed to lower bar to bench behind head (don't move elbows much). Return and repeat for a set. Now, immediately go to:



1C: CLOSE-GRIP BARBELL CURLS: Just like reg. standing curls, but with your hands only about 6" apart, and your elbows placed against your stomach. Do a set, then immediately go to:



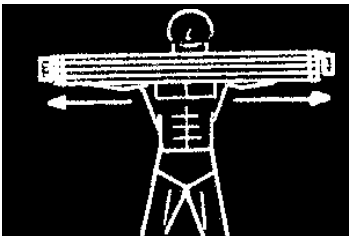
1D: STANDING TRICEP PRESS: Using a close grip (hands about 4-6 inches apart). Hold barbell overhead, palms forward; then proceed to lower the bar behind the head as far as possible without moving the elbows. This is important! Pause just a second in the low position so you won't "bounce" the bar back up; make the triceps do all the work. Raise barbell back up to starting position and repeat. Inhale when lowering, exhale when raising the barbell. After this set, rest 1 minute and repeat this 4-exercise sequence again, and again... 'til all sets are done for each exercise.



2A: NARROW-GRIP UPRIGHT ROWING: Hold barbell with hands 10" apart and pull up high to chest with body straight; lower and repeat for a set. Go right to:



2B: SEATED FRONT ARM RAISE: Sit as shown, rest bar on thighs; then proceed to raise bar overhead with arms stiff. Lower and repeat for a set. Go right to:



2C: EXPANDER "CHEST-PULL": Hold cables out to front, arms straight; then pull apart until cables are against chest. Return and repeat for a set. Now, rest 2 minutes, then repeat until all sets are completed on each exercise.



3: HANDGRIPPER: Use regular "nutcracker" type forearm gripper. Grip it hard! Buy a stronger one as you become stronger. www.ironmind.com

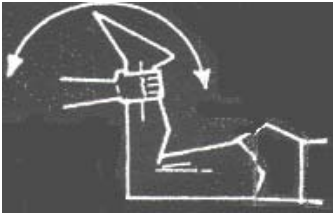


4: WRIST "ROCKER": For a powerful grip and rippling forearm muscles! Simple to do-but exceedingly result-producing. Hold fairly "heavy" dumbbell in each hand at your sides, out slightly from your body, palms in; then proceed to bend the wrists, curling the DB's inward, 'till the forearm muscles "cramp," hold about 2 seconds, then bend the wrists in the other direction, outwards, in the same manner. Don't move the arms or bend the elbows . . . it's all in the wrist action. You will be able to use fairly heavy dumbbells in this one. This exercise will make those stubborn, powerful forearms scream if you do the exercise correctly. No special breathing necessary.

WEDNESDAY – SATURDAY



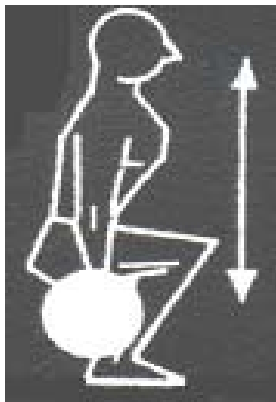
1A: BENCH SQUATS: Same as reg. squats, but you lower yourself down to an exercise bench; return and repeat. Just barely touch bench; don't rest on it. Do a set, then go right to:



1B: THIGH BICEP CURLS: Either use a Leg Curl machine, or have a training partner offer resistance. Do a set, then go right to:



1C: FULL FRONT SQUATS: Hold the barbell at chest, palms to the front and the elbows out to front to secure the heavy barbell at the chest; then proceed to do full squats (all the way down). Return to the starting position and repeat without more than a moment's hesitation. Inhale while squatting, exhale while standing up. You may place a 2" X 4" block under your heel if you like. Do a set, then rest 2 minutes before doing another 3 exercise sequence...then again until all 4 sets are done.



2: HACK-LIFT SQUAT-TENSE: Hold barbell behind body as you stand up straight; then squat down until barbell just barely touches floor. Rise and then tense your thighs hard for a second, then lower and repeat.



3: 1-LEG RISE-ON-TOES: Reg. calf raise, but on 1 leg at a time. At top, tense calf 3 times hard, then at bottom, be sure to “stretch” calf 3 times each rep.



4A: BENT-LEGGED SITUPS: Best all-around abdominal exercise! Sit, as shown, or on an inclined abdominal board, legs bent as far as possible, secure feet under something, clasp hands behind neck (across chest at first if too hard behind neck); then proceed to sit-up until your head is between your knees. Blow-out hard through tightly compressed lips

as you sit-up, inhale freely as you lower back to the floor. Don't rest back on floor! (Note: as you get stronger, bend the legs more 'til the heels are touching your buttocks). Do a set, then go right to:



4B: OVERHEAD SIDEBENDS: Hold light weight above head, feet about 30” apart; then bend from side-to-side as shown. Over and back is 1 rep. Do a set, then immediately go back to (A) and Super-set these two until all sets are done.

**HOW MUCH WEIGHT?
WHEN TO ADD MORE...
HOW MUCH REST?**

WHAT WEIGHT? To determine what exercise poundage to use in the **Special 118 Day Scientific BB'ing Experiment**, Ernest F. Cottrell preferred these two methods:

1. With each different exercise, use a weight that is slightly difficult to do for the prescribed amount of reps on the 1st set (After a good warm-up). The second set should be much harder to do, and the third set will be about the limit of your strength to do all the reps; the sets after that should require you to resort to a slight “cheating” movement to do all the prescribed reps per set. Add Weight (from 2 ½ to 5 lbs.) as your strength increases.

2. Another method that is very good is to use a weight that is heavier than normal so that you can only do 1 or 2 reps less than the prescribed amount; then, as your strength increases and you can do more reps (up to 2 extra reps), add weight so that you are again doing 1 or 2 reps less...and repeat.

NOTE: Whichever method you choose to use, be sure that the muscle “pumps” hard and “burns” a lot after all the sets are done! Use more weight if this doesn’t happen. This “burn” should go away in a few minutes, or so.

REST PERIODS: Use a clock that has a second hand and measures the minutes and seconds accurately. THIS IS IMPORTANT! If, for instance, you are doing a “Super-Set”, you go from one exercise to the other, and back to the 1st, etc., without resting, but you do really rest one set of muscles as the other set works. Some “Tri-Sets” and “Quad-Sets” may be done this way, too, and some require a rest period after their multiple-set sequence, so read the “Outline” for these rest periods.

When you are doing only one exercise (not super-sets, tri-sets, or quad-sets), rest only 30 seconds between sets to no more than 1 full minute. You will have to determine just what your own recuperative powers are here (how long you need to rest)...and when you decide to rest (say 30 sec.), then stick with this time faithfully!

The MEGA-VITAMIN/MIMERAL REGIME

Ernest did not actually go into detail about vitamins and minerals since there were at the time thousands of books and scientific papers written about them; but he did make a few comments (please keep in mind that the following theorems were what he knew to be true in 1975):

1) It’s true vitamins and minerals are oftentimes prescribed individually (1 or 2 prescribed in huge doses out of proportion to the rest), and some “good” results are observed practice (in ill persons), but I don’t recommend this since they are very definitely synergistic in nature with-in our systems; i.e., vitamins and minerals need to be used in various proportions in order to be effective since they perform a joint action of discrete agencies in which the total effect is greater than the sum of their effects when acting independently.

In fact, some well-know nutritionists agree that when one particular vitamin and/or mineral is taken “excessively”, it can cause serious deficiencies in others already in the system because it uses them up and their value is lost. I’ve noticed dramatic evidence of this! **THIS IS IMPORTANT**, so don’t forget it!

2) Don’t drink soda pop of any kind when eating, or for at least an hour after your meals, for it will neutralize the hydrochloric acid in your stomach and disturb digestion.

3) Don’t take high-potency iron at the same time you take your vitamin E. Let about 4 hours or more elapse or the E will be very ineffective.

4) Eat your food slowly and thoroughly before you swallow it...and don’t wash it down with liquids. Take liquids into the mouth and mix it with saliva and let it trickle down the throat slowly; “eat” liquids during meals.

5) The greatest “flusher” of vitamins B & C is water! They are extremely water-soluble, and excessive drinking of water and juices, etc, flushes them from our system. Anything that has a diuretic effect (promoting the discharge of urine) should be avoided unless you immediately replenish your supply of B and C; Such things as beer, coffee, wine, tea, etc, should be either avoided, or kept to a minimum.

Bodybuilders, especially, have great thirsts, so this is another reason why the higher doses of vitamins and minerals...and why I suggest they be taken throughout the day rather than one or two times per day (with the exception of the B vitamins that are to be taken 2 or 3 times per day).

6) Take Bone Meal and vitamin C about 30 minutes before eating.

7) Take all other vitamins/minerals (including the B’s) with, or directly after meals.

Okay, here’s a list of the vitamin & mineral dosages necessary to get results. The B-Complex vitamins should be taken in a minimum of two (2) doses per day (one dose at breakfast, and the other with a small mid-afternoon meal about 2 hours before your evening workout.).

If you take the following formula of B vitamins in three (3) doses per day, take them at breakfast, lunch and supper. The formula might appear to be an enormous amount of tablets to take, but in many high potency “stress” B formulas, you will find most of the ingredients in 1 or 2 capsules, then you’ll only have to buy a few of the very neglected ones separately.

I am giving you the full daily dosage, then you can divide them up into 2 or 3 smaller doses. **BE SURE** to take each dose in the exact proportion listed

here; i.e., don't, for instance, take the B-1, B-2, B-6 and B-12 all together at one meal, then take the rest at another meal! NO, exactly ½ or 1/3rd of all of them each time you take them. Read this carefully. Also, some are measured in milligrams (mg.), and some in micrograms (mcg.), so don't confuse these two!

Daily Intake

...To Be Divided Into 2 or 3 Doses

B-COMPLEX VITAMINS:

B-1 – (Thiamine) -----	100 mg.
B-2 – (Riboflavin) -----	100 mg.
B-6 – (Pyridoxine) -----	150 mg.
B-12- (Cyanocobalamin or Cobalamin) -----	100 mcg.
PABA (Para-aminobenzoic Acid) -----	100 mg.
Panthothenic Acid -----	50 mg.
Niacin (Preferred over Niacin amide) -----	250 mg.
Biotin-----	200 mcg.
Choline-----	500 mg.
Inositol-----	500 mg.
Folic Acid-----	10 mg.

OTHER VITAMINS:

A-----	25,000 Units
C (From Rose Hips) -----	2 Grams
D (Get from Bone Meal; listed later)	
E (d-alpha tocopheryl; in other E-complex oils) -----	1,200 Units

F Bioflavonoid Complex; Citrus Energy Drink

1 whole orange
 1 whole lemon
 1 pint unsweetened pineapple juice
 1,000 IU vitamin E (d-alpha)
 2 tablespoons flax seed oil
 3 tablespoons malted milk powder
 Raw honey

Grate off the outer oily rind of the citrus fruits until there is no color left and discard colored rind. Chop pulp, removing seeds, and blend the fruits with pineapple juice. Then mix in vitamin E, flax seed oil, malted milk powder, and enough raw honey to make this drink taste decent. Drink one-third of this drink three times per day.

MINERALS

Manganese-----	100 mg.
Iron-----	15 mg.
Zinc-----	60 mg.
Potassium-----	50 mg.
Magnesium-----	50 mg.

Bone Meal (Calcium & Phosphorous) -----6 tabs.
(10 grains ea.)

...and Lecithin-----40 grains

All other trace vitamins and minerals are found in sufficient amounts in a well-balanced diet.

OTHER SUPPLEMENTS:

Brewer's Yeast-----8 tablets (7 ½ gr. each)
Alfalfa Tablets-----12 tablets (8 gr. each.)
Kelp Tablets-----12 tablets (7-1/2 gr. each)
Parsley Tablets-----8 tablets (7-1/2 gr. each)

NOTE: All other vitamins, mineral, and supplements and supplements (besides the B vitamins) may be taken in small mixed doses throughout the day with many small meals, except, of course, the Bone Meal and vitamin C. In this way, you won't have to take enormous amount with 1 or 2 meals.

Take the high-potency vitamins and minerals on Monday through Friday...then take only the "Other Supplements" on Saturday and Sunday. During the 7th and 12th week, take only the "Other Supplements", but take a double dose each day.

GENERAL DIET INFORMATION

To determine just how many grams of protein, fats and carbohydrates, and how many calories to take for your physical type, etc, read my **BODYBUILDER'S COOKBOOK** carefully; it contains excellent general information about this...PLUS it has many delicious easy-to-prepare recipes that will supply your system with a variety of good foods full of natural nutritional elements, just for the serious bodybuilder...!

Epilogue-

Rather than have bodybuilders resort to anabolic steroids and thyroid drugs, I have designed the Special Vitamin/Mineral Regime which has proven to be as good -- even much better! -- than the practice of taking dangerous drugs. The truth is, only a few guys taking these drugs get anywhere (plus it holds the very dangerous threat of bodily harm!), and the old and inaccurate myth that anabolic steroids get the muscles you want in all cases is very wrong!

Have a nice workout...!

Ernest F. Cottrell

CUMULATIVE REPETITIONS EXPLAINED!

This is an optimum muscle-blasting technique at its best. This technique can be utilized in body weight-only exercises (incline sit-ups, parallel bar dips, pull-ups, pushups, seated-position dips, “Muscle Beach” sissy squats, one-leg squats, squat jumps, etc.)

To illustrate body-weight only exercises, let’s examine the parallel bar dip. This is performed with just your body weight, but in a unique manner. Do 1 rep, rest 10 seconds, do 2 reps, rest 5-10 seconds, do 3 reps, rest 5-10 seconds, and continue in this manner until you simply cannot exceed your previous repetition count.

For instance, if you get up to 10 reps and find that after a 5-10-second rest, you can’t do 11 reps in this exercise, this is where you consider the exercise completed for this particular workout.

The objective here is to accustom the muscles to accommodating more and more reps each workout until you can finish off with 25 reps. When you reach this number, you will have completed 325 cumulative reps overall.

I realize that a majority of the success in completing a body-weight only exercise is related directly to your weight. If you weight 175 pounds, you will, in most cases, have a much better chance of completing those 25 repetitions, than you would if you weight 200-plus pounds.

The instruction for free-weight exercises is somewhat different from that given for a body-weight only exercise. The exciting part about training with cumulative repetitions as it applies to free weights is the progressive levels you can place on your muscles.

This is accomplished by the repetition scheme you select. Let’s assume that you decide to use the high-bar Olympic-style squat for your exercise. The repetition selection you have chosen is 3-5 reps for power.

Use a poundage that will allow you to blast out these 3-5 reps in proper form. You are now ready to begin. Perform 1 rep of the high-bar Olympic-style squat; then put the barbell back into the squat rack and rest while counting off 10 seconds. Perform 2 reps, then take a 10-second rest; do 3 reps and take a 10-second rest, etc. until you can’t exceed your prior repetition count.

To clarify this, let’s say that you have just worked up to 4 reps and find that after the 10-second rest, you can’t do 5 reps in the particular exercise. At

this point, you will terminate the high-bar Olympic-style squat for this workout session.

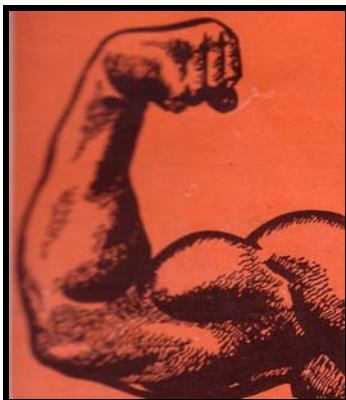
Continue from workout to workout using the same poundage until you are able to complete 8 reps successfully. After you have reached this goal, a poundage increase is in order. Add only enough poundage to drop your repetition scheme back down to a base of 3-5 reps and begin this cycle over again.

The beauty of this progression scheme is that you are using a repetition count at the beginning (3-5 reps) that maximizes your power, but when you have achieved your goal of 8 reps, you are accomplishing strength and size gains with a poundage that is approximately 4 percent greater than you would normally be able to handle.

As you might know this base repetition (3-5) can be used only with general exercises and in some cases, tendon-strengthening movement but never with specific (isolating or shaping) exercises because they will make you so susceptible to injury from maximum low-rep overloads.

The best way to apply the cumulative repetition plan to an isolation exercise is to begin with a poundage that is your best 10 rep maximum, i.e., Seated Dumbbell lateral raises, Incline dumbbell flies; Do 1 rep, rest 5-10 seconds, then 2 reps, rest 5-10 second...

Ernest F. Cottrell's "Advanced" Arm Program



Ernest F. Cottrell created an **"Advanced" Arm Program** for upping the gain factor and introduced it to the hardcore bodybuilding echelon back in the 1970's. The specially designed program is arm-oriented, but basically is excellent for general overall muscular development and strength of the total body.

The program **outline** will give you some idea's on how to incorporate arm specialization into an overall total body workout program.

THE ROUTINE (Outline)

The following is an *outline*, only, of the **"Advanced" Arm Program**. After this, correct exercise performance will be explain.

Exercise days: **Monday/Wednesday**

- 1) **Bent-Legged Situps** 3 sets 20 reps
(Abdominals)

Rest 45 secs. Between sets.

Rest 1.5 minutes then:

- 2) **Close-Grip Beach Press** 3 sets 10 reps
(Chest, Shoulders & Triceps)

Rest 2 minutes between sets.

Rest 3 minutes, then:

- 3) **Bent-Arm Dumbbell Flies** 2 sets 15 reps
(Chest & Bicep)
Rest 30 seconds between sets.
Rest 3 minutes; then:
- 4) **Pushups; hands wide** 2 sets 'til tired
(Chest, Shoulders & Triceps)
Rest 2 minutes between sets.
Rest 5 minutes; then:
- 5) **High BB-Pulls** 3 sets 8 reps
(Lower Back, Shoulders & Biceps)
Rest 3 minutes between sets.
Rest 5 minutes; then:
- 6) **Dumbbell Curl & Press** 3 sets 8 reps
(Biceps & Shoulders)
Rest 3 minutes between sets.
Rest 3 minutes; then:
- 7) **I-Arm Bent Over DB Rowing** 3 sets 8 reps
(Latissimus, Rear Deltoids & Biceps)
Alternate arms; no rest.
Rest 5-8 minutes; then:

ARM SPECIALIZATION

- 8) **Barbell French Press** 3 sets 20 reps
(Triceps)
Rest 2 minutes between sets.
Rest 3 minutes; then:
- 9) **Cheat Curls** 3 sets 12 reps
(Biceps)
Rest 2 minutes between sets.
Rest 3 minutes; then:
- 10) **Triceps Cable Press-Down** 3 sets 15 reps
(Triceps)
Alternate arms; no rest
Rest 2 minutes, then:
- 11) **Wrist-Rocker** 3 sets 12 reps
(Forearms)
Rest 1 minute between sets.

Exercise Days: Tuesday/Thursday

- 1) **Barbell Front Squats** 3 sets 15 reps
(Thighs & Hips)

Rest 2 ½ minutes between sets.

Rest 3 minutes; then:

- 2) **Leg Extension** 3 sets 12 reps
(Front of Thighs)

Rest 1 ½ minutes between sets.

Rest 2 minutes; then:

- 3) **Rise on Toes** 4 sets 'til tired
Rest 30 seconds between sets.

Rest 2 minutes; then:

- 4) **Seated Knee-Ups** 3 sets 20 reps
"Baseball Bat" Swing 3 sets 20 reps
(Entire Waist)

No rest; Super-Set.

Exercise Day: Saturday (Condensed workout)

NOTE: You've had two good workouts for each body part the past week, so I'll make this Saturday workout easier on your nervous system and less demanding on your other physical reserves so you can **GROW** rapidly.

Don't, however, think that this Saturday workout is relatively unimportant - *it's very important, in fact!* You'll use lighter weights, higher reps, rest slightly longer between sets, etc., so that you can really stimulate and "pump" the muscles for rapid gains and still keep a high level of energy.

Some of you may experience under recovery when training each body part twice per week so with that in mind I suggest you train on **Monday**, **Thursday** and **Saturday**. You could do the arm specialization program by itself on Wednesday if need be.

- 1) **Seated Knee-Ups** 4 sets 20-30 reps
Rest 45 seconds between sets.

Rest 2 minutes; then:

- 2) **Barbell Front Squat w/Rise**
On Toes 3 sets 20 reps
Bent-Arm Dumbbell Flies w/Deep
Breathing 3 sets 20 reps
No rest; Super-Set

Rest 4 minutes; then:

- 3) **Pushups**, hands close 4 sets 'til tired
Rest 2 minutes between sets.
Rest 3 minutes; then:
- 4) **High BB-Pulls** 4 sets 12 reps
Rest 3 minutes between sets.
Rest 5 minutes; then:
- 5) **Barbell French Press** 3 sets 20 reps
Rest 2 ½ minutes between sets.
Rest 3 minutes; then:
- 6) **Cheat Barbell Curls** 3 sets 12 reps
Rest 2 ½ minutes between sets.

EXERCISE DESCRIPTION (Monday/Wednesday)

1. **BENT-LEGGED SITUPS** – Best all-round abdominal exercise! Sit, on an abdominal incline board, legs bent as far as possible, hands clasped behind neck (across chest at first if too hard behind neck); then raise and lower the body as in regular situps. Place your head between your knees, and only let the back barely touch at the bottom. Exhale, forcibly thru tightly compressed lips when sitting-up, inhale when lowering the body. Exercises the rectus abdominus.
2. **CLOSE GRIP BENCH PRESS** – For chest, shoulder and arm power! Grasp the bar *exactly* at shoulder width. Lower the bar to the chest, without bouncing on the chest; then press it up to arm's length and repeat. Exhale while pressing bar, inhale while lowering it. Exercises the *pectorals, front and side deltoid*, and this close grip strongly exercises the *triceps* also.
3. **BENT-ARM DUMBBELL FLIES** – For a deep, armor-plated chest! Lie supine on a flat bench, holding a dumbbell in each hand overhead; then lower the DB's to the side as far as possible. Raise back up to starting position and repeat. Bend the arms at the elbows slightly, then keep them *rigid* throughout the movement. Terrific exercise! Inhale *deeply* when lowering the DB's, exhale when raising them. Exercises the *pectorals, rib cage*, and the *biceps*.
4. **DIPPING** – First, you'll do the ever-popular "pushups." Right...plain ol' pushups, but with the hands spaced rather far apart. Really terrific for the *pectorals front and side deltoids and triceps*. Don't rest the body on the floor at the bottom; just let the chest *barely* touch (if you are too weak at

first, do them any way you can...but always try to do them right!) Exhale when pushing up, inhale when lowering to floor. As you get stronger, advance to the parallel-bar dips.

5. **HIGH BB-PULLS** – This exercise isn't used much anymore...except by those who *know* how valuable it is for exceptional overall body power and development! Use a narrow grip; hands about 10-12 inches apart. Pull the weight up from the floor and *try* to pull it up to the chin (when you are using the right amount of weight, you'll only be able to pull the bar up to the chest area); lower the bar 'til the weight *almost* touches the floor and repeat. There's a lot of work involved in doing this exercise – *but it's worth it!* Exhale when pulling the bar up, inhale when lowering it. Bend the legs slightly at the beginning, standing up straight at the high point. Exercises the *erector spinae, trapezius, side and rear deltoid, latissimus, biceps* and the *hips and thighs* to some degree.
6. **DUMBBELL CURL & PRESS** – Perfect combination...! *Two* separate exercises in *one* result-producing movement for great arm and shoulder development. Sit on bench with DB's held at the sides, palms in; then proceed to curl the DB's up to the shoulder where you will immediately continue to press them overhead to arm's length. Lower in exactly the reverse procedure to starting position and repeat. Don't pause at the shoulders or at the bottom. No special breathing required. Exercises the *biceps, front and side deltoid...and the trapezius and triceps*.
7. **I-ARM BENT-OVER DB ROWING** – For that wide "V" shape back! After you've bent-over and supported yourself with the other hand on a bench, *don't* move from this position during the exercise; no up-and-down or sideways movement! Hold a heavy DB in one hand at arm's length, letting the back muscle stretch; then pull the weight up as far as possible (as if you were rowing a boat), lower and repeat. Vary your grip each rep; palms to front; to the rear; and in towards you. This develops the muscle from *many* angles for better development. Exhale when raising DB, inhale when lowering. Exercises the *latissimus, rear deltoid, trapezius and biceps*.

ARM SPECIALIZATION

(At end of **Mon/Wed** workouts)

8. **BARBELL FRENCH PRESS** – Tremendous triceps developer! Use a close grip (hands about 4-6 inches apart). The *Cambered Curling Bar* is excellent for this one! Hold the barbell overhead, palms forward; then proceed to lower the bar behind the head as far as possible *without moving the elbows*. This is important! Raise barbell back up to starting position and repeat. Pause just a second in the low position so you won't "bounce" the bar back up; make the triceps do *all* the work. *Don't* pause

at the overhead position. Inhale when lowering, exhale when raising the BB. Exercise the *triceps*.

9. **CHEAT BARBELL CURLS** - For thick “baseball” biceps! Use a fairly heavy barbell (“heavier” than what you’d use for strict curls), hands spaced about shoulder width apart, palm ups; then proceed to bend over slightly and heave a little as you curl the barbell up to the shoulders. In other words - you “cheat” only a little to get the heavier weight up. Lower the weight slowly with the body perfectly straight and repeat, cheating slightly with the body heave, etc....Exhale when curling, inhale when lowering. Exercises the *biceps*.
10. **TRICEPS PRESS-DOWN** – For that “horseshoe” triceps cut! This one will really polish-off your upper arm routine...Hold one rubber or spring cable handle overhead against the wall for stability and hold the other handle, palms down at the chest; then proceed to straighten the arm, stretching the cable out. At this point, tense the triceps muscle *hard* for a moment. *Don’t* move the elbow; keep it at the side in one, immovable position during the exercise. Exhale when straightening the arm, inhale when returning to starting position. Exercise the *triceps*.
11. **WRIST-ROCKER** – For powerful grip and rippling forearm muscles! Simple to do – but *exceedingly result producing*. Hold a “heavy” DB in each hand at your sides, out slightly from your body, palms in; then proceed to bend the wrists, curling the DB’s inward ‘til the forearm muscles “cramp,” hold about 2 seconds, then bend the wrists in the other direction, outward, in the same manner. *Don’t* move the arms or bend the elbows...it’s *all* in the wrist action. You will be able to use fairly heavy dumbbells in this one. This exercise will make those stubborn, powerful forearm muscle *scream* if you do the exercise correctly. No special breathing necessary. Exercises almost all the muscle in the *forearm*.

EXERCISE DESCRIPTION

(Tuesday/Thursday)

1. **BARBELL FRONT SQUATS** – For strong hips and muscular thighs! Sometime squats are done with the heels up on a block of wood, etc., for more isolated thigh work and for balance, but right now, do them flat-footed. Hold the barbell at the chest, palms to the front, and the elbows far to the front to secure the heavy barbell at the chest; then proceed to “squat” down as far as possible. Return to starting position and repeat without more than a moment’s hesitation. Inhale while squatting, exhale while standing up. (*Note: The breathing here is during the exercise because you’ll not be able to use much weight for 15 reps; but whenever you do have cause to use heavy weights in the squat, breathe only while in the erect standing position!*) Exercises the

entire *front and side of thighs*, (*quadriceps group*), *gluteus maximum*, and the *erector spinae* slightly.

2. **LEG EXTENSIONS** – Excellent for muscular “cuts” on front of thigh! Simply sit on edge of sturdy table, let the feet hang over the edge with *Iron Boots* on the feet or a DB tied to each foot; then proceed to straighten out the legs ‘til the are out horizontal, hold about 2 seconds, then lower and repeat. You may use the *Leg Curl & Extension Machine* for this if your gym has one. If you workout at home and are really serious about bodybuilding, you should buy one; they’re very valuable pieces of equipment – and not one bodybuilding champion goes through a workout without using it! No special breathing necessary on this one. Exercises all the front thigh; the *quadriceps group*.
3. **RISE ON TOES** – Here’s an excellent *olde tyme exercise* for the *mod* look in Herculean calves! All you do is place a heavy barbell on the shoulders or hold a heavy Dumbbell in each hand, and then walk around the gym, garage, etc., while you walk up high on your tip-toes with each step. Begin the step naturally, letting the heel touch first, then as you start to walk, raising the opposite foot off the floor, raise yourself *high* on tip toes. No special breathing necessary. Exercises the *gastrocnemius* and *soleus* of the calf.
4. **SEATED KNEE-UPS and “BASE-BALL BAT” SWING** – These two remarkable midsection exercises are combined so that you may do one exercise, the go immediately to the other, then right back to the first, etc., this is called “*Super-Sets*.” Normally a *beginner* shouldn’t do supersets (it’s a rough way to workout and it’s for *advanced* bodybuilders), but in some cases it’s alright – and this is one of them.

The first exercise, *Seated Knee-Ups* is done by sitting on the edge of a chair, bench, etc., then you proceed to bring the knees up to the chest, legs bent. Now, push the feet over to the front ‘til the legs are straight and parallel to the floor. Return and repeat fairly rapidly. Exhale forcibly thru tightly compressed lips when drawing the knees into the chest, inhale normally when pushing the feet out. Exercises the *rectus abdominus*, and the front of the thighs, slightly.

Now, *immediately* go to the second exercise, the “*Baseball Bat*” Swing, taking only a few deep breaths.

Stand solidly, knees slightly bent, feet about 24-inches apart, tighten the leg, hip and waist muscles, hold a barbell plate about 12-inches in front of you at waist level (you can also use a dumbbell bar loaded on one end and hold it like a baseball bat), then proceed to swing the

weight from side-to-side like a baseball bat as far as possible. Read the instructions carefully again. *Don't* allow the legs, hips and waist to be loose...keep this area *tight!* No special breathing necessary. Exercises the *erector spinae, rectus abdominus and obliques*.

EXERCISE DESCRIPTION

(Saturday) Condensed workout.

- 1) SEATED KNEE-UPS
(Performance already explained)
- 2) BARBELL FRONT SQUAT w/Rise
On Toes
BENT-ARM FLYING
(Super-Set this with the Squats – as you did the Knee-Ups and Baseball Bat Swing – concentrating on the deep breathing.)
- 3) DIPPING
(Performance already explained)
- 4) HIGH BB-PULLS
(Performance already explained)
- 5) BARBELL FRENCH PRESS
(Performance already explained)
- 6) CHEAT BARBELL CURLS
(Performance already explained)

Well, that's it for the exercises....But I believe I should explain a few things that might make a lot of difference to your hardcore bodybuilders who are different in bone and muscle structures, strength factors, as well as occupational and recreational persuasions.

If you are thin, frail or generally lack energy, don't have much appetite, etc., begin this program as outlined carefully and explore what it has to offer you depending upon your existing energy levels. If for example you finish any of the day to day workouts feeling 'used-up,' and the next day's workout is a drag so to speak, try to rest and eat more-but eat only good food!

If you are generally strong, robust, energetic, well-muscled and have a good appetite-you've got it made! And you will gain good quality muscle quickly. *Just don't overdo it because you feel you can do more!* Lots of energetic bodybuilders fall prey to this, only to come to a halt in their training progress-and even go backwards...

If you by chance are fat, soft and weak, just eat less food over the course of the day. Keep the quality of the food high in its protein and vitamin and mineral content-and get yourself into shape FAST. The program mentioned previously is hard work in a sense, but if you want a strong, healthy and well-muscled body, you have to work for it. . . .! Don't ever kid yourself that there is an easier way!

If you are fat, but strong and full of energy, go to it hard and burn-off that adipose tissue and expose the powerful muscles underneath.

If you are engaged in rugged-physically demanding sports or occupation that requires appreciable physical activity, then you might do only one upper body and one lower body during the week and the Saturday workout ONLY-otherwise you will use up far too much energy to make decent bodybuilding progress. Experiment with this to determine just how much you can do before you exhaust your energy reserves.

Stick to the **“Advanced” Arm Routine** for at least two months, at first, and make the progress you are spending your time and energy to accomplish.

Have a nice workout...!

Ernest F. Cottrell

BODYBUILDING SERVICES!

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Online Bodybuilding Coaching By Paul Becker

I have been giving professional bodybuilding instruction for more than 20 years, both in gyms I have instructed in, and in my published books and many bodybuilding articles...so, now I offer a online bodybuilding instruction service!

All the things about bodybuilding that are mysterious, confusing, hard to understand, or the subjects that haven't been covered in the courses and/or magazine articles you've read so far, can be answered at last. Also, these questions will be answered in direct proportion to your needs...not just a general, incomplete and superfluous "stock" answer that is convenient, but not really helpful to you in your quest for bodybuilding superiority...

I am an instructor, not someone who is just interested in keeping training secrets so I can win more contests, titles, trophies! So, I'll give you the real answers to your questions! Not brief answers that will still leave you in a state of doubt...but complete, in depth and sincere answers to problems only you have.

My specialties consist of helping those who have a difficult time of developing muscular bodyweight, a strength and endurance, losing excessive surplus fatty tissue, and helping people to determine and then develop muscular proportion ("balance" of musculature throughout the body for best appearance, depending on your skeletal type).

Naturally, I definitely specialize in helping bodybuilders gain huge muscular size without having to go through long, unnecessary hours of exercise sessions per day. And...so many of you beginners really have difficulty in getting started right! So this is the time and place to get started on the right road to success.

The reason my online Bodybuilding coaching system is different is that I don't answer your questions until you fill out complete questionnaire form from me. You fill it out with your personal statistics, past and present training regimes, eating habits, measurements, etc.: then you return this information back to me so that I might thoroughly evaluate it. In this way, I almost "know" you...and this is very important! I take bodybuilding seriously; if you do, you'll realize this is the only way someone can begin to help you from a distance...

In the beginning, I attempted to establish an easy method of answering your questions by creating "limited" question material for you to send in, but, even though it would greatly simplify the whole thing, it wouldn't have been fair to you. Instead, I have resorted to three (3) categories of question material, each with a different cost in proportion to the question and answer content. Also, I have attempted to keep the cost for this extensive service

low – but some of you might think the cost is high...Believe me, it is low when you consider the personal and professional advise you'll receive, and the results you'll realize from this information....!

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