

# MUSCLE EXPLOSION

## FOOD GUIDE



**SHOCK TACTICS FOR  
EXPLOSIVE MUSCLE GROWTH**

**By Nick Nilsson**

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NOTICE: The information found in this program does not constitute medical advice and should not be taken as such. Consult your physician before taking part in any exercise program. The dietary modifications found in this program are extreme and assume a healthy body. If you have medical considerations that require special nutritional practices, please review this program with your nutritionist and physician before starting.

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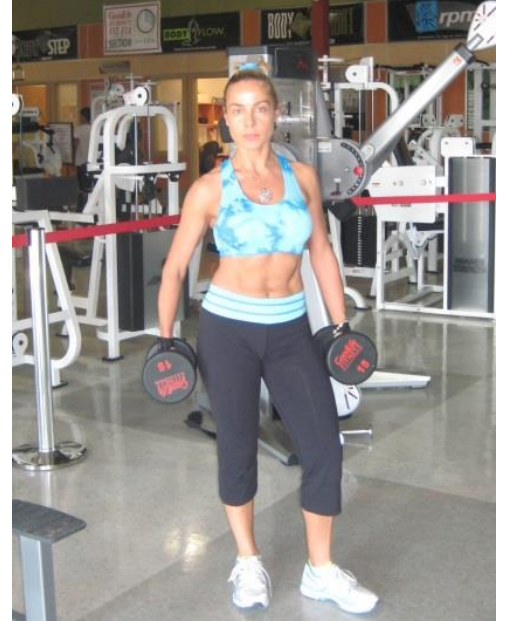
# Muscle Explosion Food Guide

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**Train  
Insane  
or Remain  
the Same**

**By Elena Georgiana**



Building MASSIVE lean muscle often seems like the hardest thing to do...

Muscle Explosion is a powerful program on how to build massive, QUALITY muscle. Nick believes in the healthy way of building up, which is why he asked me to write this book, so it will assist you in making right choices while still eating for mass with the Muscle Explosion program.

I am Nick's client, and he trains me to naturally build muscle for a natural drug-free bodybuilding fitness competition. I am an Ontario Physique Association athlete, and I have competed in the past in the bikini category. However, now we are training for building mass. Therefore, my main goal is to build substantial muscle mass while keeping the fat level under control.

I've already used several of Nick's powerful programs...this is going to be my fourth round of the Muscle Explosion Program.

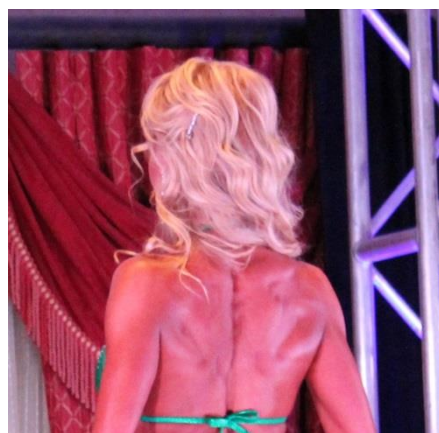
Even though we all realize that we need to eat larger quantity in order to build up, we still want to keep it within the reasonable range. It is not how much we eat; it is the quality of the right quantity of what we eat and when we eat it that matters.

I'm off-season now and building up; however, the last thing I want is to pile unnecessary fat all over my body, and especially on my mid-section. Even though I eat larger quantities for building mass, I do NOT eat junk food most of the time. That is why I do not have a large amount of visceral fat (the most difficult to get rid of) covering my abdominal muscles; nor do I have bulges of fat hanging on my back (you can see the pictures below).

Nick's back

Now (training with Nick)

Before (at bikini competition)



Let's face it, there is no magic in getting a LEAN but massive and muscular body; there is no magic pill either. Nick stated very clearly in his Program that building mass should not be a license to eat unhealthy or super-high quantity; he believes that junk should be restricted to an occasional treat during your cheat meal.

Let's make no mistake here – if you want to get the lean-mass, fat-free results, you have to minimize JUNK, and we want to be very clear about it. Nick and I are NOT asking you to give up on actual FOOD; that is not what this Program is all about; however, junk food we are not considering a real true food. Deep frying, greasy, frozen, or prepackaged meals are not part of this Program, and should be "enjoyed" on occasional basis.

My Coach Nick is often saying: "it is what you do most of the time that counts." If you want to make this program work for you (not against you), you would need to get organized with your food preparation and plan ahead. You don't need to get fancy in order to eat healthy. Remember the beauty is in simplicity. However, you would need to start preparing your meals most of the time. If you like to see the rainbow, you need to enjoy the rain!!!

Nick and I realize that most of you don't want to spend much time in the kitchen, and we don't want you to. I personally have done this program a few times, and after we come

home from the gym after CEO Structural Attack training, spending hours in the kitchen is THE last thing you want to do. Especially if you are doing CEO squats or deadlifts (I have done both of them, and they are the murder, yet fun at the same time).

Therefore, we decided to create very simple dishes for this particular program, so you would be able easily put things together while enjoying and living your life. Most of the dishes would be BBQ meat, slow-cooking dishes, or stir-fry etc...

All these dishes I was able to make myself after training, and they took me 15-20 minutes max (BBQ takes longer in fact). All these dishes that you will see in this book I made myself during my training on this Program. I will also show you how you could plan ahead and freeze the leftovers for future use, so you'll never run out of essential items.

In this book we show you how to make simple, easy, healthy, and tasty meals for real hardcore folks like you who train hard to build LEAN muscle mass.

This is how typical food preparation looks like for a bodybuilder, and I do it every single night before I go to sleep. Your lunch preparation for a working day should look similar to it!!! We are not trying to convince you that healthy eating won't take an effort, as it WILL, but once you get a hang of it, you'll never want to go back!



## **Improvise with your Food**

For me cooking is an ART, and I truly enjoy it. I cook without recipes with free-spirit approach following my heart, passion, and spirit. However, we realise that this approach is not for everybody, so we want you to learn just the basic, but the healthy basic.

Every dish in this book has a picture. We divided this book in three parts: Breakfast, Lunch, and Dinner. However, please feel free to interchange the meals in accordance to your eating habits or desires.

Also when I said that cooking is a free-spirit process, I mean it: nothing is written in stone here; I don't want to set up any strict guidelines for you or lay down laws that you need to follow word to word. I want you to learn to improvise and work with the food that you have rather than be stuck with what is on the picture.

Let's say my recipe uses sugar snap peas as a vegetable side dish, and you don't have it in your fridge. I don't want you to run screaming to the store to get it, please DON'T, as this ingredient could be easily replaced with any other vegetables that you might have handy, let's say green beans!

Another example of it: if I used wild cod fish in my dish, and you either don't have it, can't find it, or it is too expensive for your budget, please don't panic; there is no need for it; use again my free-spirit approach, and replace wild cod with tilapia, haddock, or sole, or even chunk tuna in water. Perhaps grass-fed organic beef is not a practical choice for you, so use the variety that fits your budget, but choose leaner cuts; however.

The same applies to salads; I like to experiment, and I like to bring variety of different fibers into my diet, but if you don't have certain ingredient, like kale or arugula, use what you have in this category of leafy-greens: spinach, roman hearts, or iceberg (you should never run out of these).

What I am trying to show you is that there are so many colours in the rainbow, but there are even more shades in between!!! Use them to your advantage, and your body will say thank you!

# Nutrition

## Organic vs Non Organic

Some of you probably think that healthy cooking and organic eating might be very expensive. Let me tell you something – it really depends how far you want to go with this, as the sky is really the limit in this case. It also depends on your present eating habits.

Let's say you don't cook and typically eat out or 'take-out'. Well if that is the case, then healthy eating is a budget-saver for you, as preparing your healthy meals at home and packing your lunch is much cheaper than going out for lunch; there is absolutely NO doubt about it.

If you are a "cheap junk-type" of eater, like Kraft diner and frozen microwave lunches type of things, then, yes, you would have to invest a bit more if your goal is to get in the shape you wanted all your life. You are the one to choose how far you want to go with this. If your budget allows you to take it all the way to the very top level, then you are only better off here, and I suggest you go organic.

However, if you are on a budget, like me, you would have to consider doing a "cost-benefit" analysis in making your choices. We need to weigh our priorities here, and decide what we are willing to give up in order to provide ourselves and our family with healthier food options.

It is not news to any of us anymore that commercially grown crops, fruits, and vegetables are heavily treated with pesticides, and that meats are pumped with hormones and antibiotics and fed genetically modified (GMO) grains; all these things mess with our body systems. Therefore, to go organic would be a great choice; however, it is not always practical for some of us.

To grow and raise organic costs a lot of money to the farmers, so it can be hard to afford the premium price charged by our grocery stores for organic foods.

I personally am not cooking everything organic, not even close, but there are certain things that can't be compromised for me:

1. Grass-fed 100% certified organic beef is number 1 choice. It is not a secret anymore that commercial livestock is treated with hormones that could mess with our hormones and immune system. However, organic meats are very expensive at the grocery stores, so I go to an organic beef farm to buy my meat there, and it is much more affordable than at the store, yet you still have to pay for it a bit more than you would have otherwise for the commercial beef. Perhaps if the natural beef is important for you, skip something else in your budget (like eating out, alcohol, do your own manicure or pedicure, etc).
2. Hormone-free, antibiotic-free chicken or turkey. Even though I don't always buy organic chicken that often, I always go for the one kind that I trust is chemical-free.
3. 100% certified organic bacon. I rarely eat pork, and if I do it better be hormone free for sure. I buy my bacon at the organic farm, and it is cheaper than at the stores.
4. Breads. Most of the time I eat organic sprouted flourless Ezekiel (not gluten-free though) bread products. However, there are other great breads you can find that are natural and are great quality; just read the ingredients.
5. Grass-fed 100% certified organic butter (if I can find one).
6. Wild-caught fish
7. Some grains, such as quinoa, brown rice, buckwheat, etc
8. Seeds such as chia, flex, hemp, etc
9. Pasture-raised organic eggs. Eggs have the same issues as the chickens do: if chickens are injected with hormones, then sure enough the eggs would contain these as well. I try to have pasture-raised eggs often, but not all the time; they are very expensive, even at the farms, and bodybuilders eat them a lot. Therefore, this is how I look at it - when I eat the whole egg, then I would definitely go for the organic, but for the egg-whites omelettes I would go for regular (I eat up to 1 cup of egg-whites a day or more). Eggs are an excellent protein source, and yolks contain healthy saturated fats and many essential nutrients. Therefore, if you can afford organic, naturally-fed eggs, add these to your "worth to have organic list".
10. Organic spinach, baby kale, roman hearts, and all leafy greens. I eat a lot of this, and they are not that expensive to buy. Non-organic greens are heavily sprayed with pesticides.
11. Organic potatoes, carrots, celery, cucumbers – these ones are also big offenders and are also heavily sprayed with pesticide and herbicides.
12. Organic extra virgin coconut oil and organic flax oil.
13. Organic apple cider vinegar (in glass bottles only)



14. Organic apples, and strawberries, and blueberries, as non-organic are loaded with pesticides.
15. Organic coffee, herbal teas, and spices

The things that I don't buy organic, however, I always make sure they are natural and don't have any sugar, sweeteners, refined oils, trans-fats, or any artificial ingredients added to them. (**Note**: By the way we don't need to eat sugar, which, in fact, is inflammatory. Fruit after training is a great and healthy carb to have in order to get the insulin response needed.)

I started my healthy eating journey many years ago, and back then "organic" was not in my priority list, not even close. Also some of us prefer to do things slowly and see what happens, and some of us are extremes and go from one end to another in one step. I personally was never a 'junk' eater; it simply wasn't the way I was raised; the culture I came from junk wasn't part of our upbringing.

Therefore, I was able to bring my eating habits to the very next level pretty quickly. Even though I was not eating organic products or grass-fed beef at that time, I was instantly better off than the majority of people around me.

What I'm trying to tell you here is even if you eliminate all the pre-packaged, pre-made foods, refined sugar, trans-fats, greasy deep frying dishes, and all the unhealthy processed stuff that are loaded with deadly blood-sugar spiking, nutrient-poor calories you already will be ahead of the game.

These severely unhealthy things do nothing but destroy your health and add pound after pound very quickly to your body, building up this dangerous visceral fat that is very hard to get rid of. Needless to say, even eating just a tiny bit of trans-fat causes damage to your body.

My advice to you is very simple: read very carefully the ingredients on the items you are purchasing and take your time when you do this.

Natural products have a very simple list of the ingredients and we are aware of them all. If the list of the ingredients goes on, and on, and on with the components that we don't even know what they are, or we can't even pronounce them, this would be a clear indication NOT to buy this item, as your body would not be able to pronounce it either.

So the rule, as you can see, is very simple. Just an example: when I choose my bread, I want to see in the ingredients list only 4 items: sprouted grains (could be a mix of many like in my Ezekiel bread), water, salt, and yeast (if any)! That is all I want to see, and I will never buy any bread that has sugar, molasses, high fructose corn syrup HFCS (that is even worst of all), GMO, or any other artificial ingredients in it.

This simple rule applies to absolutely everything you buy.

Nick and I hope that these tips will help you in making healthy choices and eating the healthiest diet for building mass while staying within practical limits.

## **“Invincible Four” Food Team *PLUS* Fiber :**

- (1) Protein
- (2) Healthy Fats;
- (3) Complex Carbs;
- (4) Vegetables
- (Plus) Fiber

We need the presence of all members of this winning team in order to build healthy and LEAN mass.

### ***Protein***

Needless to say, good quality proteins help our body stay lean and build muscle. We want to have the best results during these 28 days of training and give our bodies a good start. That is why it is important to make good healthy choices.

Nick and I believe that it is important to have different protein sources during the day; therefore, we want to give you as many healthy alternatives as possible, and it is up to you which ones are the most appealing to your taste buds. (Note: taste buds have a tendency to develop, so whatever



you think you don't like now, you might fall in love later on. It is like with training: perhaps last year you were doing beginner programs and before you know it, now you are doing Nick's advanced "[Muscle Explosion](#)" program. Just keep trying and experiment.)

I like to have variety in my diet, so I always change things around, and these recipes will help you in your journey of discovering healthy yet good tasting foods.

There are many options available when it comes to protein, and you should try to eat most of these:

- Beef, preferably grass-fed, as it contains natural fat burner called CLA that can boost your metabolism and help burn fat.
- Chicken, hormone-free. I prefer to cook chicken breasts, as a lean protein source
- Fish. I always cook wild fish, as it is non-farmed. Farmed fish that is commercially raised contain high levels of contaminants and pesticides
- Shrimps
- Scallops
- Egg-whites
- Protein packed natural Greek yogurt, choose 0%
- Cottage cheese ( I always choose 0% natural pressed cottage cheese)

## ***Healthy Fats***



This is my favourite group of foods, and this is the only one I always crave...healthy fats. Healthy fats ARE in fact our friends. If they are chosen properly, taken at right amounts, and at the right times, they actually help burning fat ...yes, fat burns fat.

However, let's not make a mistake here and start consuming a lot of fats hoping to lose weight. Moderation is our even better friend for all ages.

Our goal here is to learn what these healthy fats are so you could make proper choices when it comes to these. Nick and I came up with the list of fats that we recommend:

- Pasture-raised yolks. There is the same scenario here as with the grass-fed beef: if chickens are fed with natural diet, they most likely provide us with the healthy eggs that are rich in nutrients. All vitamins, minerals, nutrients, and essential amino acids are in fact in egg-yolk, so it is important that you eat whole eggs in addition to your egg-whites.
- Avocado. It is called a super-food, as it loaded with vitamins, minerals, antioxidants, micro-nutrients, and it is high in monounsaturated fat. I eat somewhere from a ¼ to a half of it a day.
- Extra virgin organic coconut oil. This is probably the healthiest oil, and one of the best to cook with; it contains the healthiest type of saturated fat (*medium chain triglycerides*, MCTs), and the nutrients that are good for your immune system. Almost all my omelettes, scrambled eggs, and sunny-side-up I cook with coconut oil
- Coconuts (organic, unsweetened). Coconut milk; I use organic, natural, full-fat original variety to add into my coffee instead of milk or in baking.
- Extra virgin olive oil (good quality). I use it in my salads.
- Nuts. Try different kinds of nuts to expand the vitamins and minerals you get from each. I always go for the natural raw nuts. However, sometimes I like my nuts roasted, and I would always roast them myself, as I don't want to have any added oil/trans-fat to them. I like the variety of nuts in my diet such as walnuts, pecans, peanuts, pistachios, almonds, pine-nuts, macadamia etc. I eat them daily, but just a handful, as they are calorie-dense.
- Peanut butter (100% natural only; no other ingredients added other than freshly roasted peanuts). There is probably no single bodybuilder or fitness athlete that does not have PB in their regular diet. It is easily digestible and it has the highest amount of protein than in any other nuts. However, you have to be very careful with the amount of it you eat. There are 100 calories in just 1 tbsp of it. Also you need to be aware that it is one of the most addicting foods. PB is my most favourite treats, and unfortunately I sometimes I have to completely eliminate it from my diet, as I simply am unable to control the portion I eat.



- Any nut-butter (100% natural only without any sugar or oil added). Almonds are high in fiber, and I like natural crunchy almond butter. Also some of my favourites are macadamia nut butter and pecan nut butter (I make this one myself, as I can't find the pure one in stores). Again any nut-butter is high in calories, so you need to restrict yourself to a small amount of it.
- Certified fish/krill oil
- Grass-fed butter. There were a lot of misconceptions in the past associated with butter, and there are still many people using margarine instead; I call it a deadly spreadable alternative. Grass-fed butter contains the same natural fat burner called CLA, as in grass-fed beef that helps burn fat and build leaner muscles. Also it has the nutrients that boost your immune system, in addition to a well-balanced composition of omega-3 and omega-6 oils in it. If you can find grass-fed butter, don't be afraid to enjoy it in moderation.
- Organic chia, flax, and hemp seeds. These three are very high in fiber and are excellent sources of Omega oil. I sprinkle these over my Greek yogurt or cottage cheese.
- Dark chocolate and raw cacao beans. They are excellent sources of antioxidants. Healthy fats in a good quality dark chocolate should come solely from natural fats of cacao butter, so you would want to watch the ingredients when you buy your dark chocolate, as it should not have any added fats other than cacao butter.

When I choose my chocolate, I always look for composition of fiber and carbs, and I would go for the one that has half the amount of fiber in relationship to its carbs content and the least amount of sugar; I don't mind the bitter taste of it, in fact I love it. However, I must say that dark chocolate with 85% and higher is an acquired taste.

If you've never tried very dark chocolate, I would suggest you to start with 75% and make your way up gradually. I personally eat sometimes 99% chocolate, and I also love natural raw cacao beans, just as they come from the cacao tree in its authentic, virgin, and untouched form (I know I'm a bit non-typical when it comes to things like this). The content of fiber is the highest in the beans, and it is as good as it could come (fibers equal to carbs) because the skin from the beans is not removed. When you buy cacao nibs, however, the skin is already removed, and you don't get as

much fiber anymore. I find a lot of flavour and aroma in raw beans, and skin adds to its spice.

## ***Complex Carbs***

Healthy carbs are important component of Muscle Explosion program, as muscle hypertrophy is THE goal. As our Coach Nick teaches us, the good quality carbs raise our insulin level that helps shuttle the protein right into our muscles. Therefore, it is important to choose the good type of carbs and pair them up with different protein sources that we discussed above to give our muscle growth a good start.



Let's face it...we train muscles at the gym, but we feed them in the kitchen, so they will grow while we are asleep, and all variables in this equation are equally important. I am very selective when I chose my carbs, as I want to minimize what will be stored as fat, but instead make every single bit of it work for me in promoting the muscle growth.

I personally eat very limited amount of grains and hardly ever pasta, as I don't find these types of food choices appealing to me, nor do I ever crave them. I don't eat any refined flours, and I try to avoid, at all costs possible, any GMO grains like wheat, corn, and soy. However, I love a slice of toasted sprouted organic Ezekiel bread with my egg dishes.

Also each time for the day 1 of high-carb phase of the Day 1 of Week #2 of Muscle Explosion, I wake up with the desire to have a warm bowl of oatmeal; otherwise it is not a staple of my regular diet. When it comes to carbs, I prefer to have squash, beets, turnips, sweet potatoes, sprouted beans and legumes, and fruits.

I also eat rice during the 5 days of Structural Attack, especially if I'm doing deadlifts or squats. I would eat starchy carbs after training; otherwise I limit my consumption of carbs, as we need them very little when we don't train. Here are a few carbs that Nick and I think should become your healthy choices:

- Fruits. I always have them after training. I never miss an opportunity to enjoy different kind I feel like having that day.
- Beans and Legumes (I typically eat sprouted)
- Squash

- Beets
- Turnips
- Regular large flakes oatmeal (not the instant one), or steel-cut;
- Sweet potatoes/yams
- Quinoa. Gluten-free. Quinoa is one of the most protein-rich foods we can eat. It is a complete protein containing all nine essential amino acids. Quinoa contains almost twice as much fiber as most other grains.
- Brown Basmati rice, arsenic-free only (great source of magnesium); gluten-free.
- Buckwheat (good source of dietary fiber and protein); gluten-free
- Pot barley (an excellent source of dietary fiber, has more fiber than most grains); not gluten-free
- Millet; gluten-free
- Good quality organic sprouted bread. I like to have a slice of organic Ezekiel 4:9 bread with my eggs and omelettes. It provides me with excellent quality carbs in addition to a good protein in it.
- Ezekiel 4:9 cereal (this is the only cereal on a market that I could find that does not contain any sugar or sweeteners). It is packed with good quality protein and good complex carbs, and it is made from 100% certified organic sprouted grains and legumes. I am not a big cereal eater, as I don't drink milk; however, sometimes I enjoy sprinkle this cereal over my Greek yogurt or mix it with my pressed cottage cheese.
- Ezekiel 4:9 sprouted grains pasta. I'm not a pasta eater, and I typically hardly ever eat it (literally once or twice a year); however, if I would, it would be Ezekiel 4:9. Just look at the ingredients of this pasta, and you will know why I am a big fan of this company. Simply compare this pasta to any other pasta on a market, and when you are doing it pay attention to fiber and protein level. You will not find any pasta with higher fiber level never mind protein. However, keep in mind that it is not gluten-free.
- Whole grain gluten-free brown rice pasta or any gluten-free whole grain kind. It is a great option if Ezekiel 4:9 pasta is not practical for you.

# Vegetables

When it comes to vegetables, my free-spirit cooking approach, is especially true. I really mean it; just make a trip to a fresh produce aisle of your grocery store or to your local market and take a look how many different kind of vegetables you can find! Some of you might not even tried half of what is available out there. Healthy eating is not just spinach and broccoli day after day.



Nick and I strongly believe that same boring food most likely will sabotage your fitness/fat-loss results, and you won't be as motivated to stay on a boring monotonous diet, as you would otherwise with the variety of different foods to look forward to.

When it comes to vegetables, we just need to understand a few different types of them, so you could make an appropriate choice.

**Low-carbs type:** leafy-greens, bok choy, celery, mushrooms, zucchini, radishes, cucumbers, spinach, asparagus, tomatoes, green peppers, eggplants, red pepper, etc

**Cruciferous vegetables:** broccoli, cauliflower, Brussels sprouts, cabbage, and kale. Even though they are slightly high in carbs, they are also high in fiber. Also adding cruciferous vegetables to your diet (they contain indole-3-carbinol) helps converting excess estrogen, which means less weight gain.

**Medium-carbs type:** green peas, sugar snap peas/snow peas, green beans, etc. I would eat these on days when I don't train.

**Starchy type (high-carbs):** squash, pumpkin, rutabaga, beets, turnip, carrots, parsnip, etc. These ones are definitely great choice to have after training.

Expand your horizon and try different veggies that you've never eaten before and learn to improvise and experiment.

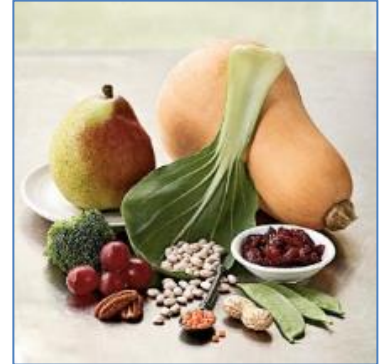


## **Fiber**

Fibre is an important part of a healthy diet. A diet high in fibre has many health benefits. It can help prevent heart disease, diabetes, weight gain, some cancers, and it can also improve digestive health.

Dietary fiber is found only in plant foods: fruits, vegetables, nuts, and grains. Meat, fish, dairy products, and eggs do not contain fiber. Since our Surge program diet is mainly protein-based we need to make sure that we are eating enough fiber with it, as it is a vital part of a healthy diet.

Fiber controls insulin spike in your blood and releases it slowly. However, most of us are getting less than half the recommended amount. A healthy adult needs 21 to 38 grams a day, but surveys show that the average daily Canadian intake is about 14 grams. It is recommended that children and adults consume 14 grams of fiber for every 1,000 calories of food they eat each day.



I always aim for at least 25g a day, and I like to have my fiber from different sources, and that is why I recommend you to experiment with different vegetables and leafy-greens, as they are loaded with fiber. Also beans, legumes, and whole grains are packed with fiber, especially Ezekiel 4:9 bread products, pasta, and cereals. I also sprinkle my Greek yogurt with rice bran in addition to chia and flax seeds that are also high in fiber.

Some people take fiber supplements, as not everybody can get enough daily dietary fiber from the food they eat. It is very important to have enough fiber for your body to function properly. I do not take any supplements, as I find it is actually hard for me to stay within the daily limit, as I eat different kind of vegetables with every single meal I have, and I eat good quality complex carbs including fruits after training.

# Coach Nick's Favourite Simple Dishes for Building Lean Mass

Coach Nick eats very simple, but extremely healthy; he is a big advocate of quality food. He chooses his meat and produce with an extreme care. He eats in big quantities while building, but at the same time he would never compromise the quality of what he eats. He is a strong believer of building a healthy foundation, and he applies this rule to both his hardcore training and his eating for mass.

He doesn't believe that building muscles and eating for mass should be your license to stuff your face with junk and garbage. Even though Nick enjoys his occasional cheat meals very much, he disagrees with making junk and greasy food a staple of your regular diet. As he often keeps say: "it's what you do most of the time that counts."

I had to have a detailed interview with him to get the information out of him for this section, and I must tell you that was NOT easy at all. In fact, that was the most challenging interview, but since this is exactly what I do it for living, I got all the info I needed for this chapter 😊 .

As crazily insane and elaborate as he is at the gym, as clumsy and non-creative he is at the kitchen! He doesn't like cooking, but he still cooks his favourite meals. I'm sure most of you don't enjoy spend time at the kitchen either, but let's face it, when you are on a mass building diet and eat that much and that specific, who would cater to you all the time? It's great if you have someone who could keep up with these eating habits, but I suspect that most of you have to deal with it on your own.

Nick's wife is a great cook, and he enjoys her dishes when she is around and has the time to cook for him. However, most of the time it is up to him to prepare meals for himself when he is hungry.

I must warn you, Nick eats big piles of food. However, he also burns a lot of calories. We can't just assume that we may eat the amount of food that he does and expect the same result. I bet most of you sit in the office for 8 hours in front of computer. Well Nick does this too, but, as we all aware, he is also very busy at his Mad Scientist lab home gym testing his insane exercise, shooting the videos for us, improving his training programs, and all other

unique fitness things that burn his calories. However, the actual training takes him about an hour a day maximum. I think that most of us don't need as much calories, as we don't use them up during the day.

Nick's recipes are just an example of what he eats, but we must adjust our portions accordingly for our specific situation, otherwise you run into risk of packing a lot of fat all over your body. However, all this dishes I had to eat during my first round of Muscle Exposure, so I've adjusted the portions I actually had eaten to my body size.

Some dishes as you see them on the pictures I might have eaten in full, but some I had as leftover, as I definitely don't eat piles of food, yet I do have a good appetite.

Nick's menu is very simple, but he knows exactly what he likes and what he doesn't, and he is very particular. Also, as we discussed before, you don't need to eat fancy to be healthy! As simple as his dishes are, they are very healthy. This is the list of ingredients that he likes and uses:

- organic grass-fed beef
- organic chicken
- organic pasture-raised eggs
- organic bacon
- organic grass-fed butter
- wild fish only
- non-GMO produce
- organic potatoes
- organic brown rice (arsenic-free only)
- organic carrots, broccoli, peppers, asparagus
- organic leafy-greens
- organic coconut oil, hemp oil, etc

As you can see from the list of what he eats, it is beyond healthy. He eats quality.

# Coach Nick's Eating Habits

Nick was kind to share with us the way he eats, and I'm sure you will enjoy this part.

*Written by Nick Nilsson*

"Here's how I normally like to do it - I typically only get 3 meals a day myself (sometimes more if I count snacks).

**Breakfast** - as soon after waking as possible - I like to having something like oatmeal with yogurt in it for long-term energy with a big plate of scrambled eggs (don't be afraid the yolks - that's where all the nutrients are and that's what makes eggs a complete protein - and forget the cholesterol in an egg...dietary cholesterol in the egg doesn't affect blood levels AND the egg yolk has enough lecithin in it to emulsify 3 times the amount of fat that is actually in the egg). This breakfast is enough to hold me till lunch time.

**Lunch** - this varies but it includes foods like protein shakes, tuna, peanut butter and jelly sandwiches, leftovers from supper the night before, fruit, veggies, salad, chicken breast, etc. The key that I like to go by here is to start with protein and eat that first. The reason for that (especially if you're working all afternoon) is that if you eat a carb-only lunch, your blood sugar will go up then back down and leave you sleeping at your desk. Protein keeps you awake and alert.

**Training Late Afternoon** - enough hours have passed from lunch that I'm not training on a full stomach, which is ideal for growth hormone secretion. I don't like to have food in me when training. Take protein, simple sugary carbs and vitamins as a post-workout shake right after training.

**Supper** - About an hour after training. Good source of protein, starchy carbs like potatoes or pasta are fine after a workout - your body will use them. Try not to eat too late, especially if you go to bed fairly early. If I feel like it, I might take a protein shake before going to sleep - especially if dinner has digested fully. This should be a big enough meal that it doesn't leave you hungry for unhealthy snacky stuff in the evening.

That's pretty much it!

You can work with your meal timing depending on when you train as well. If you train first thing in the morning, have a big breakfast after your training - don't skip that meal if you train in the morning.

If you aim for those 3 meals then try and grab a healthy snack whenever you can, e.g. fruits, veggies, nuts, you'll get results.

You have to eat for the real world and it's simple enough to go with the flow and get great muscle building and/or fat loss results when you can at least control WHAT you eat, if not when."

As you can see Nick's eating habits are very simple, but healthy and specific.

## Nick Dishes and Recipes

Nick agreed to share with us a few of his favourite dishes. I was cooking these meals during my training days on this Program (otherwise when I don't train, I don't eat these starchy carbs). My portion sizes were just a fraction of what he eats, so don't judge by the pictures, as I couldn't pile all the quantity of what he eats.

**These meals fit in on Weeks 2, 3 and 4 of the program, not Week 1 (which is low-carb eating).**

Here is the list:

- Nick's dish #1: Grass-fed ground beef with quinoa;
- Nick's dish #2: Grass-fed steak with sweet potatoes, steamed asparagus, and a salad;
- Nick's dish #3: BBQ chicken breast on "*smashed*" LOL potatoes with steamed broccoli;
- Nick's dish #4: Stir-fry beef on mashed potatoes with mixed veggies and a salad;
- Nick's dish #5: Stir-fry chicken thighs on brown rice (arsenic-free)
- Nick's dish #6: Stir-fry chicken thighs with sweet potatoes;
- Nick's dish #7: Stir-fry beef on brown rice with mixed veggies and a salad;
- Nick's dish #8: Wild salmon

## Nick's Favourite Dish #1: Quinoa with ground beef



Nick provided very detailed cooking instruction, so you could make no mistake in making this delicious dish, and here are the procedures that he wrote:

“... it's easy...

1 lb grass-fed ground beef (80% lean)

1 cup quinoa (dry measure).

sea salt

Cook the quinoa, cook the beef and dump it all in a bowl “

I guess it wasn't that bad, as I executed it, and Nick said that it was “dead on”. However you might prefer using my detailed instructional outlined below.

This dish was prepared on Nick's 40<sup>th</sup> Birthday, so it was my virtual birthday-cake-gift that I made for him and emailed. He loved the creative aspect of it, and he asked me to include this one in the book as well. Otherwise the actual dish, the way he would eat it, is presented below.

## Quinoa with Ground Beef



### **Ingredients:**

- Quinoa;
- Organic grass-fed lean ground beef;
- Salt and peppers;
- Asparagus

### **Procedures:**

- Cook your quinoa in accordance with a package instructions;
- Put your lean ground beef in a non-stick frying pan (you don't need to add any oil, as beef will release its own fat during sauté process)
- Add salt and pepper;
- Cook your beef to your desired doneness;
- Steam your asparagus using steaming basket or pouch in a boiling water (literally under a minute, as it cooks instantly, and you definitely don't want to overcook it otherwise it will be stringy).
- Once beef done place it on top of quinoa and enjoy it with the steam asparagus.

( [Note](#): Well... that's how Coach Nick loves it – simple and healthy; however, please feel free to add any spices or veggies of your choice to your ground beef. Decorate it any which way you like it. I personally would add organic spinach into my beef).

## Nick's Favourite Dish #2: Grass-fed Steak

(with Sweet Potatoes, Steamed Asparagus, and a Salad)



### **Ingredients:**

#### Steak:

- Organic grass-fed sirloin
- Salt and pepper,
- Cayenne and chilli flakes (optional)
- Any spices you love

#### Salad:

- Organic arugula and spinach
- Yellow peppers
- Balsamic vinegar and olive oil
- Salt and pepper

### **Procedures:**

#### ***Steak:***

- Season your steak with salt and pepper and any spices of your choice. I personally like natural flavours of the meat, so I use only salt, pepper, and chili flakes
- BBQ your steak according to your desired doneness (Nick loves it medium-rare)

**(Note:** I typically do not brush my meat with oil, as I don't want it to brown more than it should on a BBQ. I typically don't marinate my meat and cook it right away. A Quality cut of meat doesn't need to be marinated, and if the meat is not a good quality, so no matter how long you marinate it your meat won't be tender.)

**Salad:** While your steak is cooking, prepare your salad:

- In a salad dish put your organic mix of arugula and spinach
- Cut your yellow peppers (or any other peppers of your choice; Nick likes all kinds of peppers)
- Season to taste and dress your salad with balsamic vinegar and olive oil



(**Note**: you could use squeezed lemon juice, but I find that balsamic really works best with arugula)

We served our steak with sweet potatoes, steamed asparagus, and fresh radishes.

### **Nick's Favourite Dish #3:**

### **BBQ Chicken Breast on "*smashed*" Potatoes with Broccoli**



Nick provided very detailed procedures of how he prepares this dish: "When I make potatoes, I boil them and smash them up; chicken, just on the Foreman grill." There you go please, so please follow strictly for the best results 😊

I would imagine that not many of you will have Foreman grill. I would recommend you to BBQ your chicken breasts; use any spices of your choice; Nick likes just salt and pepper.

Nick likes his potatoes with the skin on. He uses organic variety, so it's OK to eat them with the skin.

Steam your broccoli in a steaming basket or poach it in boiling water for a minute, as you don't want to overcook it (unless you prefer it mushy).

**Nick's Favourite Dish #4:**

***Stir-fry Beef on Mashed Potatoes***

*(with Mixed Veggies and a Salad)*



## **Ingredients:**

### Beef Stir-fry

- Organic grass-fed beef sliced lengthwise
- (left over steak from dish#2);
- Organic virgin coconut oil;
- Sea salt and pepper;
- Carrots, multi-colour peppers, and broccoli;

### Salad:

- Organic field greens
- Tomatoes
- Cheese
- Balsamic vinegar and olive oil
- Salt and pepper

## **Procedures:**

- Melt a bit of organic coconut oil in a frying pan and spread the oil over the surface;
- We are using left over steak from previous day; we just cut it lengthwise. Since the meat is already fully cooked, it doesn't require any additional sauté time, so place your beef stripes and all the veggies at once into the pan;
- Add salt and pepper to your taste (feel free to use any spices you love) and sauté your dish for a bit, quickly stirring (I typically flip beef and veggies a few times for a minute or so just to mix them together, so the veggies would get some flavour from the meat and the spices). Add some water (quantity of water depends on the amount of food you are cooking), cover pan with a lid, and bring it to boil. The moment water comes to boil your dish is DONE, unless you like your veggies soft and overcooked. If you like your veggies on a softer side, steam them for 1 extra minute for the most.
- Cook your potatoes and then mash them. (Nick likes his potatoes with skin; however, he eats only organic variety, so it is safe).
- Put your potatoes in a big bowl and place the stir-fry beef dish on top and enjoy while it's hot.

**Note:** it's great to have this dish as a leftover, so you could bring it for lunch the next day, or even have it for dinner again the next day. I personally don't mind eating the same meal for a couple of days. Take a look at the dish #7 below and see how beneficial it is to cook in bulk. Just change your side dish and veggies. This is such a time saver!

### **Salad:**

- In a salad dish put your organic greens, tomatoes, and cheese;
- Season to taste and dress your salad with balsamic vinegar and olive oil

## **Nick's Favourite Dish #5:**

### ***Stir-fry Chicken Thighs on Brown Rice (arsenic-free)*** *(with shiitake mushrooms, carrots, and mixed veggies)*



#### **Ingredients:**

- Organic chicken thighs;
- Organic virgin coconut oil;
- Sea salt and pepper;
- Shiitake mushrooms, carrots, multicolour peppers, and asparagus;
- Avocado
- Organic brown rice (arsenic-free)

#### **Procedures:**

- Melt a bit of organic coconut oil in a frying pan and spread the oil over the surface;

- Place your chicken thighs into the pan and cook until they are fully done, stirring occasionally (you may need to add a bit of water for steaming purposes);
- Add salt and pepper (please feel free to use any spices you love);
- Turn hit to high and put all your veggies at once into the pan; sauté them a bit quickly stirring (I typically flip chicken and veggies a few times for a minute or so just to mix them together, so the veggies would get some flavour from the chicken). You may add more salt and pepper to your taste.
- Add half a cup of water, cover pan with a lid, and bring it to boil. The moment water comes to boil your dish is DONE, unless you like your veggies soft and overcooked.

Cook your brown rice according to the package instructions. Put the cooked rice in a big bowl and place the stir-fry chicken dish with a cubed avocado on top and enjoy while it's hot.

**Note:** it's great to have this dish as a leftover, so you could bring it for lunch the next day.

Take a look at the dish #6 on the next page and see how beneficial it is to cook in balk. Just change your side dish and veggies. This is such a time saver!

## **Nick's Favourite Dish #6:**

### ***Stir-fry Chicken Thighs on Sweet Potatoes***

*(with shiitake mushrooms, carrots, mixed veggies, and a salad)*



This is the same chicken stir-fry dish, as was outlined in #5.

Nick likes his stir-fry chicken on organic sweet potatoes as well.

This dish is served with organic field greens, sliced almonds, and drizzled with balsamic vinegar and extra virgin olive oil.

## Nick's Favourite Dish #7:

### ***Stir-fry Beef on Organic Brown Rice***

*(with mixed veggies and an arugula salad)*



This is the same beef stir-fry dish, as was outlined in #4 (refer to dish#4 for instructions).



## ***Nick's favourite arugula salad with pine nuts and cheese***



### **Salad:**

- Organic arugula
- Avocado
- Pine nuts
- Cheese (Nick liked aged cheddar cheese)
- Balsamic vinegar and olive oil
- Salt and pepper

### **Salad:**

- In a salad dish put your organic arugula, avocado, pine nuts, and cheese
- Season to taste and dress your salad with balsamic vinegar and olive oil

**Note:** Coach Nick hates parmesano cheese. However, if you like it, I find that parmesano cheese goes best with arugula salad.

## Nick's Favourite Dish #8:

### **Wild Salmon**

*(with organic rice, carrots, peas, and tomatoes)*



#### **Ingredients:**

- Wild caught salmon fillet;
- Lemon;
- Dried dill;
- Salt and chilli flakes;
- Organic rice;
- Organic carrots, cubed (you can cut them any which way you prefer);
- Frozen green peas

#### **Procedures:**

- Preheat your oven to 500 F.
- Place your salmon fillet on a foiled baking sheet.
- Squeeze a generous amount of lemon juice on your fish. Use salt and pepper to taste (I always use chilli flakes, as I find it goes best with fish). Sprinkle your fish with dill.
- Place your fish into the oven and bake for approximately 12 minutes; however, time would depend on the thickness and size of your fish. You don't want overcook your salmon, as it will be too dry.
- Serve immediately, as it is best when hot

We served our salmon on white organic rice with steamed carrots and green peas (cook your rice according with a package instructions). You can steam your carrots and peas using steaming basket or poach them in boiling water (2-3 min max or to your desired tenderness)

# Muscle Explosion Food Calendar

(Links to Sections in the Book)

## Week #1 – Low Carbs

### *Breakfast*

- Scrambled Eggs Dishes
- Omelettes

### *Lunch*

### *Dinner*

## Week #2 – Structural Attack (CEO)

### *Breakfast*

### *Lunch*

### *Dinner*

**Important Note:** This Muscle Explosion Food Guide is just an example that shows you what your daily food routine could look like. However, do not feel that you have to follow it word to word. You can change things around in accordance with your taste and food choice preferences.

I personally don't like following meal plans, as we all have different tastes (and if I don't feel like having fish for breakfast, there is no meal plan could force me to do this). If you are accustomed eating omelettes and sunny-side-up dishes for lunch or dinner, and our Food Guide has these items in a Breakfast section, please change things around and do what you like.

Remember food is a fuel, but you also should enjoy it and be happy with what you eat otherwise you won't be able to stay motivated.

Also I encourage you to work with what you have in your fridge; however, I would advise you to always have enough supplies of eggs, egg-whites, and leafy-greens. I also strongly recommend you to stay within your budget allowances: let's say our recipe calls for fish, and you don't have it in your fridge (or perhaps it is not a practical option for you),

I suggest you to replace the item with similar one in this category (which is protein source) such as beef, chicken, turkey, shrimps, egg-whites, etc. Same applies to vegetables and carbs. Also portion sizes are VERY important, and you would have to adjust them based on your circumstances. Eat healthy, but stay within your practical limits.

# Week #1 Low-Carb

Week #1 of Muscle Explosion Program is a low-carb week. Some of you might find it tough especially if you are used to eat a lot and starchy carbs with every meal you have. However, it is only one week, and there is a reason why Coach Nick wants us to do this. I personally go for zero carbs on Week #1 each time when I do this program, and it is not even that bad (this is going to be my round #4 of this program). However, I go for high healthy fats. I try to eat a lot of veggies with my protein. Veggies will keep you full, and your healthy fats will leave you satisfied between your meals

## Breakfast



1



2



3



4



5



5



6



7

Egg-whites are excellent source of lean protein, and Dr. Berardi's meal plan calls for a lot of egg-white dishes, so you will be eating these every day, and sometimes even more than once a day. However, the meal plan simply suggests you to have "1 cup of egg whites". However, let's face it, plain egg-whites could be very-very boring, and some of you might just hate them, like my Coach Nick – he can't stand plain egg-whites, period. If you are like Nick, how could you stay motivated consuming a cup of egg-whites if you don't like them?? We can only eat so much of the same old before we revolve!

The good news is that you don't have to eat it plain unless you really like it. When it comes to egg-whites, the sky is the limit, as you can dress them up any which way you desire, and pretty much put anything in them that you have in your fridge. If we put a bit of effort, the egg-whites could taste just as good, believe me! Just take a look at my pictures above! Do these egg-whites look any boring to you? Not a chance! They are very appealing, and, in fact, very delicious at the same time.

I personally love eggs, and I actually don't mind egg-whites too; however, let's admit, yolks are the best part of the eggs, and as we mentioned earlier at the beginning of our book, it is where all the nutrients reside, in fact. I eat 2-3 full organic pasture-raised eggs every day for breakfast, and I never get tired of them. However, for some of you 3 eggs might not be enough, so you could add additional protein source from egg-whites and make omelette or scrambled-egg dish out of them, the way I'm showing you in the pictures above.

You can poach your eggs, boil them, or make sunny-side-up. If I eat my breakfast at home, I always make sunny-side-up, but if I have to bring it to work, then the eggs would be poached. I use KitchenAid egg-pouching pan. If I bring breakfast to work, I will always make it in the evening along with the lunch, as I don't have the time in a morning, so I would just grab my ready lunch bag and go. However, you might have your own system that works for you.

Below I will show you how to make both scrambled eggs and omelettes. Once you learn the base, I want you to improvise with them and try different things, rather than being stuck with what is in these pictures. As long as you have supplies of egg-whites and eggs in your fridge, you will be simply adding any veggies or meats that you have available, and your meal would be ready in a matter of minutes. ([Elena's Tip](#): I make omelettes and scrambled egg dishes in bulk as well; they are good for 4 days in a fridge. This way I just pack my meals in the container, and I'm set for a day at work.

Let's learn how to pretty up the boring, plain, and tasteless our "1 cup egg-whites" from the meal plan.

# Scrambled Egg Dishes

**Note:** All of these dishes could be suitable for any Phase of the Program. You will simply add healthy carbs to your dish and enjoy your meals when eating for mass during last 3 weeks of your training. Always remember to add fresh or steamed veggies to your plate.

## Picture #1

[Smoked Ham and Green Onion Egg-whites with Sunny-side-up](#)



### **Ingredients:**

1. 1/2 tsp organic virgin coconut oil
2. Green onion, chopped
3. Sliced smoked ham (I use organic)
4. Egg-whites, 1 cup
5. Salt, pepper, (chilli pepper is optional);
6. Any spices you love

### **Procedures:**

- In a non-stick frying pan melt half a teaspoon of coconut oil; it melts instantly, so don't let it burn. Spread the melted oil evenly over the surface of the pan;
- Place chopped onions and ham into the frying pan and sauté them a little bit, so that the onion softens just a bit;
- Salt, pepper, and any spices of your choice (if you are using dry spices add them now, so they would release the flavour);
- Pour egg-whites
- Use medium-high heat. Keep steering your ingredients till you get the desired condition of your scrambled eggs. Scrambled eggs cook almost instantly.

### **Sunny-side-up**

- In a non-stick frying pan melt a bit of coconut oil, and spread it evenly over the surface of the pan;
- Crack you eggs into the pan and salt it;
- Cook your sunny-side-up the way you prefer;
- (**Elena's Tip**) I always add a bit of water to the edges of the pan under my sunny-side-up, for steaming purposes, as I don't like my eggs to have a crusty bottom, and I cook it under the covered lid as well.)

**Note:** you will get the most benefits out of yolk if you won't solidify it.

Use any veggies you have in your fridge; steam them or have them raw

## Picture #2

### [Scrambled Egg-whites With Organic Bacon](#)



#### **Ingredients:**

1. 1/2 tsp organic extra virgin coconut oil
2. Egg-whites, 1 cup
3. Salt, pepper, (chilli pepper is optional);
4. Any spices you love
5. Bacon (I use organic bacon)
6. Any veggies you love



### **Procedures:**

- In a non-stick frying pan melt half a teaspoon of coconut oil; it melts instantly, so don't let it burn. Spread the melted oil evenly over the surface of the pan.
- Pour egg-whites and use medium-high heat. Salt and pepper. Keep turning your eggs till you get the desired condition of your scrambled eggs. Scrambled eggs cook almost instantly.

### **Whole eggs**

You can poach your eggs, boil it, or make sunny-side-up.

### **Bacon**

Both Nick and I believe that commercially produced bacon is loaded with chemicals and other unhealthy ingredients, so if you can't get natural organic bacon, don't make it a staple of your diet, as there are many great and healthy fats to eat instead of it (once in a while it's OK though, for instance at your cheat meal day). I don't eat bacon often, but sometimes I just feel like having nice, crispy, and smoked slice or two of organically raised one. I buy mine at an organic farm, and I will never eat the commercially produced variety. I cook my bacon traditional way in a pan (however, I would not let it brown too much), and I do not use any additional oil, as bacon itself has plenty.

If you are a microwave user, you can cook your bacon very quickly and without any mess; it's very simple and fast (I just don't use the microwave, as it is an unhealthy option):

- Place a few paper towels on a plate; line up your bacon; and cover it with couple paper towels again. Press the top of the towel with your hands, so everything is tightly covered;
- Put the plate in a microwave and cook for 1 min
- Voilà – your bacon is perfectly cooked in no time.

Enjoy your simple healthy scrambled eggs with organic bacon!! Don't forget to add some fresh or steamed veggies you love though.

## Picture #3

### *Scrambled Eggs with Yellow Peppers, Tomatoes, and Jalapenos*



#### **Ingredients:**

1. 1/2 tsp organic extra virgin coconut oil
2. Fresh diced tomato
3. Chopped bell pepper (I used yellow, but you can use any peppers you have available)
4. Egg-whites, 1 cup
5. Salt, pepper, (chilli pepper is optional);
6. Fresh basil (or any spices you love)

**Procedures:**

- In a non-stick frying pan melt half a teaspoon of coconut oil; it melts instantly, so don't let it burn. Spread the melted oil evenly over the surface of the pan;
- Place chopped peppers and tomatoes into the frying pan and sauté them just a bit for about a minute or two. I don't let them overcook (I personally like my veggies crunchy);
- Salt, pepper, and any spices of your choice (if you are using dry spices add them now, so they would release the flavour);
- Pour egg-whites
- Use medium-high heat. Keep steering your ingredients till you get the desired condition of your scrambled eggs. Scrambled eggs cook almost instantly. I used fresh basil, as it goes so well with tomatoes. I like to add my fresh herbs (if I use any) at the very end when my eggs are done, as the flavour of fresh herbs deteriorates during high heat exposure.

**Whole eggs**

You can poach your eggs, boil it, or make sunny-side-up; however, always ensure that you don't solidify the yolk.

## Picture #4

### Ground Beef with Egg and Nuts



#### **Ingredients:**

1. Extra lean grass-fed organic ground beef;
2. Greens of your choice: spinach, collard green, Swiss chard, kale (I used in this dish beet greens, but spinach is easier to find and it is perfect for this dish);
3. Salt, pepper, (chilli pepper is optional);
4. Any spices you love
5. Anything else that you might like adding; don't be afraid to experiment!
6. Brazil nuts

#### **Procedures:**

- Sautéed ground beef in a non-stick pan. You don't need to add any oil, as beef has its own fat and moisture that will be released during the sauté process (**Note:** if you wish to use onion in this dish, you could do so in this step. Just dice the onion and sauté it with your beef. I don't use onion most of the time in my cooking, as I personally dislike handling it, and I find it time consuming. However, if you don't mind, go ahead, as it gives great flavour to the dish along with many nutritional benefits);
- Add salt, pepper, and the spices of your choice;
- Stir your meat occasionally, so it will cook evenly. Ground beef cooks very quickly, and when it changes its color from red to brown, it is ready;

- When meat is fully cooked, add your greens (you can also add veggies of your choice such as peppers, zucchini, etc.). Greens cook instantly, within a minute or two;
- Make a hole in the middle of your meat and crack your eggs. Covered with the lid, and let it steam till the eggs are cooked (you might need to add a bit of water for steaming purposes). Make sure you don't over-cook your yolk; it should still be runny, as once it solidifies, it loses its nutritional values.

**(Note:** As I mentioned in the introduction part, I love cooking in bulk, so I could freeze the left-overs for future use. Ground beef is a great base for many dishes, and I really love it, and I crave for it a lot when on Muscle Explosion Program. Therefore, it becomes very handy when you have some ready supplies of it available. I would recommend you to cook a larger quantity of ground beef and freeze the extras (don't freeze it with the eggs though). I usually portion my beef in smaller containers, and grab the ready portion when I feel like having it. I simply add to it any veggies I have in a fridge, any leafy-greens, sweet potatoes, etc..., and my dinner could be literally done in a matter of a few minutes. It takes almost the same amount of time and effort to cook smaller or larger quantity, so why not to plan ahead and save your time in future for something else other than cooking!)

**Nutritional Tip:** I added some Brazil nuts on a side of a plate as an extra source of healthy fats. These nuts are an excellent source of selenium, and you need only just a few a day (3-4). I personally don't like taking supplements, and I try to keep it as minimal and as simple as possible; therefore, I just eat organic Brazil nuts often.

## Picture #7

### Scrambles Eggs with Lots of Mushrooms – (for mushrooms-lovers)



#### **Ingredients:**

##### Scrambled eggs:

- 1/2 tsp organic extra virgin coconut oil
- Sliced mushrooms (put as much as you'd like)
- Leafy-greens (I used green chard, but spinach would be perfect)
- Egg-whites, 1 cup
- Salt, pepper, (chilli pepper is optional);
- Beans sprouts

##### Salad

- Tomatoes
- Avocado
- Jalapenos
- Fresh cilantro

**Procedures:**

- In a non-stick frying pan melt half a teaspoon of coconut oil; it melts instantly, so don't let it burn. Spread the melted oil evenly over the surface of the pan;
- Place sliced mushrooms and your greens of your choice into the frying pan and sauté them just a bit for about a minute or so;
- Salt, pepper, and any spices of your choice (if you are using dry spices add them now, so they would release the flavour);
- Pour egg-whites;
- Use medium-high heat. Keep steering your ingredients till you get the desired condition of your scrambled eggs. Scrambled eggs cook almost instantly;
- Add your bean sprouts, if you are using them, (note: I prefer to add bean sprouts towards the very end, as I love them crispy)

***Salad:***

- Chop your salad ingredients
- Season to taste and dress your salad with balsamic vinegar and olive oil

**Whole eggs**

You can poach your eggs, boil it, or make sunny-side-up; however, always ensure that you don't solidify the yolk.

# Omelettes

In a section above we've just learned how to make delicious scrambled egg meals. However, omelettes is a great variation of egg-dishes, and as you can see, egg-whites could be very versatile and, in fact, very tasty! Now let's learn how to pretty up our boring "1 cup egg-whites" into appealing and yummy omelettes.

**Note:** All of these dishes could be suitable for any Phase of the Program. You will simply add healthy carbs to your dish and enjoy your meals when eating for mass during last 3 weeks of your training. Always remember to add fresh or steamed veggies to your plate.

## Picture #5

### [Colourful Omelette \(multi-coloured bell peppers\)](#)



We have 2 pictures under #5. It is the same omelette, however. I just made a bigger portion (2 cups of egg-whites), and I simply saved the other half for the next day. As I've mentioned above, it is a time saver to cook in bulk since it takes almost exactly the same time and effort if you were to make just one portion, but the beauty of it is that you don't need to cook the following day.





**Ingredients:**

Omelette:

- 1/2 tsp organic virgin coconut oil
- Multi-coloured bell peppers
- Green onions (generous amount)
- Jalapeno
- Salt, pepper, spices
- Egg-whites, 1 cup

Salad

- Roman hearts
- Tomatoes
- Fresh basil
- Olive oil and balsamic vinegar

**Procedures:**

- Chop your bell peppers. I used red, yellow, and orange peppers, as they were in season in Canada;
- In a non-stick frying pan melt your coconut oil; it melts instantly, so don't let it burn. Spread the melted oil evenly over the surface of the pan;
- Place chopped peppers of your choice and green onions into the frying pan and sauté them just a bit to soften them up, for about a minute or so;
- Salt, pepper, and any spices of your choice (if you are using dry spices add them now, so they would release the flavour);
- Pour egg-whites into the pan, cover, and cook on a low heat till the omelette is fully cooked, or to your desired condition. (**Elena's Tip**: half way through cooking process you might need to add a bit of water to the edges of the pan. I use silicon spatula to separate the edge of the omelette from the pan and add a bit of water evenly around the edges of the pan, so the omelette won't glue to the pan, and also the water gives the steam to cook the omelet evenly.) **Note**: you can actually cook your omelette in the oven if you'd like, but I find that stove option is easier for me.

***Salad:***

- Chop your salad ingredients
- Season to taste and dress your salad with balsamic vinegar and olive oil

**Note**: You can make your omelette with full eggs instead of egg-whites. However, I prefer to add the whole eggs on a side since the yolk has more nutritional value when it is runny and is not solidified during the cooking process.

## Picture #6

### [Plain Egg-white Omelette on Organic Baby-kale](#)



This omelette is just plain and simple, and you can make it with almost no effort when you are in a hurry and don't have much time in your hands to cook an elaborate dish. You just pour your egg-whites in a pan and follow the cooking procedures. However, as simple as this dish is, it still shows you how you can turn you plain and boring egg-whites into a nutritious and tasty meal. I sprinkled my omelette with parsley flakes and chili flakes. I used this time turkey bacon, as not all of you eat pork.

I opened up my poached eggs just to demonstrate to you that they are not solid, as by solidifying the yolk you are killing the nutrients in it. I had this omelette with smoked turkey bacon, steamed mushrooms, tomatoes and baby kale.

**Ingredients:**

- 1/2 tsp organic extra virgin coconut oil
- Egg-whites, 1 cup
- Salt, pepper, spices (I used parsley)
- Organic baby-kale
- Turkey bacon (hormone/antibiotic free)
- Whole poached eggs

**Procedures:**

- In a non-stick frying pan melt your coconut oil; it melts instantly, so don't let it burn. Spread the melted oil evenly over the surface of the pan;
- Pour egg-whites into the pan, cover, and cook on a low heat till the omelette is fully cooked, or to your desired condition. ([Elena's Tip](#): half way through cooking process you might need to add a bit of water to the edges of the pan. I use silicon spatula to separate the edge of the omelette from the pan and add a bit of water evenly around the edges of the pan, so the omelette won't glue to the pan, and also the water gives the steam to cook the omelet evenly.)
- Salt, pepper, and any spices of your choice

**Whole eggs**

You can poach your eggs, boil it, or make sunny-side-up; however, always ensure that you don't solidify the yolk.

# Lunch (Week #1)



1



2



3



4



5



6



7



8



9



10

## Picture #1

### [BBQ Chicken Breast on Organic Baby Spinach](#)



#### **Ingredients:**

- Skinless/boneless chicken breasts (I use hormone/antibiotic free)
- Freshly squeezed lemon or lime juice (I put a very generous amount)
- Salt and pepper
- Dijon mustard, NO sugar or oil added (I rub my chickens with the mustard and let it marinade a bit; you can leave overnight)
- Turmeric, ginger, and cayenne (optional)
- Chili flakes (optional)
- Oregano
- Any spices that you love

**Procedures:**

- Squeeze generous amount of fresh lemon juice all over your chicken breasts;
- Season with salt, pepper, and spices of your choice;
- Rub your chicken with mustard on both sides and let it marinate a bit (you may live overnight in a fridge, and BBQ the following day if you'd like);
- You can either BBQ your chicken or roast it in the oven; whatever is more suitable for you

I simply placed my BBQ chicken on organic spinach, dressed it with extra virgin olive oil and balsamic vinegar, and sprinkled it with sesame seeds. Enjoy your meal with any fresh or steamed veggies.

**Please note:** you will see the same BBQ chicken breasts in our Dinner section below as well (Pictures #4, 5, and 6); therefore, the same cooking procedures will apply.

**Elena's Tips:** I always BBQ several pieces of the chicken breasts, and then I will freeze whatever is left after dinner. I like to have a few pieces of chicken readily available at any given time when I need them, so I make sure I never run out of them. I never put myself in a situation when I would come home from training, and I don't have any good and nutritious food in my fridge, as "take out" or "pizza delivery" is absolutely not a suitable option for me.

If I don't feel like cooking, I know that I always have reasonable supplies of quality food in my freezer for me and my family, and my son loves my BBQ chicken. BBQ chicken breasts are a great life-savers, as there are so many things you could do with them.

You can take a piece to work for lunch, have them for dinner after training when you don't feel like cooking, you can slice them up and make a stir-fry with the veggies you have in your fridge (if you have this cooked chicken, it will take you a few minutes to do the stir-fry), you could cut a piece up and put it on your salad (a quick yet healthy and nutritious meal), or you could simply chop it up and wrap into your sprouted Ezekiel 4:9 tortilla after cluster training (you need quickly your quality carbs and protein).

Options are literally unlimited, so don't be afraid to improvise!

## Picture #2

### [Roasted beef with Poached Eggs.](#)



#### **Ingredients:**

- Grass-fed organic lean beef roast
- Hungarian paprika
- Salt, pepper, (chilli pepper is optional);
- Parsley flakes (or any spices you love)

#### **Procedures:**

- Slice your beef roast (the thickness you prefer) and place the pieces into a slow-cooker. I typically make it half an inch thick. If you decide to slow-cook without precutting your roast, it would be much more difficult to slice it when it's done (I have tried it both ways);



- Put salt & pepper, Hungarian paprika (I like to put a generous amount of it), parsley flakes, or any spices you love;
- Pour water to cover your meat;
- Close the lid, set your slow-cooker on low and cook for 8-10 hours;
- When you come from work or from your workout, the dish is ready!

**Elena's Tip**: Let your meat cool down, put the pieces in a container, and freeze. I like to make a big batch, so I would have enough supplies for a couple of weeks, and I make sure that I never run out of it. I don't eat cold cuts from the grocery stores, so for me this beef serves multi-purpose: cold cut, lunch, dinner, snuck – you name it. My son loves my slow-cooked roasts, and he takes a slice to school for lunch. (Also you can use your beef stock for cooking purposes, but I usually don't, so I discard the liquid).

## Picture #3

### [Smoked Ham Scrambled Eggs](#)

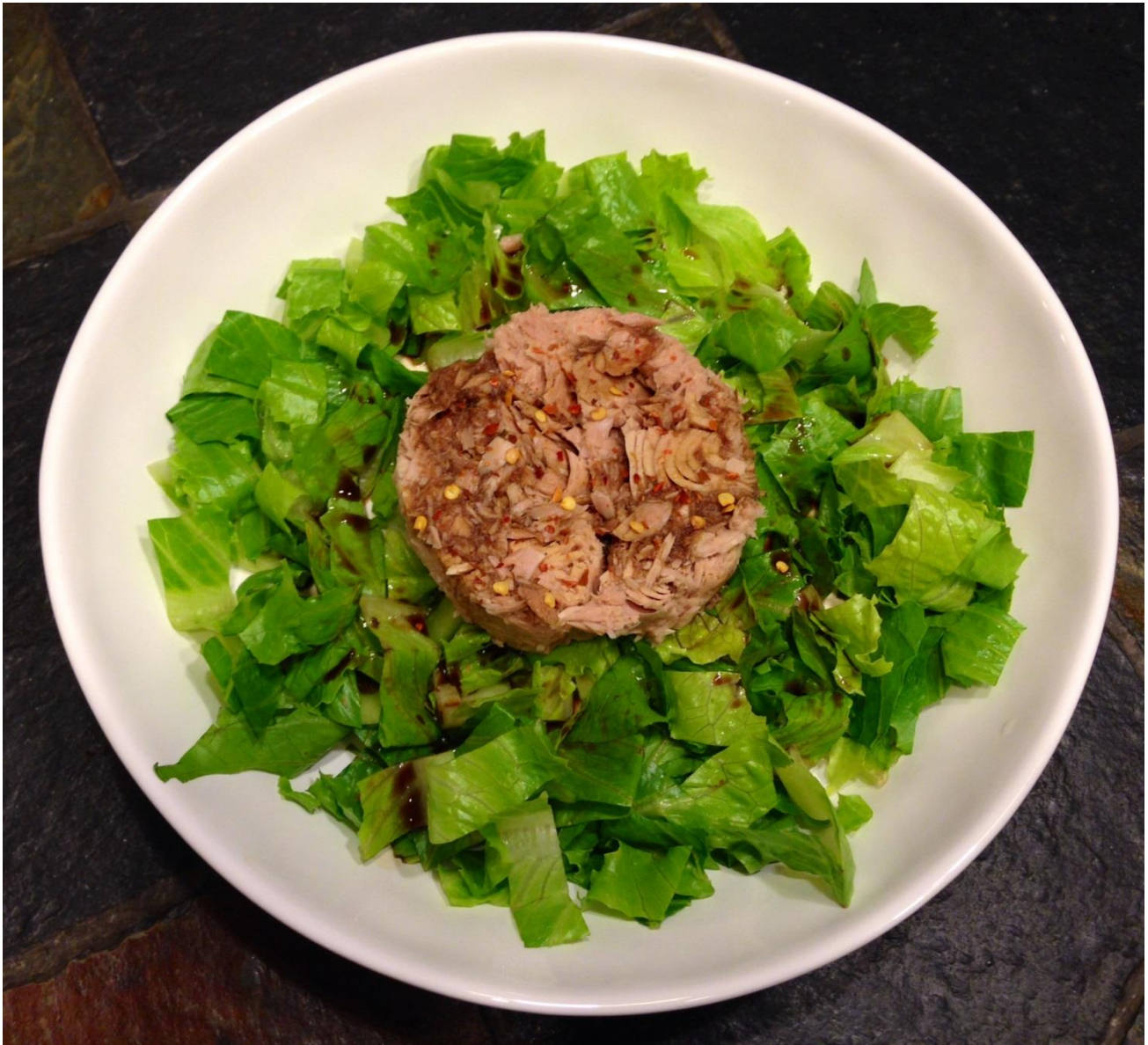


This is the same dish as Picture #1 in Breakfast section of Week #1 (refer for instructions). I'm just showing you how easy your meals could be arranged if you cook larger quantities and plan ahead. Let's say if I had this scrambled egg dish for breakfast on Monday, I can easily bring it for lunch on Tuesday or Wednesday if I made enough of it initially. This way you never run out of quality food.

I simply had my leftover eggs with baby spinach. I ate it with a quarter of avocado actually. Avocado is an excellent source of healthy fats and fiber.

## Picture #4

### [Tuna with Roman Hearts Salad](#)



This is self-explanatory. Tuna in water is a time-saver and a life-saver of any bodybuilder, and I actually do love it. Always go for the regular variety instead of solid tuna; solid has mercury in it. I simply put my tuna on organic romaine lettuce, dressed my dish with extra virgin olive oil and balsamic vinegar – simple and easy. I would recommend you to have an avocado with this dish, as it goes very well with tuna.

## Picture #5

[See Scallops on Organic Baby Kale Salad](#)



This dish just shows you that you could introduce different types of protein sources into your diet to spice things up. Scallops are so easy and quick to make.

Sauté your scallops in a bit of butter. Cooking time for scallops is quick, as they cook almost instantly. If you overcook them, they become too rubbery and dry. They are great with freshly squeezed lemon juice, but I like them with balsamic and crushed chili pepper flakes.

I placed my scallops on organic baby kale salad, drizzle it with balsamic vinegar, added some walnuts, and enjoyed this light and delightful meal.

## Picture #6

### *Tuna with Baby Spinach and Shrimp Salad*



This is self-explanatory. Tuna in water on organic baby spinach and cooked shrimps, dressed with extra virgin olive oil, balsamic vinegar, and chili flakes – simple and easy. I added pine nuts as an additional healthy fat source. You could have this dish with avocado, as it goes very well with tuna.

## Picture #7

### [Baked Wild Haddock Fillet with Salad.](#)



#### **Ingredients:**

- Wild haddock fillet
- Fresh lemon juice
- Salt, pepper, (chilli pepper is optional);
- Any spices you love
- Extra virgin olive oil

#### **Procedures:**

- Preheat your oven to 500 F. Place your haddock fillet on a foiled baking sheet;
- Squeeze a generous amount of lemon juice on your fish and a bit of olive oil;
- Use salt and pepper to taste (I always use chilli flakes);
- Use any spices that you love on your fish. I used my favorite spice mix that I use often on fish: tarragon, chives, and mint. You can use just dill if this is what you prefer;
- Place your fish into the oven and bake for approximately 7-8 minutes; however, time would depend on the thickness and size of your fish. You don't want overcook your haddock, as it will be too dry;
- I served my fish with a roman-hearts salad and tomatoes dressed with extra virgin olive oil and balsamic vinegar.

(**Note:** We will be using the same fish in our Week #1 of Dinner section for Picture #6, so the same procedures will apply)

## Picture #7

### *Baked Wild Salmon Fillet with Spinach and Steamed Vegetables*



#### **Ingredients:**

- Wild Alaskan salmon fillet
- Fresh lemon juice
- Salt, pepper, (chilli pepper is optional);
- Dill and mint
- Any spices you love

#### **Procedures:**

- Preheat your oven to 500 F. Place your salmon fillet on a foiled baking sheet;

- Squeeze a generous amount of lemon juice on your fish. Use salt and pepper to taste (I always use chilli flakes). Use your favourite spices;
- Place your fish into the oven and bake for approximately 12 minutes; however, time would depend on the thickness and size of your fish. You don't want overcook your salmon, as it will be too dry, especially if you are using wild variety;
- Steam your veggies either using steaming basket or poach them in boiling water.

I served my salmon with an organic baby spinach salad, tomatoes, and steamed asparagus and broccoli. I've dressed my salad with extra virgin olive oil and balsamic. Walnuts are great source of healthy fats.

(**Note:** We will be using the same fish in our Week #1 of Dinner section for Picture #7 and #8, so the same procedures will apply. You could use Dish #8 for lunch if you wish, however.)



## Picture #7

### [Peanut-butter Chocolate Cheesecake](#)



#### **Ingredients:**

- Greek yogurt
- Pressed cottage cheese (you could use regular cottage cheese; I just prefer the pressed one)
- 1 tbsp. of chunky "all natural" peanut-butter (all natural means that peanuts is the only ingredient)
- 1 scoop of chocolate protein powder
- Freshly roasted peanuts and cacao nibs for decoration (optional)

(Note: you could replace cacao nibs with a bit of dark chocolate (85% and up))

Mix first 4 ingredients together, sprinkle peanuts and cacao nibs on top and enjoy! It is perfect protein packed lunch. Just to warn you – it is a very calorie dense meal (depends on how much PB you will be using of course), so it is actually a meal, not a snack.

## Picture #7

### Almond Vanilla Cheesecake



#### **Ingredients:**

- Greek yogurt
- Pressed cottage cheese
- 1 scoop of French-vanilla or vanilla protein powder
- Sliced-roasted almonds
- Cacao nibs for decoration (optional)

Mix first 4 ingredients together, sprinkle with cacao nibs and almonds on top and enjoy!

It is perfect protein packed treat, so enjoy!

# Dinner

(Week #1 - Low-Carb Eating)



## Picture #1

### Sirloin Steak with Salad



#### **Ingredients:**

- Grass-fed organic sirloin steak;
- Salt and pepper;
- Steamed broccoli and bell peppers;
- Organic baby spinach, tomatoes and cucumbers

#### **Procedures:**

- BBQ your steak to your desired doneness;
- Steam your veggies either using steaming basket or poach them in boiling water.
- I served my steak with an organic baby spinach salad, tomatoes, cucumbers and dressed my salad with extra virgin olive oil and balsamic.

**Elena's Tip:** if you BBQ extra meat, you could make a delicious stir-fry for the next day (as was discussed in Coach Nick's Favourite Dishes section).

## Picture #2

### *Baked Wild Sole Fillet with Steamed Green Beans and Avocado*



#### **Ingredients:**

- Wild Sole fillet
- Fresh lemon juice
- Salt, pepper, (chilli pepper is optional);
- Any spices you love
- Extra virgin olive oil

**Procedures:**

- Preheat your oven to 500 F. Place your wild sole fillet on a foiled baking sheet;
- Squeeze a generous amount of lemon juice on your fish and a bit of olive oil;
- Use salt and pepper to taste (I always use chilli flakes).
- I used my favorite spice mix that I use often on fish: tarragon, chives, and mint. However, you can use any spices that you love on your fish.
- Place your fish into the oven and bake for approximately 7-8 minutes; however, time would depend on the thickness and size of your fish. You don't want overcook your sole, as it will be too dry.
- Steam your green beans using either steaming basket or poach in a boiling water. I typically don't steam more than a minute, as I don't like when my veggies are soft.
- Enjoy your fish with avocado.

## Picture #3

### [Ground Beef with Steamed Asparagus](#)



#### **Ingredients:**

- Extra lean grass-fed organic ground beef;
- Sliced celery (you might skip on this, as not everybody likes cooked celery in their beef);
- Cubed bell pepper;
- Organic baby spinach;
- Salt, pepper, (chilli pepper is optional);
- Any spices you love

## **Procedures:**

- Sautéed ground beef in a non-stick pan. You don't need to add any oil, as beef has its own fat and moisture that will be released during the sauté process (**Note**: if you wish to use onion in this dish, you could do so in this step. Just dice the onion and sauté it with your beef. I don't use onion most of the time in my cooking, as I personally dislike handling it, and I find it time consuming. However, if you don't mind, go ahead, as it gives great flavour to the dish along with many nutritional benefits). Stir your meat occasionally, so it will cook evenly;
- Add salt, pepper, and the spices of your choice;
- Ground beef cooks very quickly, and when it changes its color from red to brown, it is ready;
- When meat is almost fully cooked, add your celery (if you use it), peppers, and baby spinach. Mix all the ingredients together, cover with the lid;
- Greens and veggies cook instantly, within a minute or two.

(**Elena's Tip**: As I mentioned earlier, I love cooking in bulk, so I could freeze the left-overs for future use. Ground beef is a great base for many dishes, and I really love it, and I crave for it a lot when on Muscle Explosion Program, especially during 5 days of Structural Attack, and I could eat it literally every day during this phase.

Therefore, it becomes very handy when you have some ready supplies of it available. If you are like me, a ground beef lover when bulking up, I would recommend you to cook a larger quantity and freeze the extras. I usually portion my beef in smaller containers, and grab the ready portion when I feel like having it.

I simply add to it any veggies I have in a fridge (carrots, green peas, zucchini, broccoli, tomatoes, etc...), any leafy-greens, sweet potatoes, etc..., and my dinner could be literally done in a matter of a few minutes. Frozen veggies are your best friends, so keep them handy – this way you don't need to spend time chopping; I buy some organic frozen veggies at Costco, and it saves me a lot of time. It takes almost the same amount of time and effort to either cook smaller or larger quantity, so why not to plan ahead and save your time in future for something else other than cooking!)



## Picture #4

### [BBQ Chicken Breast with steamed Veggies](#)



This is the same BBQ chicken as Picture #1 in the Lunch section of Week #1 (refer for instructions). If you have a few pieces of ready chicken breasts in your freezer, it could be a perfect and quick lunch or dinner for you.

I simply took a piece of my BBQ chicken out of the freezer, sliced it up, and put on top of fresh organic kale salad with tomatoes and bean sprouts, and I dressed it with olive oil and fresh lemon juice, sprinkled with sesame seeds. Bok choy and Brussels sprouts were my steamed veggies of the day (use either steaming basket or poach them in boiling water).

I'm just showing you how easy your meals could be arranged if you cook larger quantities and plan ahead. Chicken breasts is one of the things that I NEVER run out in my freezer, as my son loves my Dijon-lemon BBQ chicken breasts, and he always asks for it (I personally prefer chicken thighs).

## Picture #5

### [BBQ Chicken Breast with steamed Veggies](#)



This is the same BBQ chicken as Picture #1 in the Lunch section of Week #1 (refer for instructions). Again I simply took my QQB chicken out of the freezer and served with steamed zucchinis, asparagus, and fresh tomatoes – quick, easy, and yet tasty meal.

## Picture #6

### [BBQ Chicken Breast with steamed Veggies](#)



This is the same BBQ chicken as Picture #1 in the Lunch section of Week #1 (refer for instructions).

Again I simply took my QQB chicken out of the freezer and served with steamed carrots, sugar snap peas, and fresh organic arugula salad with tomatoes, radishes; dressed with extra virgin olive oil and balsamic vinegar and sprinkled with sesame seeds.

(**Note:** This is one of Coach Nick's favourite meals as well. He loves carrots and sugar snap peas. By the way he eats a lot of fresh sugar snap peas when he is on low carb diet. He also likes arugula salad, but he prefers it with cherry tomatoes; however.)

## Picture #7

### [Baked Wild Salmon Fillet with Spinach and Steamed Vegetables](#)



This is the same wild salmon as Picture #7 in the Lunch section of Week #1 (refer for instructions). I'm just showing you how easy your meals could be arranged if you cook larger quantities and plan ahead. Let's say if I had this salmon for lunch on Tuesday, I can easily have it for dinner on Wednesday or Thursday if I made enough of it initially. This way you never run out of quality food. If you cook a few pieces instead of just one, you can put it in a fridge, and keep it for 3 days. ([Elena's Tip](#): I used to also freeze fish, but my son and I found that the taste of fish after the freezer is not quite the same, so we agreed not to ever freeze it again.)

I simply had my leftover wild salmon with organic roman heart salad, tomatoes, cucumbers, and multi-coloured peppers, dressed with extra virgin olive oil and balsamic vinegar.

## Picture #8

### *Baked Wild Salmon Fillet with Steamed Vegetables and Butter Nut Squash*



This is the same salmon as Picture #7 in the Lunch section of Week #1 (refer for instructions).

I simply had my leftover wild salmon with steamed green beans Brussel sprouts, and butter nut squash.

I typically steam my squash in my steaming basket, as it takes just a few minutes. However, if I need to make a big batch, then I would bake them in the oven. I simply cut them into big wedges (as shown on the picture), wrap each piece into foil, and bake for 35 min on 400F. However, I like my vegies crunchy, so you might bake your squash longer if you like it really soft.

# Week #2 Structural Attack

Week #2 of Muscle Explosion Program is a Structural Attack week, CEO training style. Well the name speaks for itself. If you've done this Program before, you know what it is, but if you are doing it first time around, then you don't know what you are getting yourself into 😊 .

It is the toughest and the most challenging training you will ever do, and Nick calls it a murder. I've done this Program a few times, and Week #2 is my most favourite part of the Program; it is tough, yet it is fun at the same time. My favourite rounds of it were when I was doing 5-day squats and deadlifts, and these are the hardest. The reason I love Week #2 so much is because it challenges you on so many levels: from physical to mental, and at the end of the day you will know what you are made of and how far you can push your limits.

When it comes to food during this phase you will be craving for calories, at least I was. I wanted to eat calorie dense food such as ground beef, chicken thighs, potatoes, and rice; I didn't crave much for greens during this week, yet I've tried to eat some for extra fiber.



If you are doing 5-day Attack of heavy compound exercises of squats and deadlifts, don't be afraid to eat. You will need these calories during this week of CEO. I ate 3 big meals, and the amount of carbs that I was eating I've never consumed that much in my life; however, I was eating only quality food, and you will see it in my pictures; they all were taken during my training on this Program.



All these calories were used up during these endless and never-ending heavy squats and deadlifts. Because my food was so well planned, I had incredible energy during this week each time I did this Program.

If you are doing CEO on isolation exercises for smaller body parts, you don't need as many calories. I've done one round of Muscle Explosion with 5-day CEO on biceps. Adjust your portion sizes, and limit your carbs consumption to after training times when they are utilized best.

Welcome to the Structural Attack! Have fun with your training! Enjoy your healthy meals, and grow better and stronger!

# Breakfast



## Common Procedures:

### Sunny-side-up:

- ¼ tsp. organic virgin coconut oil;
- Organic pasture raised eggs
- Salt

Melt coconut oil in a non-stick frying pan, and spread it evenly over the surface of the pan. Crack your eggs in the pan, salt it. I typically add a bit of water to the edges of the frying pan, as I don't like my sunny-side-up to be crusty at the bottom. Cover with the lid, and cook to your desired donness. **Note:** it is best not to solidify the yolks, as you will get the best nutritional benefits when the yolk is still a bit runny.

### Oatmeal:

- 1/4 cup of regular oatmeal
- 1 tbsp oat bran for extra fiber
- Sea salt to taste
- ½ tsp of cinnamon
- ¾ cup of water

Mix all the ingredients together and cook over medium-low heat for approximately 10 minutes. Once it's done you could add a bit coconut oil to it for creamier texture.

**Bacon:** Use organic grass-fed variety if you can. Commercial bacon is loaded with chemicals, pumped with hormones and antibiotics.

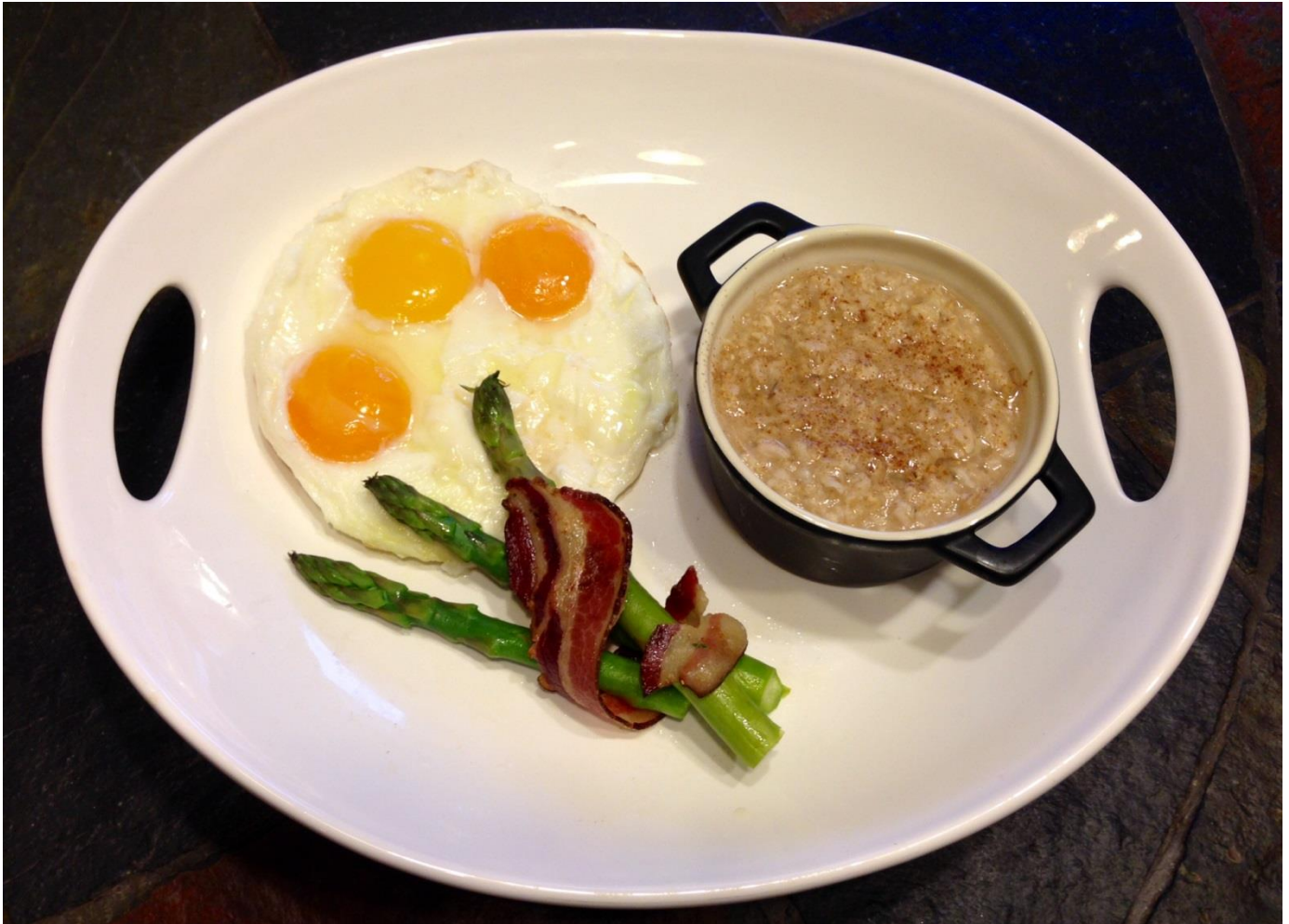
- I cook my bacon traditional way on a pan; I do not use any additional oil, as bacon itself has plenty.
- If you are a microwave user, you can cook your bacon very quickly and without any mess; it's very simple and fast (I just don't use the microwave):
  - Place a few paper towels on a plate, line up your bacon on top of paper towel, and cover it with couple paper towels again. Press the top of the towel with your hands, so everything is tightly covered;
  - Put the plate in a microwave and cook for 1 min
  - Voilà – your bacon is perfectly cooked in no time.

**Note:** Both Nick and I believe that commercially produced bacon is loaded with chemicals and other unhealthy ingredients, so if you can't get natural organic bacon, don't make it a staple of your diet, as there are many great and healthy fats to eat instead of it (once in a while it's OK though, for instance at your cheat meal day). I buy mine at an organic farm.



## Picture #1

### [Eggs, bacon, and Oatmeal](#)



#### **Ingredients:**

- 1/4 tsp organic extra virgin coconut oil
- Organic pasture-raised eggs
- Bacon (I use organic grass-fed bacon)
- 1/4 cup of large flaked oats (don't use instant or quick)
- Asparagus (or any veggies you prefer)

**Note:** Refer to "Common Procedures" for eggs and oatmeal to the beginning of the Breakfast section of Week #2.

## Picture #2

### [Ground Beef with Scrambled Eggs](#)



#### **Ingredients:**

7. Extra lean grass-fed organic ground beef;
8. Multi-coloured bell peppers;
9. Salt, pepper, and any spices you love (chilli pepper is optional);
10. Pasture-raised eggs
11. Ezekiel sprouted bread and cow milk Canadian Feta

#### **Procedures:**

- Sautéed ground beef in a non-stick pan. You don't need to add any oil, as beef has its own fat and moisture that will be released during the sauté process (if you wish to use onion in this dish;
- Add salt, pepper, and the spices of your choice;
- Stir your meat occasionally, so it will cook evenly. Ground beef cooks very quickly, and when it changes its color from red to brown, it is ready;
- When meat is fully cooked, add your peppers and cook till your peppers are a bit soften up;
- Make a hole in the middle of your meat and crack your eggs there, and mix them up a bit. Covered with the lid, and let it steam till the egg-whites are cooked.

## Picture #3

### [Eggs, Turkey Bacon, and Oatmeal](#)



#### **Ingredients:**

- 1/4 tsp organic extra virgin coconut oil
- Organic pasture-raised eggs
- Turkey bacon (I used drug-free), red/green peppers, and asparagus (steam or sauté all the ingredients together in a pan with a bit of coconut oil for a minutes or two if you like you veggies crunchy)
- 1/4 cup of large flaked oats (don't use instant or quick)
- Ezekiel sprouted English muffin with Swiss and grass-fed butter

**Note:** Refer to "Common Procedures" for eggs and oatmeal to the beginning of the Breakfast section of Week #2.

## Picture #4

### [Eggs, Sweet Potatoes Hash-brown with Turkey Bacon, and Oatmeal](#)



#### **Ingredients:**

- 1/4 tsp organic extra virgin coconut oil
- Organic pasture-raised eggs
- Turkey bacon, cubed; sweet potatoes, cubed (steam or sauté all the ingredients together in a pan with a bit of water and coconut till your potatoes are soft enough to your taste. Season with salt and spices of your choice). Chopped spinach.
- 1/4 cup of large flaked oats (don't use instant or quick)

**Note:** Refer to "Common Procedures" for eggs and oatmeal to the beginning of the Breakfast section of Week #2.

## Picture #5

### [Eggs, Bacon, Mushrooms with feta, and Oatmeal](#)



#### **Ingredients:**

- 1/4 tsp organic extra virgin coconut oil
- Organic pasture-raised eggs
- Organic grass-fed bacon
- Mushrooms, feta, and fresh organic spinach (steam or sauté your mushrooms, add feta and spinach)
- 1/4 cup of large flaked oats (don't use instant or quick)
- Ezekiel sprouted English muffin

**Note:** Refer to "Common Procedures" for eggs, bacon, and oatmeal to the beginning of the Breakfast section of Week #2.

## Picture #6

### [Eggs, Turkey Bacon, Veggies, and Buckwheat](#)



#### **Ingredients:**

- 1/4 tsp organic extra virgin coconut oil
- Organic pasture-raised eggs
- Turkey bacon
- Broccoli, red peppers, and cheese (steam or sauté your veggies, sprinkle with cheese)
- 1/4 cup of large flaked oats (don't use instant or quick)
- ¼ cup of buckwheat (boil your buckwheat in accordance with the package instructions).

**Note:** Refer to “Common Procedures” for eggs to the beginning of the Breakfast section of Week #2.

## Picture #7

### [Eggs, Scrambled egg-whites, Veggies, and Oatmeal](#)



#### **Ingredients:**

- 1/4 tsp organic extra virgin coconut oil
- Organic pasture-raised eggs
- ½ cup egg-whites, cubed turkey bacon, and red peppers (prepare your scrambled eggs as was discussed in a Breakfast section of Week #1; refer for instructions)
- Broccoli (steam them either in a steaming basket or poach in a boiling water)
- 1/4 cup of large flaked oats (don't use instant or quick)
- Ezekiel sprouted bread with Swiss

**Note:** Refer to "Common Procedures" for eggs to the beginning of the Breakfast section of Week #2.

# Lunch





## Picture #1

### [Roasted Turkey Breast with Sprouted Beans and Lentils](#)



#### **Ingredients:**

- Homemade roasted turkey
- Sprouted beans and lentils (I simply cooked them according to a package instructions). You can use any beans and lentils you like (do not use baked beans, however)

I buy drug-free turkey breast at Costco, season it with spices that I like or have handy at the moment, and roast it in the oven for 1 hour or till it is fully cooked. When it cools down, I slice it and freeze. This way I always have my own cold-cuts handy. If this is too much work for you, use whatever is easier for you. However, I always recommend using drug-free/hormone free cuts as a healthy option. Commercially cured meats are loaded with chemicals and pumped spices and flavorings that are heavy in MSG.

## Picture #2

### [Pressed Cottage Cheese with Greek Yogurt and Steamed Squash](#)



#### **Ingredients:**

- Pressed cottage cheese, 0% natural Greek yogurt, Ezekiel sprouted cereal, and hemp seeds (mix your cottage and yogurt together, add Ezekiel cereal, and sprinkle with hemp seeds). You can also add a table spoon of natural PB or almond butter.
- Baked or steamed butternut squash with cinnamon (I simply used my steaming basket)
- Brazil nuts
- Organic grapes

**Note:** This is simple and easy meal that requires practically no time to prepare. It is protein packed, and with addition of healthy fats it will keep you full and would be a great pre-workout meal. It was my time-saver lunch, and I literally ate it almost every day for lunch with different sources of fats and carbs to change things up.

## Picture #3

### [White Romano Beans with Beef Roast and Avocado](#)



#### **Ingredients:**

- White Romano beans (I cooked them from scratch, but you could use from the can)
- Homemade grass-fed organic beef roast
- Avocado

**Note:** For procedures how to make homemade roast please refer to Picture #2 in Week #1-Lunch section.

## Picture #4

### [White Romano Beans with Shrimps and Avocado](#)



#### **Ingredients:**

- White Romano beans (I cooked them from scratch, but you could use from the can). I had my Romano beans from the day before, so used them again for lunch.
- Shrimps
- Avocado

This is a very easy lunch to make, especially if you are using ready-to-go beans, and shrimp that are already cooked for you. If you don't have time, this is an option. Avocado is a great source of healthy fats and fiber, and I always have one in a fridge at work, and eat it whenever I feel like.

## Picture #5

### [Tuna, Shitake Mushrooms, and Rutabaga Fries](#)



#### **Ingredients:**

- Tuna on organic field greens with avocado, seasoned with balsamic vinegar
- Steamed shiitake mushrooms
- Rutabaga, cut lengthwise:

#### **Procedures:**

- Wash your rutabaga, remove skin, and cut it as shown on the picture
- Steam it in a steaming basket till it softens (don't overcook)
- Sprinkle it with a bit of extra virgin olive oil and salt
- Broil in the oven till it turns golden-brown

## Picture #6

### [Tuna, Shitake Mushrooms, and Rutabaga Fries](#)



#### **Ingredients:**

- Sprouted beans and lentils (I simply cooked them according to a package instructions). You can use any beans and lentils you like (do not use baked beans, however)
- Shrimps
- Steamed broccoli

## Picture #6

### [Ezekiel Tortilla Wrap with Scrambled Eggs and Ham](#)



Ezekiel sprouted tortilla wrap is an ideal option for a quick and healthy lunch.

#### **Ingredients:**

- Sprouted Ezekiel tortilla
- Ham
- Dijon whole grain mustard (you can use regular Dijon)
- Scrambled eggs of your choice (refer to Week #1 Breakfast section for instructions)
- Avocado



Spread mustard over the surface of your tortilla. Lined up your ham, put sliced avocado, and top it up with your scrambled eggs. Wrap your tortilla. Warm it up in a frying pan if you like it warm. Enjoy it with extra avocado.

**Elena's Tip:** Because I always cook larger quantities, I simply used the scrambled eggs that I had in my fridge from the day before breakfast.

## Picture #7

### [Muscle-Building Banana-Blueberry Pancake](#)



This is a perfect weekend lunch idea for Muscle Explosion users. When on this Program, we need good combination of quality protein, slow-digesting carbs, healthy fats, and a good dose of fiber every day in order to maximize our muscle-building potential and keeping fat-gain as minimum as it is possible. If you are natural body-builders, as I am, you know the hard work behind these slow-appearing definitions; therefore, a proper nutrition is our only licence to build the healthy muscle mass and optimise our body's potential. Even though we still need to eat enough, but WHAT we eat that matters.

This is one of my favourite muscle-building lunches, and I often eat variation of this pancake during my muscle-building phase (I change up fruit ingredients). It has all 3 micro-nutrients that we need plus the fiber. This pancake is calorie dense, yet I still call it a fat-burning meal due to high quality of the ingredients in it. It will satisfy your sweet-tooth craving (even though it doesn't have any added sugar, so it will not spike your insulin); it will give you enough protein to protect your muscles during the day; it contains slow-digesting low-glycemic carbs that will not spike up your blood sugar level; it provides generous amount of high quality fats to keep your hormones in balance; almost every ingredient of it contains dietary fiber source that is crucial to keep your digestion healthy.

#### Ingredients

1. 1 ripened banana
2. 1 tbsp. organic coconut flour
3. 1 tbsp. organic shredded coconut (unsweetened)
4. 1 egg
5. 1 tbsp. whole flax seed
6. 1 tbsp. ground flax seeds (or you could do equal amounts of flax and chia)
7. 1 hipping tsp. psyllium husk \*
8. 1 scoop of French-vanilla casein protein (or any other protein of your preference) (I always use "all-natural" protein that is sugar-free and is stevia base)
9. A pinch of natural unprocessed sea salt
10. 1 tst. cinnamon (I use organic Saigon Cassia variety that is known for its properties to lower your blood sugar level)



11. ¼ cup natural yogurt (I don't use Greek yogurt in this recipe, as it is too thick, and we want some moisture for the pancake mixture, so I use a thinner variety)
12. ½ cup frozen blueberries (I prefer wild organic berries to avoid pesticides and herbicides)
13. 1 tsp. organic virgin coconut oil (for frying the pancake)
14. Greek yogurt for toping (instead of sour cream)

**Directions:**

- Mash a banana with a fork
- Mix all first 11 ingredients together in a mixing bowl
- Add your frozen blueberries in to the bowl, and carefully mix them into a dough
- Melt half portion of your coconut oil on a frying pan (medium-low hit) and spread it evenly all over the pan including the edges
- Add a bit of water to the pan; just enough for a steam and moisture
- Spread the pancake dough evenly over the pan, and with a fork poke it in a few places (for the steam to come through)
- Cover the pan with a lid and cook until the side is golden-brown (approximately 4-5 min)
- Flip the pancake on a plate the golden side up and put the remaining coconut oil on a frying pan. Add a bit of water again for the steam
- Slide your pancake back onto the pan, cover the lid, and cook it till it's done (approximately 4-5 min)
- Once it's ready top it with fat-free Greek yogurt (you have enough healthy fats in this pancake, so we don't want to add any fat from commercial dairy products). Sprinkle the yogurt with some cinnamon if you like and enjoy!

I prefer to make one BIG pancake, but if you'd like, you could make a few smaller ones. I would typically eat just a half of it for lunch with extra yogurt and pressed cottage cheese, and will save the other half for the next day. However, I'm sure one big pancake won't be too much for you Muscle Explosion BIG GUYS 😊

**\*Elena's Tip:** Psyllium husk is one of the best things you could add to your diet as an extra source of fiber and not worry about extra calories. Psyllium husk is a great source of soluble indigestible dietary fiber. It is not that expensive, and you could get it at any health food store. Add it to your baking.

# Dinner



1



2



3



4



5



6



6(1)



8



9

## Picture #1

### [Stewed beef with Flourless Sprouted Ezekiel Bread](#)



This hearty, warm, and fulfilling meal is great to enjoy any time, and this dish is my son's favourite. If you are a terribly busy person, as I am, this would be literally your life and time-saver. I always cook it in the largest quantities possible. I would typically fill my large slow-cooker to the top. Once it's done, I put the stew into containers and freeze. This is one of the dishes that I never run out of. My son, for example, loves taking it to school for lunch with pasta, rice, or potatoes, and he also loves it for dinner on spaghetti.

If you don't have time to cook, or perhaps you don't feel like cooking any side dish after you come back from Structural Attack of deadlifts, you could simply have it with sprouted Ezekiel bread, as it is shown on the picture above. However, if you have time or desire to cook, you could dress this dish up, as it is showed in the smaller pictures below. I also make wraps with this stewed beef.

## **Ingredients:**

- Grass-fed organic beef roast;
- Salt, pepper, (chilli pepper is optional);
- Parsley (or any spices you love);
- Strained tomatoes, or tomato sauce, or crushed tomatoes;
- Hungarian paprika

## **Procedures:**

- Cube your beef and place the pieces into a slow-cooker;
- (Note: if you like, you can use onion; just chop it very thinly and put it with the beef, or you could sauté it. I personally don't use any.)
- Put salt & pepper, Hungarian paprika (I like to put a generous amount of it), parsley flakes;
- Pour your tomatoes into your meet and mix all the ingredients together. The amount of tomatoes depends on the quantity of beef you are cooking. Basically your beef should be all coated and covered with the sauce. Close the lid, set your slow-cooker on low and cook for 8-9 hours;
- When you come home from work or from your workout, the dish is ready!

**(Elena's Tip:** I buy my strained tomatoes in a glass bottles, as cans have BPA chemical, or I buy organic tomato sauce in a BPA-free cans)

*on spaghetti*



*with poached eggs*



*with sauté zucchini and baby bok choy*



*on potatoes with kale salad and avocado*



## Picture #2

### [Ground Beef with Spaghetti](#)



#### **Ingredients:**

- Extra lean grass-fed organic ground beef;
- Cubed multi-coloured bell pepper;
- Salt, pepper, (chilli pepper is optional);
- Any spices you love (I used parsley and a bit of oregano)
- Sprouted Ezekiel spaghetti (FYI: this pasta is not gluten-free)

#### **Procedures:**

- Sauté ground beef in a non-stick pan. You don't need to add any oil, as beef has its own fat and moisture that will be released during the sauté process (**Note**: if you wish to use onion in this dish, you could do so in this step. Just dice the onion and sauté it with your beef. I didn't use it).
- Add salt, pepper, and the spices of your choice;
- Stir your meat occasionally, so it will cook evenly;
- Ground beef cooks very quickly, and when it changes its color from red to brown, it is ready;
- When meat is almost fully cooked, add peppers. Mix all the ingredients together, cover with the lid. Greens and veggies cook instantly, within a minute or two. Once your dish is done, remove the lid to stop the cooking process otherwise your veggies will be overcooked.
- I used organic sprouted Ezekiel spaghetti (you could use any gluten-free if you'd like);
- Salad: mix your organic baby spinach with avocado, radishes and shredded carrots. Dress it with extra virgin olive oil and balsamic vinegar.

**Picture #3** [Stir-fry Chicken Thighs with Potatoes](#)



**Ingredients:**

- Chicken thighs;
- Organic virgin coconut oil;
- Sea salt and pepper;
- Sliced carrots, cubed green bell peppers, and ringed jalapeno,

**Procedures:**

- Melt a bit of organic coconut oil in a frying pan and spread the oil over the surface;
- Place your chicken thighs into the pan and cook until they are fully done, stirring occasionally;
- Add salt and pepper. Use any spices you love; I used parsley and fenugreek leaves;
- Add some water (amount depends on the quantity of chicken you are cooking). Turn hit to high and put carrots into the dish, mix together, cover with the lid and cook till carrots are to your desired softness. Add all the remaining ingredients, mix all together. Peppers cook quickly, within a minute of two, depending on how you like them.

We served this dish with boiled organic potatoes: one is with butter and the other one is with natural Greek yogurt (0%), sprinkled with chives.

**Note:** it's great to have this dish as a leftover, so you could bring it for lunch the next day. I also freeze the left overs. Just change your side dish and veggies. (Refer to Picture #8 below).

## Picture #4

### [Stir-fry Pork Loin with Brown Rice](#)



#### **Ingredients:**

- Organic lean pork loin, cubed (or any cut of your choice)
- Organic virgin coconut oil;
- Sea salt and pepper;
- Any spices you love (I use turmeric, ginger, fenugreek, and parsley)
- Red and green bell peppers (cubed); jalapeno pepper (ringed);
- Zucchini (thickly sliced in half moon shape);
- Chopped tomatoes (or you could use diced tomatoes from can)

#### **Procedures:**

- Melt a bit of organic coconut oil in a frying pan and spread the oil over the surface. Place your pork into the pan and cook until it is soft and are fully done, stirring occasionally;
- Add salt, pepper, and spices;
- Add a bit of water. Turn hit to high and put all your veggies into the pan, mix together, cover with the lid, and cook till your veggies reach your desired softness. Peppers and zucchinis cook very quickly, within a minute of two, depending on how you like them. I prefer my vegetables crunchy, so I literally cook them for a minute or so.
- Enjoy your stir-fry with arsenic-free brown rice.
- Salad: Organic Roman hearts, tomatoes, green pepper, avocado and pistachios, dressed with extra virgin olive oil and balsamic vinegar.

## Picture #5

### [BBQ Chicken with Ezekiel Penne and Romano Beans](#)



#### **Ingredients:**

- BBQ chicken breast (for instructions refer to Week #1, Picture #1 in Lunch section)
- Ezekiel sprouted penne with parmesano (FYI: this pasta is not gluten-free);
- Romano beans;
- Salad: organic baby spinach, tomatoes, cucumbers, raw sunflower seeds dressed with extra virgin olive oil and balsamic vinegar

After 30-40 minutes of heavy deadlifts or squats you will need starchy carbs like this pasta to refuel and recover. You can use any gluten-free pasta of your choice if this variety is not a practical option for you.

I cook my Romano beans (white Italian), but you could use caned variety. White Italian beans are an excellent source of potassium (even more than in bananas).



**Picture #6**

*Hamburgers with Sweet Potatoes Fries*



This is a healthy version of North American favourite hamburgers and fries meal. With a few modifications this “glorified” junk food could be converted into a healthy post-workout meal, which has all micro-nutrients that your body needs and craves for to recover after 30-40 minutes of endless and heavy deadlifts.

**Ingredients:**

- Organic extra-lean grass-fed ground beef or patties
- Salt and pepper
- Sprouted Ezekiel burger buns or Ezekiel English muffin
- Avocado
- Real cheddar cheese slice (don't use processed)
- Sweet potatoes

I typically get patties at the organic farm I buy my beef from, and it saves the time. However, if you are using ground beef, mix it with salt, pepper, and spices of your choice (I don't use any for beef hamburgers). Shape your meat into patties, and BBQ them.

Avocado is a perfect and healthy spread that you could use; it provides healthy fats and fiber in addition to a great taste.

Cut your sweet potatoes into fries shape, and steam them using steaming basket, or you could poach them in a boiling water. Steam them till they are almost done, but still a bit hard. If you overcook them, they will break and would be mushy. Drizzle your potatoes with a bit of extra virgin olive oil, sprinkle with sea salt, and mix them up. Set your oven to broil. Place your potatoes on a baking sheet (lined it with foil). Broil your fries till they are golden brown; it typically takes 2-3 minutes to broil your potato fries, but it depends on your oven, however.

Enjoy your hamburgers with any HEALTHY condiments you prefer.

## Picture #7

### [Turkey Hamburgers with Sweet Potatoes Fries](#)



Turkey hamburgers is another option if you like turkey.

Prepare your dish in the same manner as it was discussed above (Picture #6), just use ground turkey instead of ground beef. In my turkey hamburgers I used crushed hot chili, parsley, fenugreek leaves, and a bit of oregano. However, you could use any spices that you love. I personally prefer beef burgers, but it is a good idea to change things up, introduce different sources of protein, and have some variety in your diet.

Enjoy your turkey hamburgers with any HEALTHY condiments you prefer.

## Picture #8

### [Stir-fry Chicken Thighs with Steamed Beets](#)



**Note:** This dish was made from the leftovers: refer to Picture #3 above for instructions.

When you are done with your Structural Attack training, you won't need as much starchy carbs anymore, as your body will not be utilizing them anymore as energy. Also after 5 days of CEO training and eating starchy carbs, your glycogen stores would be totally filled up. Everything that you will be eating in excess of what your body needs as a fuel, will be stored as fat – a spillover effect.

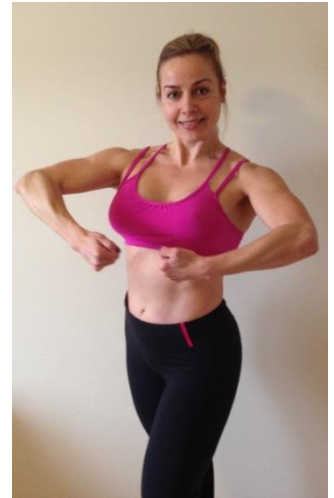
As Nick mentioned in his Program, we should not be consuming too many carbs on the days that we are not training. Days 6 and 7 of Week #2 are days of rest. Therefore, this meal idea is a great option. Beets are still carbs, but they are not starchy carbs. They will still provide you enough energy, but most likely won't be stored as fat. I usually use organic beets, so I don't need to peel them. I typically steam them using my steaming basket, or you could bake them in the oven (wrap them in a foil, as you would do with potatoes); I just find that steaming basket is the fastest and easiest way. I like to drizzle my beets with red wine vinegar.

## Week #3-4

Now we are done with the Structural Attack week, and I am sure you all have this sense of accomplishment (I have this feeling every single time I do it).



CEO week was both muscle-building and metabolic accelerating extreme type of training style, and you will feel that remaining two weeks will be slow-paced in comparison to CEO. However, the muscle-building switch is turned on, and your body is now primed to grow.



Quality and proper food choices are very important now in order to maximize anabolic effect of CEO training on your body. At the beginning of Week #3 your body is still recovering and repairing after the extremes of the Structural Attack. You need a good balance of micro-nutrients to fuel your body, help it recover, and set the stage for massive growth in Week #3.

Even though you still need to eat carbs to recover, you don't need them as much as when you were doing 5-day of deadlifts or squats. During Week 3 and 4 excess of carbs will not be used up for energy if you overeat. Your biggest meal that contains the most carbs should be your after-training dinner meal. Also keep in mind: if you eat immediately after working out, you should restrict consumption of fats. According to Nick: "It is important to minimize your fat intake following your workouts. Post-workout fat intake has been shown decrease circulating Growth Hormone levels to half. Naturally, this is not something we want to happen."

Nick's new approach of "Reverse Carb Tapering" that he has introduced in this version of Muscle Explosion is especially important for the last two weeks of your training. You will need less calories than you were consuming during CEO, as such you could limit your breakfast to just protein and healthy fats. Later on, as day goes on, you will introduce some carbs, and then when you come back home from training, you will have a larger meal that will include a substantial amount of carbs and protein; however, you should limit your fat consumption at this point.

Even though if my recipes call for some carbs, please feel free to exclude them by following the "Reverse Carb Tapering" strategy to maximize your results. During Week #2 of my training I was having a bowl of oatmeal or quinoa and a small piece of Ezekiel bread for breakfast as my carbs sources. However, on my final two weeks I was just having a small slice of bread with my eggs; you can eliminate it completely if you wish. On my non-training days of final two weeks, I limited starchy carbs intake altogether. Use my recipes as a guideline; however, do what works for you, as you know your body better. Enjoy the final stretch of the Program and its insanely crazy yet powerful techniques paired with quality nutrition!

# Breakfast

I love eggs, and I always eat them for breakfast. I never get tired of them and my day doesn't feel complete without them. That is why every dish in my breakfast section calls for eggs. However, if you are not an egg-lover, as I am, replace them with whatever you prefer to have for breakfast.



## Picture #1

### Eggs, Turkey, and Butternut Squash



#### **Ingredients:**

- Homemade roasted turkey
- Scrambled egg: ½ cup egg-whites, chopped turkey, and green onions
- Steamed butternut squash
- Organic baby spinach

#### **Procedures:**

- In a non-stick frying pan melt half a teaspoon of coconut oil; it melts instantly, so don't let it burn. Spread the melted oil evenly over the surface of the pan;
- Place chopped green onions and turkey into the frying pan and sauté them a little bit, so that the onion softens just a bit. I used my homemade baked turkey, as I always have it available in my freezer, but you could use ham or turkey bacon for simplicity;
- Salt, pepper, and any spices of your choice (if you are using dry spices add them now, so they would release the flavour). I used chilli flakes and parsley;

- Pour egg-whites;
- Use medium-high heat. Keep steering your ingredients till you get the desired condition of your scrambled eggs. Scrambled eggs cook almost instantly.
- I poached my eggs in a KitchenAid poaching pan; however, you could either boil them or make sunny-side-up.
- Butternut squash is a great option of moderate-starchy carbs. I simply steamed my squash in my stainless steel steaming basket, but you could bake yours in the oven. If I bake my squash, I would typically make a batch, and enjoy it during the week. I would cut it up in few pieces, wrap in foil, and bake for 35 min on 400F.

**Roasted Turkey:** I buy fresh drug-free turkey breast at Costco, season it with spices that I like or have handy at the moment, and roast it in the oven for about 1 hour or till it is fully cooked. When it cools down, I slice it and freeze. This way I always have my own cold-cuts handy. If this is too much work for you, use whatever is easier for you. However, I always recommend using drug-free/hormone free cuts as a healthy option. Commercially cured meats are loaded with chemicals and pumped spices and flavorings that are heavy in MSG.



## Picture #2

### Grass-fed Ground Beef with Swiss Cheese and Eggs



When I am in a “Beast Mode”, as Coach Nick calls me when I’m doing this Program, ground beef and eggs is my ideal breakfast, and I would have it a couple times a week for sure.

#### **Ingredients:**

1. Extra lean grass-fed organic ground beef;
2. Salt, pepper, chilli flakes (optional), and any spices you love;
3. Green onion;
4. Pasture-raised eggs;
5. Organic baby kale;
6. Ezekiel sprouted bread;
7. Hard Swiss cheese

**Procedures:**

- Sautéed ground beef in a non-stick pan. You don't need to add any oil, as beef has its own fat and moisture that will be released during the sauté process;
- Add salt, pepper, and the spices of your choice (I used turmeric, ginger, and cayenne);
- Stir your meat occasionally, so it will cook evenly. Ground beef cooks very quickly, and when it changes its color from red to brown, it is ready;
- When meat is fully cooked, add chopped green onion and sauté a bit just to soften up the onion;
- Poach the whole eggs or boil them, or make sunny-side-up;
- Enjoy your meal with hard Swiss cheese and a slice of Ezekiel sprouted English muffin if you like (I had just a half).
- Organic leafy greens are always a great and healthy addition to any meal, as they are an excellent source of minerals, dietary fiber, and antioxidants. I used organic baby kale, but you could have anything that is in your fridge. Try to include the leafy greens as much as you possibly can into your diet.

## Picture #3

### Yellow Pepper Omelette with Bacon



#### **Ingredients:**

##### Omelette:

- 1/2 tsp organic virgin coconut oil
- Yellow bell peppers
- Salt, pepper, parsley, and chilli flakes optional)
- Egg-whites, 1/2 cup

#### **Procedures:**

- Chop your yellow bell peppers;
- In a non-stick frying pan melt your coconut oil; it melts instantly, so don't let it burn. Spread the melted oil evenly over the surface of the pan;
- Place chopped peppers into the frying pan and sauté them just a bit to soften them up, for about a minute or so;

- Salt, pepper, and any spices of your choice (if you are using dry spices add them now, so they would release the flavour);
- Pour egg-whites into the pan, cover, and cook on a low-medium heat till the omelette is fully cooked, or to your desired condition. (**Elena's Tip**: half way through cooking process you might need to add a bit of water to the edges of the pan. I use silicon spatula to separate the edge of the omelette from the pan and add a bit of water evenly around the edges of the pan, so the omelette won't glue to the pan, and also the water gives the steam to cook the omelet evenly.)
- Note: you can actually cook your omelette in the oven if you'd like, but I find that stove option is easier and quicker for me.
- I don't eat bacon often, but when I'm on this program, I enjoy it quite often for breakfast; however, I always buy organic variety at the organic farm where I get all my meats. I cook my bacon traditional way in a pan and I do not use any additional oil, as bacon itself has plenty. If you are a microwave user, you can cook your bacon very quickly and without any mess; it's very simple and fast (I just don't use the microwave, as it is an unhealthy option. Nick, by the way, doesn't use it either.):
  - o Place a few paper towels on a plate; line up your bacon; and cover it with couple paper towels again. Press the top of the towel with your hands, so everything is tightly covered;
  - o Put the plate in a microwave and cook for 1 min
  - o Voilà – your bacon is perfectly cooked in no time.

Enjoy your simple healthy breakfast with steamed asparagus, whole eggs, and organic sprouted Ezekiel bread.

## Picture #4

### Sunny-side-up with Butternut Squash Hash-brown



Note: Since we are doing "Carb-Tapering", butternut squash is a great alternative to traditional potatoes hash-brown. Squash is not as starchy, yet it is still carb. I find butternut squash not as heavy as potatoes are, and I really enjoyed this creative variation.

#### **Ingredients:**

- Make your sunny-side-up using a bit of organic coconut oil;
- Butternut squash, cubed (sauté your squash in a pan with a bit of water and coconut oil till your squash is soft enough to your taste. Season with salt, pepper, and parsley).
- Steam your asparagus, and when it still hot, put your favourite cheese on top, so it will melt;
- Organic spinach or any other leafy greens are always a great choice with any meal you have.

## Picture #5

### Eggs, Bacon and Mushrooms



Eggs, bacon, mushrooms, cheese, and freshly toasted bread – mmmmm...Yummy - what could be a better option for breakfast??!!! Well at least for me this is just a perfect way to start my day and get ready for the Position of Flexion (POF) training! I just love Muscle Explosion "Beast Mode"!

#### **Ingredients:**

- Sunny-side-up made from pasture-raised organic eggs;
- Organic bacon;
- Hard Swiss cheese (I prefer Norway from unpasteurized milk – available at Costco);
- Mushrooms sautéed in butter with organic green onions and spices of your choice;
- Organic field greens and tomatoes;
- Sprouted Ezekiel English muffin (half)

## Picture #6

### Eggs, Cheeses, Roasted Turkey



#### **Ingredients:**

- Sunny-side-up made from pasture-raised organic eggs;
- Feta cheese (I love Canadian feta from cow milk);
- Elena's home-made roasted turkey sprinkled with parsley, fenugreek leaves, and chilli flakes (recipe is attached to Picture#1 above in this section);
- Organic field greens;
- Sprouted Ezekiel bread (half) with melted cheddar

## Picture #7

### Grass-fed Ground Beef Scrambled Eggs with Pine Nuts



Organic grass-fed ground beef and eggs – Mmmmmmm my favourite muscle-building nutritious breakfast during Muscle Explosion Program.

#### **Ingredients:**

- Extra lean grass-fed organic ground beef;
- Salt, pepper, chilli flakes (optional), and any spices you love;
- Multi-coloured bell peppers;
- ½ cup egg-whites;
- Pine nuts;



- Pasture-raised eggs
- Ezekiel sprouted bread and avocado

**Procedures:**

- Sautéed ground beef in a non-stick pan. You don't need to add any oil, as beef has its own fat and moisture that will be released during the sauté process;
- Add salt, pepper, and the spices of your choice;
- Stir your meat occasionally, so it will cook evenly. Ground beef cooks very quickly, and when it changes its color from red to brown, it is ready;
- When meat is fully cooked, add your peppers and sauté a bit;
- Add your egg-whites. Stir occasionally till your eggs are fully cooked;
- Add a table spoon of pine nuts or any nuts you prefer or have available;
- Poach the eggs or boil them, or make sunny-side-up;
- Enjoy your meal with avocado and a slice of Ezekiel sprouted English muffin if you like (I had just a half). Avocado provides a good dose of healthy fats and dietary fiber.
- Organic leafy greens are always a great and healthy addition to any meal, as they are an excellent source of minerals, dietary fiber, and antioxidants. Try to include them as much as you possibly can into your diet.

## Picture #8

### Sunny-side-up in Green Onions, Steamed Spinach and Bree



#### **Ingredients:**

- Green onions and pasture-raised eggs;
- Sprouted Ezekiel English muffin (half);
- Organic spinach
- Bree cheese

#### **Procedures:**

- In a non-stick frying pan melt half a teaspoon of coconut oil; it melts instantly, so don't let it burn. Spread the melted oil evenly over the surface of the pan;
- Place chopped green onion into the frying pan and sauté it just a bit for about a minute or so;
- Salt, pepper, and any spices of your choice ;
- Crack the eggs into the green onion, and cook them till they are ready;
- I steamed my spinach in a pan with a bit of water at the bottom of the pan. It cooks instantly. Drain it and use any spices of your choice; I used only salt
- Enjoy your dish with Bree cheese or any cheese of your choice.

## Picture #9

### Eggs with Ham, Tomatoes, Basil, Cashews, and Pistachios



#### **Ingredients:**

- ½ cup egg-whites and 1 whole pasture-raised egg;
- Fresh diced tomatoes, ham;
- Salt, pepper, fresh basil;
- Cashews and pistachios

#### **Procedures:**

- In a non-stick frying pan melt half a teaspoon of coconut oil; it melts instantly, so don't let it burn. Spread the melted oil evenly over the surface of the pan;
- Place diced tomatoes and ham into the frying pan; salt, pepper, and any spices of your choice. Sauté it just a bit for about a minute or so;
- Add your egg-whites. Stir occasionally till your eggs are almost cooked, mix fresh basil;
- Make a cavity in the middle of your pan and crack an egg inside. Cover the lid and cook it till the egg is done to your liking;
- Spread cashews and pistachios over your dish, add extra fresh basil on top, and enjoy!

## Picture #10

### Eggs, Cheese, and Peppers



#### **Ingredients:**

- Sunny-side-up made from pasture-raised organic eggs with melted cheddar on top;
- Sprouted Ezekiel English muffin (half);
- Multi-coloured peppers: you could either steam them or sauté in olive oil;
- Avocado is one of the best choices for healthy fats

# Lunch



## Picture #1

### BBQ Chicken Wrap



#### **Ingredients:**

- BBQ chicken;
- Whole grain mustard;
- Organic baby spinach;
- Organic shredded carrot; sliced Jalapeno peppers; avocado; shredded cheese;
- Tomatoes;
- Pine nuts

#### **Procedures:**

- BBQ chicken – refer to **Week #1/Lunch/Picture #1** for instructions;
- I used spinach-zucchini-chlorella-flax tortilla that I bought at health-food store; it has low carb count. I warmed it up in a pan, spread whole grain mustard and then put all the ingredients, and wrapped it.
- Have it with spinach salad, extra BBQ chicken, tomatoes, and pine nuts. I find extra virgin olive oil and balsamic a great addition to any salad.

## Picture #2

### Salami-Mushroom Pizza (gluten-free)



### **Ingredients:**

#### **Dough:**

- 3 tbsp. of garbanzo/fava flour (I use Bob's Red Mill)
- 1 tbsp. organic coconut flour
- 3 tbsp psyllium husk
- 1 tsp flax mill
- 2 tbsp. eggwhites
- ¼ cup water
- ½ tsp. baking powder
- Salt, chilli flakes, 1/2 tsp. oregano, ½ tsp. basil

### **Toppings:**

- Tomato paste
- Cheese;
- Salami (I used grass-fed organic salami);
- Mushrooms; peppers; jalapeno; feta cheese; cherry tomatoes;
- Oregano; chili flakes (if you like it hot);
- Or any toppings you love!

### **Procedures:**

- Preheat your oven 375F;
- Combine all the ingredients together and mix well;
- Grease your pizza baking sheet (or you could use oven-prove pan) with coconut oil;
- Spread the dough evenly on a pizza sheet. You might wet your fingers in water;
- Bake your crust in the oven for approximately 15 min, or until it's golden; don't over-dry however;
- Once the crust is ready, cool it a bit;
- Spread tomato sauce over the crust and place the cheese on top;
- Place all your pizza toppings, sprinkle with a bit of oregano and chilli flakes;
- Bake your pizza in the oven till cheese is nicely melted, or till your desired doneness.



Enjoy your gluten-free pizza!



## Picture #1

### Zucchini-Carrot-Protein Muscle-Building Quiche (gluten-free)



**Yield:** 7 quiches (6" in diameter)

**Calories:** 109

I came up with this unique recipe during the final isolation days and restrictions of low-carb week; I guess I felt hungry and thought, enough is enough 😊. This is a green-pea flour base protein-packed quiche. I've never used this flour before, but I came across it in health-food store, and decided to try it; and I totally loved it. However, if you can't find it, use quinoa flour instead (it just won't be green as the one on the picture). This quiche contains all 3 micro-nutrients needed for this week to maximize the muscles building effect. I hope you will enjoy this dish.

## Ingredients:

- 1 shredded carrot
- 2 shredded zucchinis
- 1 onion sautéed in organic virgin coconut oil (optional step) \*
- 1 cup egg-whites
- 1 tsp. baking powder
- 1 tsp. baking soda mixed with 1 tbsp. of vinegar
- 1 tbsp. whole flax seed (I used golden, but any would work)
- ½ cup green pea flour ( I used Red Bob's Mill brand). (Note: if you can't find it, you could use quinoa flour)
- 1 scoop of unflavoured protein powder
- 1 heaping tsp. psyllium husk \*\*
- Sea salt, black pepper, chilli flakes, and parsley



## Directions:

\* Sautéed onion is optional if this is too much work for you. However, it adds a flavourful touch to this dish. As much as I actually dislike handling the onions, I used it in this dish (I used Vidalia sweet variety, as it doesn't make me cry 😊 ). If you choose to use the onion, make sure you reserve a table spoon of sautéed for garnishing on top of your quiche, just as it shown on the main picture.

- Mix all first 11 ingredients together in a mixing bowl and let it sit a bit till psyllium husk expands and sucks in some moisture (about 5-10 min or so);
- I used 6.5" non-stick frying pan and made full pan quiche; however, if you prefer smaller one, you could do so. I just like to make a few big ones and get over with 😊 . Also you could make one super-huge if you bake it in the oven using baking dish; it will also saves you time and effort;
- Melt a bit of organic virgin coconut oil on a frying pan (medium-low hit) and spread the mixture evenly all over the pan;
- With a big spoon spread the quiche dough evenly over the pan; I make mine approximately ¼ inch thick; also keep in mind they will rise;



- Cover the pan with a lid and cook on low-med until the bottom side is golden-brown (approximately 3-4 min)
- With a flexible spatula flip your quiche over, cover with the lid, and cook till the other side is done and golden-brown (approximately 3-4 min);

Once your mini quiches are ready, you could top them with whatever you love:

- o drizzle with olive oil or macadamia nut oil (I used macadamia on mine)
- o natural Greek yogurt
- o sautéed onion, as you could see on the picture above;
- o shredded cheese, as you could see on the picture above;
- o mashed avocado
- o or anything you might like

I made 7 quiches with these ingredients. I will be brining 2 of these quiches to work for lunch and warm them up in a toaster (I don't use microwave): one I will have with macadamia nut oil sautéed onions and one with cheese. This protein-packed muscle-building dish is a perfect pre-workout meal, and I'm planning to have it for a couple of days for lunch before workouts. However, I'm sure two 6.5" quiches won't be too much for you Muscle Explosion BIG GUYS 😊 so you could have more; they are only 109 calories.



**\*\* Note:** Psyllium husk is one of the best things you could add to our diet as an extra source of fiber and not worry about extra calories. Psyllium husk is a great source of soluble indigestible dietary fiber. It is not that expensive, and you could get it at any health food store.

## Picture #4

### Stir-fry Chicken



Chicken stir-fry – refer to **Week #3-4/Dinner/Picture #9** below for instructions

This is leftover from dinner. I simply brought this for lunch the day after, but without sweet potatoes, as we don't need as many starchy carbs earlier in a day (if you are following Nick's Reverse Carb Tapering strategy, which is I do).

## Picture #5

### BBQ Chicken with Steamed Golden Beets



#### Ingredients:

- BBQ chicken
- Organic arugula salad with tomatoes
- Steamed red peppers, zucchini, and mushrooms
- Steamed golden beets

#### Procedures:

- BBQ chicken – refer to **Week #1/Lunch/Picture #1** for instructions;
- Cut your golden beets in wedges and steam them in your steaming basket or poach them;
- Steam your red peppers, zucchini, and mushrooms using steaming basket, poach them in boiling water, or sauté them with a bit of olive oil if you like;
- Season your arugula salad with salt and pepper, drizzle it with olive oil and balsamic vinegar.

## Picture #6

### Turkey cup-cakes:



Turkey cup-cakes are one of my favourite snacks, and they are one of my signature recipes. I'm using a psychological trick here - making a regular meatloaf in a shape of cup-cakes, so you kind of trick your subconscious mind that you are eating a muffin, but instead it is a fat-burning/muscle-building food: good quality lean protein. I typically make a big batch of these and freeze them, so I would always have my protein-muffins handy. They are excellent as a snack or lunch. In our example above I used my cup-cake as a perfect light lunch: I served it with a chickpeas-tomatoes salad with cilantro and jalapeno peppers, dressed with balsamic vinegar. I also often eat them with my morning omelette as an additional protein instead of greasy bacon. I love sharing my cooking with people, and this dish always gets the most compliments. I hope you will enjoy my cup-cakes as much as I do.

#### Ingredients:

- 2 lbs ground turkey (you could use lean chicken or any other lean ground meat)
- Mix of cayenne pepper, parsley, and 2 tsp dry yellow mustard (or any spices of your choice)
- Salt and pepper

- Diced Roasted red/yellow/orange peppers (you can use just red); or use just chopped fresh peppers
- 2 cups of fresh chopped organic spinach

**Procedures:**

- Preheat oven to 375 degrees. Mix well all 5 ingredients together in a large bowl (Note: I typically grind my meats myself to ensure it is as lean as it could be.);
- (**Elena's Tip:** I prefer to add roasted peppers, as they provide a nice flavour to the dishes; however, making them is a time consuming, so you could simply use any fresh peppers you have in your fridge. Chop them and add into the meat mixture; they will cook nicely along with the meat. I personally like to roast a big batch of peppers at once, chop them up or slice, put in the small containers together with its liquid, and keep them in a freezer. This way I always have them when I need. Roasted peppers would make a great and festive addition to any meal you cook. They are useful to have in your arsenal. Pre-made roasted peppers that you buy at the store are typically soaked in vegetable oil/trans-fats and have added sugar, so I personally stay away from anything pre-made, but rather make everything myself to ensure the superior quality).
- Fill muffin pan with your meat mixture;
- Bake your turkey cup-cakes for about 35-45 minutes or till they are fully cooked (do not over-dry).

(**Elena's Tip:** I always use disposable muffin pans, as a time/effort saver. I've tried to bake my turkey cupcakes once in a regular muffin pan, and, I must tell you, it was a TRUE nightmare to clean the pan after)

## Picture #7

### Tortilla Beef Wrap



(**Note:** refer to **Week#2/Dinner/Picture#1** for stewed beef instructions)

Ezekiel sprouted tortilla is an ideal option for a quick and healthy lunch when you don't feel like cooking and have the ingredients handy to simply wrap them up.

#### **Ingredients:**

- Place chopped roman hearts, red and green peppers, jalapenos, spices of your choice on top of the tortilla;
- Spread a spoon or two of white Italian beans (an excellent source of potassium); or you could use any beans you prefer;
- Put your stewed beef on top of all the ingredients (I warmed up my meat, as I like my food hot); you could use ground beef too;
- Instead of sour-cream, I've dressed my tortilla with protein packed Greek yogurt, 0%;
- Add on top anything else you might like
- Wrap your tortilla and enjoy!





## Picture #8

### Mushrooms, Ham, and Green Onion Frittata



#### **Ingredients:**

- 1 tsp. organic extra virgin coconut oil;
- Chopped mushrooms, ham, and green onion;
- Egg-whites, 1 cup;
- Salt, pepper, spices of your choice (I used parsley);

#### **Procedures:**

- Preheat your oven 375C
- In a non-stick oven-proof frying pan melt your coconut oil; it melts instantly, so don't let it burn. Spread the melted oil evenly over the surface of the pan;
- Sauté your mushrooms, ham and green onion quickly, just to soften the ingredients up;
- Pour egg-whites into the pan and mix (note: you could use whole eggs if you'd prefer);
- Transfer the pan into oven and bake your frittata till it's fully cooked.

## Picture #9

### Portabella Mushrooms Stuffed with Ground Beef



#### **Ingredients:**

- Portobello mushrooms;
- Ground beef; chopped red peppers and spinach;
- Salt, pepper, spices (I used parsley);

#### **Procedures:**

- Preheat your oven 375C;
- Remove the stems from Portobello and make small cavities;
- Combine your ground beef with red peppers, spinach, and spices; mix well;
- Stuff the Portobello with meat mixture; place stuffed mushrooms on the foiled oven sheet, and bake them till meat cooks (approximately 35-40 min)
- Enjoy it with Roman hearts, tomatoes, and cucumbers salad dressed with extra virgin olive oil and balsamic.

(**Elena's Tip:** stuffed Portobello freeze well, so make a few; they are a truly wonderful snack)

## Picture #10

### Tuna-Tomatoes-Avocado Salad



#### **Ingredients:**

- Chunk tuna;
- Fresh diced tomatoes;
- Chopped jalapeno pepper;
- Cubed avocado (I like to mush some of them just a bit for a creamy texture);
- Salt, pepper, fresh basil;
- Extra virgin olive oil and balsamic

Combine all the ingredients together and enjoy your healthy body-building tuna salad. It is actually my most favourite salad, and I eat it often.

Steam organic baby spinach in a pan with a bit of water; spinach leaves softens instantly. Put your steamed spinach on a plate, use salt and pepper to taste, drizzle with olive oil and sprinkle with toasted sesame seeds.

## Picture #11

### Mushrooms-Peppers Frittata



#### **Ingredients:**

- 1 tsp. organic extra virgin coconut oil;
- Chopped mushrooms, red peppers, tomatoes, organic collard greens (you could use spinach);
- Egg-whites, 1 cup;
- Salt, chilli flakes, spices (I used parsley);

#### **Procedures:**

- Preheat your oven 375C
- In a non-stick oven-proof frying pan melt your coconut oil; it melts instantly, so don't let it burn. Spread the melted oil evenly over the surface of the pan;
- Sauté your mushrooms, red peppers, tomatoes, and leafy greens quickly, just to soften the ingredients up;
- Pour egg-whites into the pan and mix (note: you could use whole eggs if you'd prefer);
- Transfer the pan into oven and bake your frittata till it's fully cooked.

(**Elena's Tip:** If I make frittata, I always make it extra-large (2 cups of eggs-whites); this way I always have a leftover for a few days.)

# Dinner



## Picture #1

### Grass-fed Steak



#### **Ingredients:**

##### Steak:

- Organic grass-fed tenderloin;
- Salt and pepper,
- Cayenne and chilli flakes (optional)
- Any spices you love

##### Salad:

- Organic baby kale;
- Cherry tomatoes, cheese;
- Balsamic vinegar and olive oil
- Salt, pepper, and pine nuts

#### **Procedures:**

##### ***Steak:***

- Season your steak with salt and pepper and any spices of your choice. I personally like natural flavours of the meat, so I use only salt, black pepper, and sometimes chili flakes;
- BBQ your steak according to your desired doneness (I prefer it medium-rare). I usually do not brush my meat with oil, as I don't want it to brown more than it should on a BBQ.

(**Note:** I typically don't marinate my meat and cook it right away. A Quality cut of meat doesn't need to be marinated, and if the meat is not a good quality, no matter how long you marinate it, your meat won't be tender anyways.)

**Salad:** While your steak is cooking, prepare your salad:

- In a salad dish put your organic baby kale;
- Cut your cherry tomatoes on half;
- Season to taste and dress your salad with balsamic vinegar and extra virgin olive oil

(**Note:** you could use squeezed lemon juice; I actually find that fresh lemon juice works really nicely with kale. You could use toasted sesame seeds instead of pine nuts; sesame go really well with kale.)

We served our steak with mashed potatoes, steamed broccoli and carrots. Perfect post-training meal!

## Picture #2

### Turkey Hamburgers with Golden Beets Fries



Turkey hamburgers are a good option if you like turkey.

When you make your turkey hamburgers, instead of BBQ one or two, make a few of them. It takes the same amount of time to make one or a batch, so why not to plan ahead. They freeze well, and could enjoy them whenever you don't feel like cooking.

Golden beets fries is a great alternative to traditional potato-fries, and they pack way less calories. Especially if you are having this meal on your non-training day, you don't need as many carbs and calories anyways, so you might resort to this healthy yet satisfying alternative.

#### **Ingredients:**

- Extra-lean ground turkey
- Salt, pepper, and spices of your choice
- Golden beets
- Salad: organic roman hearts, tomatoes, and avocado



## **Procedures:**

- Mix your ground turkey with salt, pepper, and spices of your choice. I used crushed hot chili, parsley, fenugreek leaves, and a bit of oregano. However, you could use any spices that you love. Shape your meat into patties, and BBQ them.

(I personally prefer beef burgers, but it is a good idea to change things up, introduce different sources of protein, and have some variety in your diet.)

- Cut your golden beets into fries shape, and steam them using steaming basket, or you could poach them in a boiling water. Steam them till they are almost done, but still a bit hard. If you overcook them, they will break and would be mushy. Drizzle your potatoes with a bit of extra virgin olive oil, sprinkle with sea salt, and mix them up. Set your oven to broil. Place your potatoes on Line up a baking sheet (lined it with foil). Broil your fries till they are golden brown; it typically takes 2-3 minutes to broil your fries, but it depends on your oven, however.

**(Elena's Tip: Beets** are known for their detoxifying properties. They, among other whole foods, will naturally support your immune system and cleanse the organs of your digestive system. Beets are just a great source of important minerals, vitamins, and nutrients: iron, magnesium, folate, vitamins B6, C, beta carotene, and fiber. By including different foods into your diet will provide you with added benefit of different types of highly beneficial nutrients.)

**Salad:** mix your roman hearts with tomatoes and avocados, dress it with extra virgin olive oil and balsamic vinegar.

## Picture #3

### Beef Roast with Potatoes and Carrots



This is perfect after training dinner.

Beef roast- refer to **Week #1/Lunch/Picture#2** for slow-cooking instructions.

I served my beef with steamed organic carrots, organic potatoes, and fresh radishes. I steamed my potato in a steaming basket, but you could bake wrapped in foil in the oven, if this is what you like. However, I personally prefer using my steaming basket, as it is so much quicker. Instead of sour cream I used protein packed 0% Greek yogurt sprinkled with chives.

If you are using organic potatoes, you don't need to peel them; same applies to carrots. Potatoes and carrots are big offenders when it comes to pesticides and herbicides.

## Picture #4

### BBQ Chicken with Rutabaga-fries



#### **Ingredients:**

- BBQ chicken with cheese sprinkled on top
- Organic field greens salad with avocado
- Steamed Brussels sprouts, and bell peppers
- Rutabaga, cut lengthwise:

#### **Procedures:**

- BBQ chicken – refer to **Week #1/Lunch/Picture#1** for instructions;
- Rutabaga fries: wash your rutabaga, remove skin, and cut it as shown on the picture;
- Steam your fries first in a stainless steel steaming basket till it softens (don't overcook);
- Drizzle it with a bit of extra virgin olive oil and sprinkle with salt;
- Place your fries in a foiled baking sheet and broil in the oven till it turns golden-brown;
- Steam your Brussels sprouts and peppers using steaming basket or poach them in boiling water;
- Season your salad with salt and pepper, drizzle it with olive oil and balsamic, and enjoy it with avocado

**Picture #5** Chicken Stir-fry with Spaghetti



**Picture #6** Chicken Stir-fry with Rice



These are perfect choices for after-training meals when muscle hypertrophy is our goal. These starchy but quality carbs will raise your insulin level that will help shuttle the protein into the muscles.

I love chicken stir-fry dishes, as they are quick and delicious! It took me literally 10 minutes to make this dish after I came home from training. Before I went to work I took my BBQ chicken breast out from the freezer and put it into a fridge. I always have supplies of chicken breast readily available in my freezer, and I never run out of it, as I always replenish them when I go low on it. When I come home from training, it thawed out.

I always have wide variety of different kinds of fresh veggies in my fridge, so I make my stir-fry with whatever I have available that day. Since the colourful peppers were in season in Canada, I had plenty of them, and they add a really nice touch to any dish in addition to the colourful appeal they provide to the dish. I cut my peppers, zucchinis, green onions, jalapenos, fresh tomatoes, and I also added sliced white mushrooms (they are good source of potassium). I like my veggies in a stir-fry dish to be chunky.

**Ingredients:**

- BBQ chicken breast (refer to **Week #1/Lunch/Picture#1** for instructions)
- Zucchini, multi-coloured peppers, mushrooms, and green onions
- Salt, pepper, and spices of your choice

**Procedures:**

- Put all your veggies and cut up chicken in a deep frying pan and add half a cup of water (amount of water depends on the amount of food).
- Add your spices. I used turmeric, ginger, fenugreek, parsley, and oregano.
- On a high hit stir all the ingredients together, cover and let it steam for a minute or two, then stir it again. You can repeat the process till you get the desired condition of your veggies; add water if needed. I personally like my veggies almost raw, just slightly touched by the steam. Therefore, it takes me just a couple of minutes to cook the dish. Keep in mind that veggies usually cook very fast, especially under the cover, and your chicken is already cooked, so I would suggest you not to over-cook, otherwise you would end up eating mushy dish.

Cook your pasta and brown rice according to the package instructions. One day I used organic spelt spaghetti (not gluten-free) and the next day I had it with organic arsenic-free brown rice.

## Picture #7

### Stewed Beef with Rice



#### **Ingredients:**

- Organic grass-fed stewed beef (**refer to Week #2/Dinner/Picture #1** for instructions)
- Brown arsenic-free rice
- Organic roman hearts
- Steamed broccoli, red peppers, and Brussels sprouts

#### **Procedures:**

- For stewed beef cooking instructions refer to **Week #2/Dinner/Picture #1**;
- Cook your rice according to a package instructions;
- Steam your veggies using a steaming basket or poach them in boiling water

## Picture #8

### BBQ Chicken with Steamed Turnips



This is perfect meal idea for days when you don't train; you could have either for lunch or dinner, whatever works for you. Turnips are still carbs, but they are not as starchy, and they are high in fiber and contain smaller amount of cars than other root veggies in their category; turnips most likely will not be stored as fat.

#### **Ingredients:**

- BBQ chicken
- Organic spinach
- Steamed turnips
- Fresh radishes

#### **Procedures:**

- BBQ chicken – refer to **Week #1/Lunch/Picture #1** for instructions
- I steamed my turnips using my stainless-steel steaming basket; you could poach them in boiling water or even bake in the oven wrapped in foil. They cook quickly. ([Elena's tip](#): I find that turnips taste best when they are just freshly made; I don't like them the day after, so NO cooking in bulk here please.) You could also sauté your turnips in a bit of olive oil if you like.

## Picture #9

### Stir-fry Chicken with Sweet Potatoes



#### **Ingredients:**

- Organic virgin coconut oil;
- BBQ chicken breasts cut up into pieces;
- Sea salt and pepper, turmeric, fenugreek seed powder, cayenne pepper, and parsley;
- Sliced carrots, yellow and green peppers, Brussels sprouts (cut in half), green onion, jalapeno, and green peas (frozen)

#### **Procedures:**

- Thaw out your BBQ chicken breasts and cut into thick pieces (unless you're making it fresh);
- Melt a bit of organic coconut oil in a frying pan and spread the oil over the surface;
- Place all the ingredients into the pan and stir them together;
- Add half a cup of water for steaming purposes (amount depends on quantity of your ingredients); cover pan with a lid, and bring it to boil. Let it steam a bit till your carrots are ready, as they typically cook the longest; however, I find they taste best when they are still crunchy.

(**Elena's Tip:** it's great to have this dish as a leftover, so you could bring it for lunch the next day.

Take a look at the **Picture #4/Lunch/Week #3/4** above and see how beneficial it is to cook in bask. Just change your side dish and veggies if you'd like or simply bring it to work the way it is. This is such a time saver!



## Picture #10

### BBQ Chicken with Steamed Beets



This is another perfect meal idea for days when you don't train; you could have it either for lunch or dinner, whatever works for you. Beets are carbs, but they are not as starchy. They contain more amount of carbs than turnips do, but they most likely will not be stored as fat.

#### **Ingredients:**

- BBQ chicken
- Organic spinach
- Steamed beets with red wine vinegar
- Fresh radishes

#### **Procedures:**

- BBQ chicken – refer to **Week #1/Lunch/Picture #1** for instructions
- I either steamed my beets using my stainless-steel steaming basket or bake in the oven wrapped in foil (will take longer though). They cook quickly in a basket. (**Elena's tip**: If I cook beets, I would always make a big batch of them, so I could enjoy them for a few days. I like my beets drizzled with red wine vinegar, hot pepper, and fresh cilantro, so I would marinate them in a glass jar. They last long in vinegar.)

## Picture #11

### Wild Rainbow Trout with Sauté Cabbage



#### **Ingredients:**

- Wild rainbow trout fillet marinated in fresh lemon juice (just for 10-15 min);
- Salt, chilli pepper (optional), chives, mint, and tarragon or any spices you love;
- Sliced cabbage, ringed carrots, and cut golden beets; I used parsley as spice choice;
- Salad: organic field greens and cherry tomatoes

#### **Procedures:**

- Preheat your oven to 500 F.
- Place your trout fillet on a foiled baking sheet. Squeeze a generous amount of lemon juice on your fish.
- Season with salt and chilli flakes. I used my favorite spice mix that I use often on fish: tarragon, chives, and mint. You can use any spices you prefer; dill works really well on trout.
- Place your fish into the oven and bake for approximately 8-10 minutes; however, time would depend on the thickness and size of your fish. You don't want overcook your trout, as it will be too dry. Also if you are using wild variety, baking time will be much shorter;
- Sauté your veggies in a frying pan with extra virgin olive oil and a bit of water for steaming purposes. Use any spices you love. Cooking time will depend on how soft you need your veggies to be. I love mine crunchy, so for me it's a quick process.

(**Note:** rainbow trout is typically a farmed fish, and it is hard to find the wild one. I buy mine at Costco in the frozen section).

**Picture #12** *Baked Wild Salmon with Quinoa*



**Ingredients:**

- Wild Alaskan salmon fillet marinated in fresh lemon juice;
- Salt, chilli pepper (optional), chives, mint, and tarragon or any spices you love;
- Quinoa with mushrooms and red peppers;
- Steamed red peppers, zucchini, and asparagus;
- Salad: tomatoes, cucumbers, spinach and basil

**Procedures:**

- Preheat your oven to 500 F. Place your salmon fillet on a foiled baking sheet;
- Squeeze a generous amount of lemon juice on your fish. Use salt, chilli to taste, and your favourite spices. I used chives, mint, and tarragon. Marinade your fish for 10-15 min or so;
- Place your fish into the oven and bake for approximately 12 minutes; however, time would depend on the thickness and size of your fish. You don't want overcook your salmon, as it will be too dry, especially if you are using the wild variety;
- Steam your veggies either using steaming basket or poach them in boiling water;
- Chop mushrooms and red peppers and mix them with quinoa. Cook your quinoa together with mushrooms and peppers according to your package instructions;
- Salad: chop our veggies and greens, season with salt and pepper, drizzle with extra virgin olive oil and garnish with fresh basil (if you have one; at summer time I grow one in my garden).

## Picture #13

### Baked Wild Cod with Tomatoes and Spaghetti



Cod, by the way, is one of Coach Nick's favourite fish.

(Note: If wild cod is not a practical choice for you, feel free to substitute it with whatever you feel is more suitable in circumstances for your budgets). I really love this recipe, and I think it is absolutely ideal for wild cod. If you are using any other white fish, you can't go wrong using the same recipe, as it would work just perfect for any white fish of your choice.

#### **Ingredients:**

- Wild cod fillets

- Freshly squeezed lemon juice
- Salt, chilli flakes, parsley;
- Olive oil
- Fresh tomatoes, chopped
- Jalapenos, chopped

I usually have two methods to make my cod: in the oven (if I have more time); or on a stove steamed in a pan (if I need it quickly).

**Oven instruction:**

- Preheat your oven to 500 F;
- Place your cod fillets on a foiled oven sheet. Squeeze a generous amount of fresh lemon juice on the fillets; salt and pepper to taste (I don't use black pepper on white fish, just chilli flakes), and parsley. (warning: be careful with the amount of salt, as cod doesn't need much);
- Cube fresh tomatoes, chop your jalapenos, (also fresh cilantro adds a nice touch to the dish); mix all the ingredients together. With a spoon arrange the tomato mixture on top of each fillet (I always put a generous amount of it);
- Drizzle your fish with extra virgin olive oil;
- Place your fish into the oven and bake for approximately 8 minutes maximum (could be less). Cod cooks fast, and you don't want to overcook it, as it is a very gentle fish, and it typically falls apart, so be careful when place it on your plate.

**Stove instructions:** Prepare your fish exactly the same way as it was described above in the "oven instruction" section above; the only difference here is that we are using frying pan instead of oven sheets. Put a bit of water on the bottom of your frying pan (not too much, as fish should not be submerged into water, otherwise your fish will fall apart into little pieces); we are using water just for the steam, so the fish won't stick to the pan. Place your fish into the pan. Cover the lid and steam the fish at high-heat for approximately 3-4 minutes; it cooks that fast! That is why I prefer this method; moreover, it tastes just the same.

**(Elena's Tip:** as much as I encourage you cooking in bulk and freeze your leftovers, fish is NOT ideal for these purposes, as it doesn't taste just the same after freezing, at least for my son and I. However, you could still have your leftovers stored in fridge for 3 days and enjoy your fish for lunch the next day.)

I served my cod with steamed asparagus, organic fresh spinach, and organic spelled spaghetti (spelled in not gluten-free, however.)

## Picture #14

### BBQ Pork Shish-Kebobs



My son and I don't like pork; however, Nick and I realise that most of you might enjoy it (by the way Nick doesn't cook pork either). As such he asked me to make a dish out of pork, so I went to an organic farm and got the healthy raised pork-roast for this purposes.

#### **Ingredients:**

- Organic pork tenderloin or loin roast (these two are the leanest cuts);
- Lemon;
- Salt, pepper, (chilli pepper is optional); rosemary and mint (or any spices you love);
- Cubed multi-coloured bell peppers and mushrooms

#### **Procedures:**

- Cut your pork in cube shapes and squeeze a generous amount of lemon juice on your meat;
- Season them with salt, pepper, and spices of your choice (if you are using dried rosemary, ensure that you are not overdo on this spice, as it is very strong); let it sit for 30 min or so. You could marinate it overnight if you'd like, but keep it refrigerated;
- Stick your meat and veggies into BBQ shish-kebob sticks;
- BBQ your meat to your desired doneness and enjoy while it is still hot;

You can have it with salad or any veggies of your choice, raw or steamed. Also if this is your post-workout meal, you could have it with carbs of your choice.

(**Elena's Tip:** If you BBQ your shish-kebobs in balk, you will be able to make a totally different dish from it the next day, or whenever you feel like having pork again. It will take you only 10 min. If you had leftovers, a variation of this dish is shown on **Picture #16** below.)

## Picture #15

### BBQ Chicken with Yam



#### **Ingredients:**

- BBQ chicken
- Organic steamed spinach and multi-coloured peppers
- Steamed yams

#### **Procedures:**

- BBQ chicken – refer to **Week #1/Lunch/Picture #1** for instructions;
- Steam your peppers and spinach using steaming basket or quickly poach them in boiling water
- I steamed my yams in a steaming basket; you could boil them or bake. Steaming basket is just a quicker option, and I use it often. I enjoyed my yams with Greek yogurt and a bit of grass-fed butter and chives.

Yams, same as sweet potatoes, are tuberous, and they are a wonderful option when you need your starchy carbs after training. Also yams offer way more fiber and potassium than sweet potatoes do; however, they are slightly higher in carbs and calories, and they offer way less beta-carotene than sweet potatoes do.

## Picture #16

### Pork Stir-fry with Sweet Potatoes



This dish is made from leftovers of BBQ shish-kebobs (refer to **Picture #14** above for instructions). If you are a pork-lover, this dish is an excellent choice as after-training dinner idea. Stir-fry dishes are quick, convenient, and delicious! It took me literally 10 minutes to make this dish after I came home from training. Since my meat is already BBQ from the day before, I needed to add only veggies to it. I always have different kinds of fresh veggies in my fridge, so I make my stir-fry with whatever I have available that day (literally anything can go into your stir-fry). I made this dish with red peppers, zucchinis, jalapeno, and tomatoes, as these were the ones I had that day in my fridge. I like my veggies in a stir-fry dish to be chunky, so I cut them in thicker pieces. Put all your veggies in a deep frying pan along with your pork; add a bit of water (for simmering). Season your dish with salt, pepper, and spices of your choice. I used a bit of turmeric, ginger, fenugreek, parsley, and oregano. On a high hit stir all the ingredients together, cover and let your dish steam for a minute or two, then stir it again. You can repeat the process till you get the desired condition of your veggies. I personally like my veggies almost raw, just slightly touched by the steam; therefore, it takes me just a minute under the lid to cook the dish.

**(Elena's Tip:** Keep in mind that veggies usually cook very fast, especially under the cover, and your pork is already cooked, so I would suggest you not to over-cook, otherwise you would end up eating mushy dish, unless that's what you like.)

I served this dish with steamed sweet potatoes sprinkled with parsley on organic baby kale.

**Note:** If you are using uncooked pork, you would need to first cook and sauté your meat till it's fully cooked, and then add your veggies.



## Picture #17

### Stir-fry Chicken Thighs with Potatoes



#### **Ingredients:**

- Chicken thighs (skinless/boneless);
- Organic virgin coconut oil;
- Carrots and Brussels sprouts cut on half;
- Sea salt, pepper; spices (I used ground fenugreek seeds, cayenne, and parsley)

#### **Procedures:**

- Melt a bit of organic coconut oil in a frying pan and spread the oil over the surface;
- Place your chicken thighs along with salt, pepper, and spices you love into the pan and cook until they are fully done, stirring occasionally.
- Add half a cup of water and put your carrots first, as they cook longer than other veggies. Once the carrots soften up, add the Brussels sprouts into the pan. Cover pan with a lid, and let your veggies steam for 2 min. Your dish is DONE, unless you like your veggies soft and overcooked.
- Salad: organic baby kale, cherry tomatoes, avocado, and cheese; dressed with extra virgin olive oil and balsamic.
- Enjoy your dish with organic potatoes. Perfect post-workout meal.

## Picture #18

### Stir-fry Chicken Thighs with Carrots and Zucchini



#### **Ingredients:**

- Chicken thighs (skinless/boneless);
- Organic virgin coconut oil;
- Carrots, green and orange peppers, zucchini, broccoli, and asparagus;
- Sea salt, pepper; spices (I used turmeric, cayenne, and parsley)

#### **Procedures:**

- Melt a bit of organic coconut oil in a frying pan and spread the oil over the surface;
- Place your chicken thighs along with salt, pepper, and spices you love into the pan and cook until they are fully done, stirring occasionally.
- Add half a cup of water and put your carrots first, as they cook longer than other veggies. Once the carrots soften up, add all your other veggies at once into the pan; sauté them a bit, quickly stirring just to mix them together, so the veggies would get some flavour from the chicken. Cover pan with a lid, and let your veggies steam for a minute or so. Your dish is DONE, unless you like your veggies soft and overcooked.

## Conclusion

I hope you enjoyed the recipes in my book, and I also hope that you found my passion to healthy cooking and healthy life-style contagious.

Choose your food with care, cook with passion, sprinkle it with love, eat with pleasure, and enjoy every bite of your food. Light up the candles when you eat, use your nicest dishes and table wear, arrange your food beautifully on your plate, and don't wait for a special occasion...

Remember every moment is *special*, and

every day is a *special occasion* !



To your good health

*Boun Appetito!*



*from Elena Georgiana and Nick Nilsson*