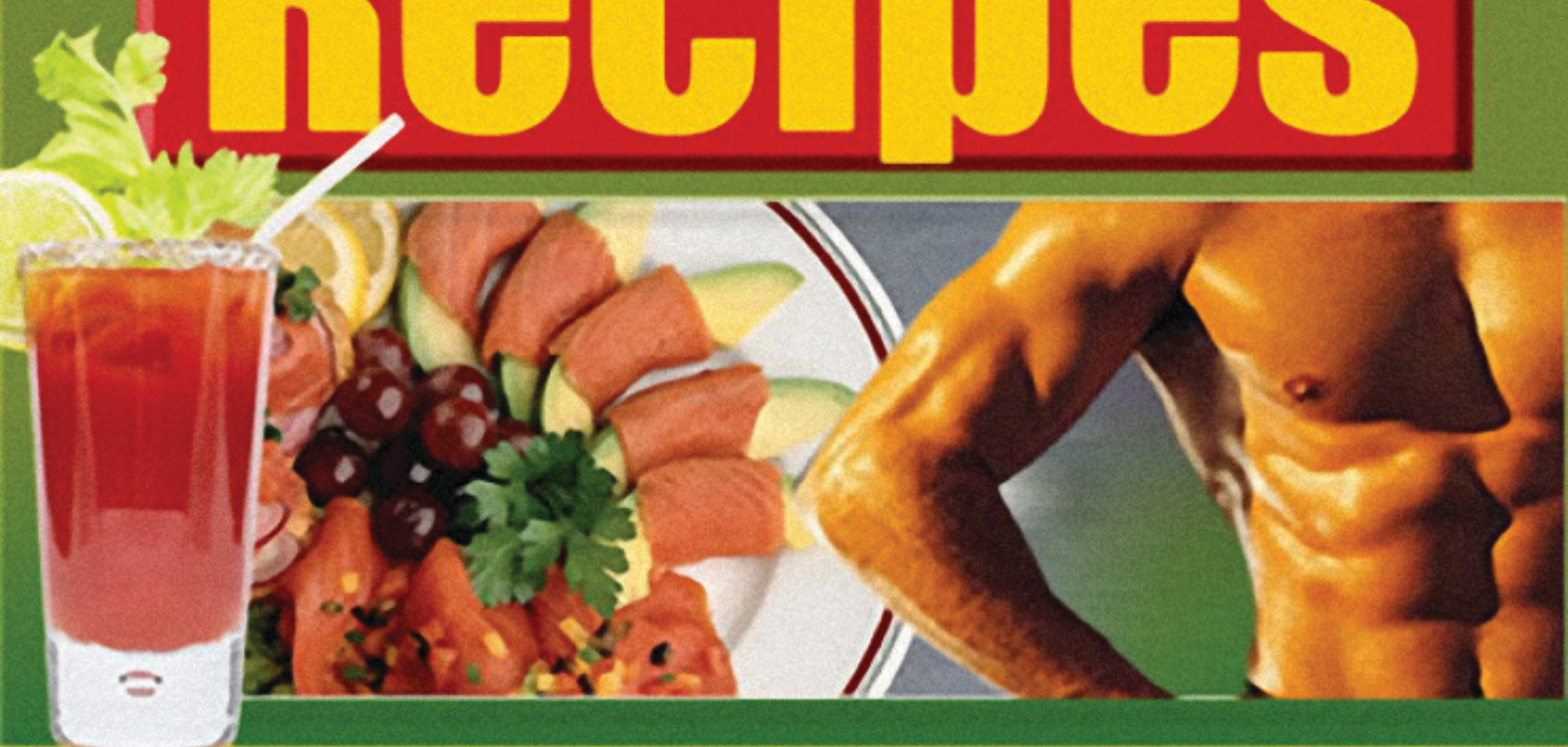


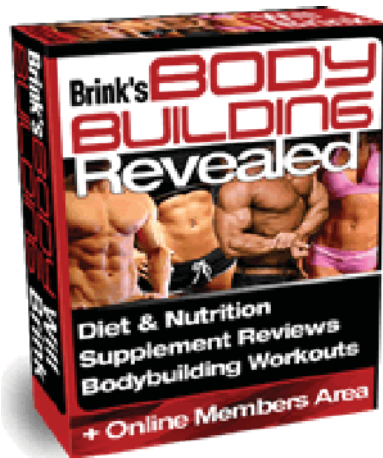


Tasty Fat Loss & Muscle Gaining **Recipes**

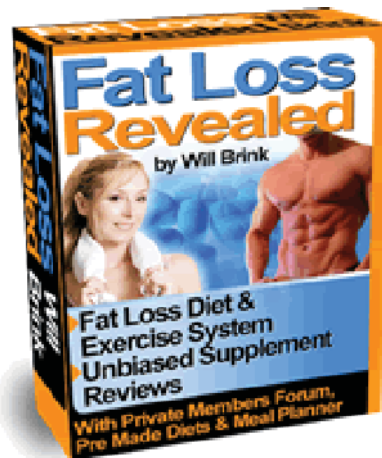


Tasty Fat Loss & Muscle Building Recipes

In Association With



Want to gain muscle?



Want to lose fat?

Internet Publications

© Copyright Internet-Publications

www.internet-publications.net

Internet Publications
PO Box 812430 - Wellesley MA - 02482

Recipes

Ground Turkey Omelette
Indonesian Chicken
Chocolate and Banana Protein Bars
Asian Tuna Salad
Protein-Fortified Rice
Curried Chicken
Spicy Turkey Chili
Protein Waffles
Chicken Kabobs
Chicken and Spinach
Cheesy Scrambled Eggs
Breakfast Zucchini Pie
Beef Chop Suey
Whole Oat Flax Loaf
Homemade MRP
Beef and Bean Stew
Chocolate Brownies
Spicy French 'Un-Fries"
Spicy Beef Chili
Poached Salmon with Cucumber
Turkey Meat Loaf
Vegetarian Chili
Tuna & Cheese Melts
Strawberry and Banana Oatmeal
Homemade Chocolate Protein Bars



Abbreviations & Units

Several common abbreviations are used in the recipes to for different measurements. These are:

Abbreviation:	Definition:
c.	cup
tbsp.	tablespoon (US)
tsp.	teaspoon
oz.	ounce
g	gram
lbs.	pound

The units are standard US measurements. The following table can be used to convert these to metric units:

Unit:	Conversion:
1 cup	~ 240 ml (236.6)
1 tablespoon (US)	~ 15 ml (14.8)
1 teaspoon (US)	~ 5 ml (4.9 ml)
1 ounce	28.3 grams
1 pound	453.6 grams

