



50 HIGH-CALORIE **MASS BUILDING** MEAL RECIPES

FOR SKINNY GUYS

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50 HIGH-CALORIE MASS BUILDING MEAL RECIPES

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ANABOLIC BREAKFAST RECIPES

High Protein Pancakes

Ingredients

- 1/4 cup Oatmeal
- 6 Egg Whites
- 1 tbsp of ground Flax
- 1/4 teaspoon of Baking Soda
- 1/2 teaspoon of Cinnamon
- 1/2 teaspoon of Stevia

Cooking Instructions

1. First heat a frying pan until hot and then reduce to medium temperature.
2. After mixing together all the ingredients in a blender, spray some pam (or other cooking spray), drop by spoonful onto the pan, flipping when bubbles start to form.
3. Make about 6 pancakes

High Protein Waffles

Ingredients

- 1 Cup Fat Free Greek Yogurt
- 2 1/2 Cups Egg Beaters / Whites
- 3 Scoops Whey Protein
- 1 Cup Oats
- 1 Cup Oat Bran



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- 2 tsp Vanilla Extract
- Splenda / Sweetener to taste

Cooking Instructions

1. Combine all ingredients into a blender.
 2. Once blended, pour 5 ounces of batter into a waffle maker, heat and serve.
 3. These high protein waffles can be eaten for breakfast or as a standalone muscle building meal at any time of the day. You can also kick this recipe up a notch by serving it with chicken.
- You may also top the waffles with natural peanut butter.

Ground Turkey Omelet

Ingredients

- 8 egg whites
- 2 whole eggs
- 1 large white onion
- 3oz (90 grams) ground turkey
- 1.5 cups of kidney beans
- 1 cup of chopped green and red peppers
- 1 whole mushroom
- 3 tablespoons of olive oil
- 1 teaspoon of black pepper
- 3 gloves of garlic
- One chopped red pepper
- 1 tablespoon of Worcestershire sauce

Cooking Instructions

1. Grab a deep wok or a non-stick skillet sauté. Add all the spices,



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turkey and vegetables and cook in 1 tablespoon of olive oil until they're soft.

2. In a large mixing bowl whisk the eggs.
3. Now grab an omelet size sauté. Add 2 tablespoons of olive oil and heat.
4. You have two options here now. You can add the turkey/vegetable mixture to the egg mixture and cook together until firm. Or you can cook the egg mixture and wrap it around the turkey/vegetable mixture. It's up to you. Serve hot, immediately.

Scrambled Eggs with Cheese

Ingredients

- 5 large egg whites
- 2 whole eggs
- 4 large tablespoons of cottage cheese
- 150 grams of cucumber (diced)
- 30 grams of shredded low fat mozzarella cheese
- 15 grams of black olives (optional)
- 30 grams of chopped mushrooms
- 1/2 white onion, chopped fine
- 1/2 a teaspoon of black pepper

Cooking Instructions

1. Whisk up the whole eggs and egg whites in a large mixing bowl. In a small frying pan cook the onion and mushrooms until soft. Remove the onions and mushrooms and add them to the egg mix. Clean out the pan you just used.
2. Add all the other ingredients except the shredded cheese. Mix the ingredients then add to a moderately heated frying pan with a tablespoon of olive oil. Stir the mixture gently to scramble the eggs.



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Cook the mixture until the eggs are cooked to your liking.

3. Serve on a large plate. Sprinkle shredded cheese over the top. To add extra carbs serve of two pieces of brown or whole grain toast.

Low-Fat Fried Breakfast

Ingredients

- 2 free range eggs
- 2 rashers of lean bacon
- 1 large tomato
- 2 slices of bread
- 2 Hash Browns
- Half a can of baked beans
- low fat margarine

Cooking Instructions

1. Start by boiling a pan of water for the eggs.
2. Place two hash browns and one fresh tomato sliced in half onto the grill.
3. Place the two eggs into the water carefully using a spoon and boil them for around 8 to 9 minutes.
4. Open a can of baked beans and place half of the contents into another saucepan.
5. Turn the hash browns on the grill and add the bacon to the grill with them. The bacon takes less time than the hash browns.
6. Toast two slices of bread and place the baked beans onto the stove.
7. Turn the hash browns and bacon on the grill.
8. Remove the eggs from the water after 9 minutes and place them into egg cups.
9. When cooked remove the bacon, hash browns and tomatoes from the grill and place onto a plate. Add the baked beans and lightly butter the toast.



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Breakfast Fajitas

Ingredients

- 6 egg whites
- 1 whole egg
- Fat free cheddar cheese
- Whole Wheat Tortillas

Cooking Instructions

1. Beat the whites and yolk.
2. Put in a skillet with cooking spray.
3. Cook the eggs over a medium flame.
4. Turn eggs over and add some cheddar cheese.
5. Heat up tortillas in the over or a pan.
6. Place the eggs in the tortilla and roll up. (You might want to add some salsa)

Easy As Hell Breakfast (Cereal)

Ingredients

- 1 cup uncooked oats
- 2 scoops whey protein
- 1 tbsp peanut butter
- 1 tbsp cocoa powder
- 1 cup milk (skim, soy, whole, 2%, or fat free)

Cooking Instructions

Mix ingredients in a bowl and eat like cereal.



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High Protein Banana Bread

Ingredients

- 2 Eggs
- 2 Tablespoon of Fat Free Whipping Cream
- 2 Bananas
- 6 Scoops of Vanilla Protein Powder
- 1/2 teaspoon of Vanilla Extract
- 1 teaspoon of Banana Extract
- 1/3 cup of Water
- 1 teaspoon of Baking Soda

Cooking Instructions

1. Mix everything in a blender. Blend until smooth
2. Poor the mix in a loaf pan
3. Bake for about 30 minutes at 325 degrees F.

Breakfast Burritos

Ingredients

- Low Carb Burritos
- 12 slices sliced turkey breast
- ¼ cup Kraft Mexican four cheeses
- ¼ cup sugar-free syrup
- 5 egg whites
- 1 whole egg

Cooking Instructions

1. Beat eggs. Chop turkey and throw on grill/pan. Add in the beat eggs.
2. Heat up the burrito. Add scrambled eggs to the burrito. Add cheese & syrup.
3. Roll & eat.



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Mexican Scramble

Ingredients

- 6 Egg Whites
- 2 Eggs (with yolk)
- 1/2 cup of Fat-Free Cottage Cheese
- 2 Slices of Turkey Bacon
- 1/4 cup chopped Onion
- 1/4 cup Salsa

Cooking Instructions

1. Cook and crumble the Turkey Bacon
2. Place the cottage cheese in a tea strainer and allow it to drain excess liquid.
3. Blend the eggs and egg whites, and then add in the cottage cheese.
4. Scramble this in a sprayed pan until it starts to set. Add in the crumbled bacon and stir in the parsley. Add a spoonful of salsa and keep stirring.
5. Put on a serving plate and put the rest of the salsa on the top as a garnish. Sprinkle with more cilantro (or green onion) if you wish.



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CHICKEN & POULTRY

Soy Lemon Chicken

Ingredients

- 1 garlic clove chopped
- 1 tsp chili powder
- ¼ cup water
- ¼ - ½ cup lemon juice
- 2 pounds of chicken breasts
- ½ cup low sodium soy sauce
- 1 tbsp olive oil

Cooking Instructions

1. Heat the olive oil in a pan on medium heat.
2. Place your chicken breasts into the pan and cook until they are golden brown on all side.
3. Put the garlic powder, chili, water, lemon juice and soy sauce in the same pan cooking on medium heat.
4. Take the chicken and put it back into the pan cooking for 20 minutes at medium to low temperature.

Ginger Cilantro Chicken

Ingredients

- 4 chicken breasts.
- 1 tbsp sesame oil
- 1 whole lemon squeezed of all juice
- 1 tbsp chopped ginger



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- 5 tbsp chopped cilantro
- Sea salt and black pepper

Cooking Instructions

1. Mix all the spices and lemon juice together and gently brush over the chicken breasts.
2. Let this mixture soak into the chicken over the course of a few hours or overnight.
3. From there, you can just grill the chicken making sure not to dry them out or put them in a broiler at 375 degrees.

Gourmet Chicken Caesar Salad

Ingredients

- 6 ounces chicken breasts
- 1 medium red capsicum, chopped into strips
- 1 clove garlic, crushed
- 4-6 medium field mushrooms, finely chopped
- 2 slices lean ham, chopped into 1cm x 2cm strips
- 4 cups lettuce, washed and chopped
- 2 sachets Tony Ferguson Salad Dressing - Caesar flavor

Cooking Instructions

1. In a medium frying pan, heat olive oil on medium heat.
2. Add the chicken and fry until golden.
3. Next, add capsicum, garlic, mushrooms and ham.
4. Season and combine.
5. Cook until mushrooms turn gold and ham begins to crisp.
6. Place the lettuce in a large bowl, add the dressing, season and combine.



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Baked Crispy Chicken Nuggets

Ingredients

- 3 boneless, skinless chicken breasts weighing about 6 oz. each
- 1/4 cup / 60 ml of oat bran
- 1/4 cup / 60 ml of wheat germ
- 1 Tbsp / 15 ml coarsely ground flaxseed
- 1/4 cup / 60 ml coarsely ground almonds
- 1/2 tsp / 2 1/2 ml sea salt
- 1/2 tsp / 2 1/2 ml white pepper
- Pinch garlic powder
- 1/2 cup / 120 ml water or low-sodium chicken broth
- 1 large egg white, lightly beaten

Cooking Instructions

1. Preheat oven to 400 Degrees F. Prepare baking sheet by lining with parchment paper or coating lightly with best-quality olive oil.
2. Cut chicken breasts into nugget-sized pieces, about 1.5 inches square. Set aside.
3. Next, combine all dry ingredients in a large container with a tightly fitting lid. Shake well. This is your coating mixture.
4. Combine water and egg in a medium bowl. Dip each piece in the water/egg-white mixture. Then dip each piece in the coating mixture. Make sure each piece is well coated.
5. Place on the baking sheet. When all of your chicken has been coated and your baking sheet is full, place in the oven and bake for 10-15 minutes or until golden.



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Grilled Turkey Club

Ingredients

- 4 slices turkey bacon, cooked
- 3 slices 100 percent whole-wheat bread
- 1 tablespoon of light mayonnaise
- 4 ounces sliced turkey breast
- 4 slices fresh tomato
- 2 ounces (1/2cup) reduced-fat cheddar cheese, shredded

Cooking Instructions

1. Put bacon atop 2 paper towels on a microwave-safe plate; lay another towel on top.
2. Microwave until crisp, about 2 minutes.
3. Spread one side of a bread slice with light mayonnaise and top with the turkey bacon.
4. Top 2 slices of bread each with half of the turkey, tomato, and cheese.
5. In a non-stick pan, grill sandwiches until golden, 3-4 minutes per side. Cut in half; serve

Italian Chicken Parmesan

Ingredients

- 4 chicken breasts (boneless, 6oz each)
- 1 cup of whole wheat bread crumbs
- 2 cups of your favorite healthy Spaghetti Sauce (recommended : the spaghetti sauce recipe in the “Salads, Soups & Sides” section)
- 1/2 cup of low-fat Parmesan Cheese
- 3 Egg Whites



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Cooking Instructions

1. Beat 3 egg whites in a bowl and dip chicken in it
2. On a separate plate, pour some bread crumbs and evenly coat the chicken and place in a cooking dish that has been sprayed with cooking spray
3. Spoon spaghetti sauce over chicken and top with the parmesan cheese
4. Bake at 350 degrees for 30 minutes

Cuban Arroz con Pollo

Ingredients

- 4 chicken breast halves
- ¼ Tsp salt
- ¼ Tsp paprika
- 1 Tbsp vegetable oil
- 1 medium onion, chopped
- 1 red pepper, chopped
- 3 gloves garlic, minced
- ½ Tsp dried rosemary
- 1 can crushed tomatoes
- 1 package frozen peas
- 3 cups cooked rice
- Hot sauce

Cooking Instructions

1. Season the chicken with salt, pepper and paprika.
2. Heat oil in skillet and brown chicken and put chicken in crock pot.
3. In a small bowl, combine the remaining ingredients except peas, rice, and hot sauce.



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4. Pour over the chicken. Cover and cook on low 7-9 hours , or on high 3-4 hours
5. 1 hour before serving, add frozen peas.
6. Serve with yellow or brown rice. Add hot sauce for taste.

Baked Honey Glazed Garlic Chicken

Ingredients

- 2 raw chicken breasts
- 1 Tbsp natural honey
- 1 Tbsp balsamic vinegar
- 1 chopped shallot
- 2 garlic cloves, minced
- ½ tsp dried basil
- ¼ tsp pepper

Cooking Instructions

1. Preheat oven to 375 degrees.
2. Place chicken in a foil-lined baking pan.
3. Add all of the ingredients into a measuring cup
4. Pour mixture over the chicken and bake for 20-30 minutes

Glazed Chinese Chicken w/ Brown Rice

Ingredients

- 2 cups brown rice
- 4 chicken breasts
- 1 cup orange marmalade
- 1 cup Asian sesame salad dressing
- 2 tbsp + ¼ cup diet cola



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Cooking Instructions

1. Preheat grill and cook rice on stove top as directed on package.
2. Mix marmalade, dressing, and diet cola in a sauce pan and heat over low heat.

Ultimate Muscle Building Chicken

Ingredients

- 19g (About 19 Almonds) Raw Almonds or Almond Pieces
- 1 Egg
- 1 TBSP Olive Oil
- 4 Oz Thin Sliced Chicken Breast
- Pam or Non-Stick Spray

Cooking Instructions

1. First, place the Almonds in a blender and blend on high until they become a powder. Empty the almond powder onto a plate. Tip: Make sure the blender is completely dry or the powder will clump together.
2. While the almonds are blending, cover a baking sheet with Tin-Foil and coat with Pam or Non-Stick Spray. Also, preheat oven to 400 Degrees F.
3. Next, beat egg in a bowl until yoke and egg whites are mixed.
4. Next, dip the chicken breast(s) into the egg covering both sides. Follow this by dipping the egg dipped chicken breast(s) into the almond powder. Cover both sides with almond powder.
5. Place the almond coated chicken breast(s) onto the baking sheet.
6. Place in oven (Should be preheated to 400 degrees F) for 10 Minutes turning chicken over half way through.
7. Finally, coat a frying pan with 1 TBSP olive oil, cook chicken breasts in frying pan on medium until both sides are golden brown.



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FISH & SEAFOOD

Cajun Shrimp Alfredo

Ingredients

- 8 ounces fresh linguine
- 10 ounces large shrimp, peeled and deveined
- 3 tbsp Cajun seasoning
- 3 tbsp diet margarine
- 1 ½ cups chopped mushroom
- 2 tsp minced garlic
- ¾ cup diced tomato
- ½ cup skim milk
- 3 ounces low fat cream cheese
- ½ cup grated parmesan cheese
- 1 egg yolk
- ½ cup chopped green onion

Cooking Instructions

1. Bring a large pot of salted water to a boil. Add pasta and cook until al dente. Drain, but do not rinse.
2. Toss shrimp in 1 tbsp of Cajun seasoning
3. In a heavy skillet, melt the margarine. Add the seasoned shrimp and sauté for about 1 minute, turning several times during the cooking process.
4. Add the mushroom and continue to cook for several minutes. Add the garlic and tomatoes, continue stirring, and sauté for a few seconds.
5. Add the milk, cream cheese, and 2 tbsp of Cajun seasoning; bring to a simmer, but do not boil.



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6. Add the parmesan cheese, egg yolk, and green onions; stir over medium heat until the sauce thickens, but do not boil.
7. Place the drained pasta in a serving bowl and pour the sauce over the top. Toss lightly to coat.

Lemon Garlic Tilapia

Ingredients

- 4 Tilapia fillets
- 3 tbsp fresh lemon juice
- 1 tbsp butter, melted
- 1 clove garlic, chopped
- 1 tsp dried parsley flakes
- Pepper to taste

Cooking Instructions

1. Preheat oven to 375 degrees. Spray a baking dish with non-stick cooking spray.
2. Rinse tilapia fillets under cool water, and pat dry with paper towels.
3. Place fillets in baking dish. Pour lemon juice over fillets, and then drizzle butter on top. Sprinkle with garlic, parsley, and pepper.
4. Bake in preheated oven until the fish is white and flakes when pulled apart with a fork. (About 30 minutes)

Tuna Melt Patties

Ingredients

- 16oz. can tuna, drained
- 1 egg white, beaten
- 2 tablespoon of oatmeal



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- 2 tablespoon of onion, diced (or 1/4 teaspoon of onion powder)
- 1/4 teaspoon garlic powder
- salt & pepper

Cooking Instructions

1. Mix all ingredients together in a small bowl
2. Heat a small non-stick frying pan over medium heat and spray with non-stick cooking spray
3. Make two small patties and cook until both sides are brown

Rosemary Marinated Salmon

Ingredients

- 4 (four) 6oz Salmon Steaks
- 1 Tbs. lemon juice
- 1/2 tsp. rosemary, crumbled, or 2 tsp. fresh, chopped
- 1 Tbs. plus 1 tsp. olive oil

Cooking Instructions

1. Combine all ingredients, except salmon, and pepper to taste in a bowl.
2. Pour mix into the bottom of a small baking dish.
3. Add salmon steaks and turn to coat. Marinate 15 minutes.
4. Wrap each steak in aluminum foil
5. Bake for about 20mins at 350 degrees F



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Anabolic Crab Cakes

Ingredients

- 1 pound Crab Meat
- 1/4 cup Skim Milk
- 1 Shallots, minced
- 3 Tbsp Low-Fat Mayonnaise
- 2 Tbsp Fresh Parsley, chopped
- 3 Tbsp all-purpose Flour
- 1 Tbsp Light Margarine
- 3/4 cup Whole Wheat Bread Crumbs
- Ground Black Pepper

Cooking Instructions

1. In a bowl, combine crab meat, bread crumbs, shallots, milk, mayonnaise, parsley, pepper. Form 8 small round cakes.
2. Place flour on a sheet of wax paper and lightly coat each cake on both sides
3. In a non-stick skillet, melt the margarine and cook the crab cakes until golden brown and crispy (about 5 minutes each side)

Baked Halibut Steaks

Ingredients

- 1 cup diced zucchini
- 1/2 cup minced onion
- 1 clove garlic, peeled and minced
- 2 cups diced fresh tomatoes
- 2 tablespoons chopped fresh basil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper



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- 4 (6 ounce) halibut steaks
- 1/3 cup crumbled feta cheese
- 1 tsp olive oil

Cooking Instructions

1. Preheat oven to 450 degrees F (230 degrees C). Lightly grease a shallow baking dish.
2. Heat olive oil in a medium saucepan over medium heat and stir in zucchini, onion, and garlic. Cook and stir 5 minutes or until tender. Remove saucepan from heat and mix in tomatoes, basil, salt, and pepper.
3. Arrange halibut steaks in a single layer in the prepared baking dish. Spoon equal amounts of the zucchini mixture over each steak. Top with feta cheese.
4. Bake 15 minutes in the preheated oven, or until fish is easily flaked with a fork.

Heavenly Halibut

Ingredients

- 1/2 cup grated Parmesan cheese
- 1/4 cup butter, softened
- 3 tablespoons mayonnaise
- 2 tablespoons lemon juice
- 3 tablespoons chopped green onions
- 1/4 teaspoon salt
- 1 dash hot pepper sauce
- 2 pounds skinless halibut fillets

Cooking Instructions

1. Preheat the oven broiler. Grease a baking dish.



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2. In a bowl, mix the Parmesan cheese, butter, mayonnaise, lemon juice, green onions, salt, and hot pepper sauce.
3. Arrange the halibut fillets in the prepared baking dish.
4. Broil halibut fillets 8 minutes in the prepared oven, or until easily flaked with a fork. Spread with the Parmesan cheese mixture, and continue broiling 2 minutes, or until topping is bubbly and lightly browned.

Parmesan Fish Filets

Ingredients

- 1 tsp. olive oil
- 1 lb. white fish fillets (I usually use cod, flounder or turbot)
- 1/2 tsp. dried basil
- 1/4 tsp. garlic powder
- 1/2 tsp. lemon pepper
- Salt to taste (Optional)
- 2 tsp. fresh minced parsley
- 1/4 cup low-fat Parmesan cheese
- 1/8 tsp. paprika

Cooking Instructions

1. First preheat a large nonstick skillet and wash fish fillets and pat dry.
2. In a small bowl, combine basil, lemon pepper, garlic powder, and salt (if using). Sprinkle onto both sides of fish and cook for 5 minutes, turning once.
3. Sprinkle fillets with cheese, parsley, and paprika, and cover pan. Cook for another 5 minutes or until fish flakes easily with a fork. Serve immediately.



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Sautéed Tilapia Tacos

Ingredients

- 2 (1/2-inch-thick) slices white onion
- 1 (8-ounce) package mini sweet bell peppers
- Cooking spray
- 3/4 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 4 (5-ounce) tilapia fillets
- 8 (6-inch) corn tortillas
- 1 small jalapeño pepper, thinly sliced
- 8 lime wedges (optional)

Cooking Instructions

1. Preheat grill to high heat.
2. Arrange onion slices and bell peppers on a grill rack coated with cooking spray. Grill onions for 12 minutes, turning after 6 minutes. Grill bell peppers 12 minutes, turning occasionally. Remove onions and bell peppers from grill, and let stand for 5 minutes. Slice onion rings in half. Thinly slice bell peppers; discard stems and seeds. Combine onion, bell peppers, 1/4 teaspoon salt, and 1/8 teaspoon black pepper in a small bowl.
3. Sprinkle fish evenly with remaining 1/2 teaspoon salt and remaining 3/8 teaspoon black pepper. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add fish to pan, and cook for 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
4. Warm tortillas according to package directions. Divide fish, onion mixture, and jalapeño slices evenly among tortillas. Serve with lime wedges, if desired.



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Fish Tacos

Ingredients

Dressing:

- 1 1/2 tablespoons reduced-fat sour cream
- 1 tablespoon minced fresh cilantro
- 1 1/2 teaspoons fresh lime juice
- 1/2 teaspoon red wine vinegar

Tacos:

- 4 (6-inch) corn tortillas
- 2 Margarita Grouper Filet
- 1/2 cup vertically sliced red onion
- 1 lime, quartered

Cooking Instructions

1. To prepare dressing, combine first 4 ingredients, stirring well with a whisk.
2. To prepare tacos, place tortillas in a zip-top plastic bag; microwave tortillas at high 40 seconds. Divide Margarita Grouper Fillets and onion evenly over half of each tortilla; drizzle each serving with about 2 teaspoons dressing. Fold tortillas in half. Serve with lime wedges.



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RED MEAT & PORK

Beef Teriyaki

Ingredients

- 1 pound of Lean Beef, cut in slices
- 12oz of Diet Ginger Ale Soda
- 1/2 cup of Light Teriyaki Sauce
- 1 teaspoon Red Pepper Flakes
- 2 Scallions, sliced
- 3 garlic cloves, minced
- 1 teaspoon of Sesame Oil
- 1 teaspoon Cornstarch
- Salt and Pepper

Cooking Instructions

1. Combine ginger ale, teriyaki sauce, red pepper flakes scallions, garlic, corn starch in a big bowl
2. Place beef slices in a large zip top plastic bag and pour marinade over the beef. Seal bag and let marinate for 12 hours or overnight.
3. Heat sesame oil in a non-stick skillet. Cook beef strips for 5 minutes, turn to brown evenly.
4. Reduce heat and pour 1/2 cup of the marinade. Simmer for 2 minutes or until sauce thickens



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Beef Cubano

Ingredients

- 1.5 pound of Extra Lean Ground Beef
- 1 Green Pepper, chopped
- 4 Scallions, finely chopped
- 10 Green olives, chopped
- 1 1/4 cups Tomato Sauce
- 1/4 cup Raisins
- 2 Tbsp Capers
- 3 Garlic cloves, minced
- 1 teaspoon Cumin
- 1 teaspoon Oregano
- 2 Tbsp Olive Oil
- Salt and Pepper

Cooking Instructions

1. In a large bowl, combine the beef, green pepper, scallions, olives, tomato sauce, raisins, capers, garlic, cumin, and oregano. Cover, and set aside for 20 minutes.
2. Heat the oil in a large, deep skillet over medium heat.
3. Add the beef mixture and cook for about 5 minutes, breaking it up with a spoon, until the beef is brown.
4. Season with the salt and black pepper and cook for another 10 minutes, stirring occasionally.



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Honey Mustard Pork Chops

Ingredients

- 4 (four) 6oz Boneless Pork Chops
- 1/4 cup Dijon Mustard
- 4 teaspoons Honey
- 1 teaspoon Red Wine Vinegar
- Salt and Pepper

Cooking Instructions

1. In a small saucepan over low heat, heat the honey until it liquefies and then stir in the mustard, vinegar, salt and pepper. Cool to room temperature
2. Place the pork chops in a big Ziploc bag and pour the marinade on top. Rub both sides of pork with mixture. Refrigerate for 12 hours or overnight.
3. In a non-stick pan, grill pork for 5 minutes each side or until desired doneness.

Roast Garlic Pork

Ingredients

- Boneless pork loin
- Sea salt and black pepper
- 4 tbsp fresh rosemary
- 3 tbsp fresh parsley
- 2 – 3 minced garlic cloves
- ½ cup white wine
- ½ cup chicken stock



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Cooking Instructions

1. Preheat your oven to 450 degrees Fahrenheit.
2. Mix the rosemary, parsley, garlic, salt and pepper together in a small bowl then rub them on the pork. From there, pour the white wine and chicken stock into a bowl and place the pork loin in pan.
3. Pour only half of this mixture on to the pork loin roast.
4. Let that sit in the oven for around 15-20 minutes.
5. Then lower the temperature to 350 degrees for around 45 minutes to an hour and pour the rest of the mixture over the pork. Cook until done.

Broccoli & Sirloin Strips

Ingredients

- 1 pound sirloin strips
- 2 pounds of broccoli
- Olive oil
- Italian bread crumbs
- Salt and pepper
- Garlic powder

Cooking Instructions

1. Add a pinch of sea salt and black pepper to the sirloin strips.
2. Take the skillet with olive oil and brown the sirloin strips. Place to the side.
3. From there, steam your fresh broccoli until they are nice and bright green.
4. Once they are, place them in your skillet with olive oil, bread crumbs and garlic powder.
5. Cook until the breadcrumbs are sticking to the broccoli. Once they are, add back your sirloin strips for 3-5 minutes constantly stirring.



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Pork Teriyaki

Ingredients

- 1 pound of pork tenderloin
- ¼ cup soy sauce
- 2 chopped garlic cloves
- 1 tbsp rice wine vinegar
- 1 tbsp light brown sugar
- 1 tbsp corn starch

Cooking Instructions

1. In a skillet, cook the pork until its brown on all sides.
2. Then move it to a crock pot. Add the soy sauce, garlic, rice wine vinegar, brown sugar, and corn starch into the crock pot.
3. Cook until the pork is tender. Go for 6-8 hours low and slow.

Asian Barbeque Pork

Ingredients

- 1 teriyaki-flavored pork tenderloin (1.15 lb)
- 1 tablespoon sesame oil
- 1 tablespoon garlic paste
- 1 tablespoon ginger spice paste
- 1/2 cup pre-sliced green onions, divided
- 2 tablespoons water
- 1 (7.25-ounce) jar hoisin sauce

Cooking Instructions

1. Preheat grill. Cut pork diagonally into eight 1-inch-thick slices; place on hot grill (wash hands); close lid (or cover loosely with foil). Cook 4-



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5 minutes on each side or until internal temperature reaches 160°F.

Use a meat thermometer to accurately ensure doneness.

2. Meanwhile in medium saucepan, combine oil, garlic paste, ginger paste, and 1/4 cup of the onions. Cook on medium-high 3-4 minutes, stirring occasionally, or until onions are tender.
3. Stir in remaining ingredients, including remaining 1/4 cup onions, and bring to a boil. Reduce heat to low; simmer 3-5 minutes. Serve sauce over pork.

Swedish Beef Patties

Ingredients

- 2 cold boiled potatoes
- 1 lb lean ground (minced) beef
- Salt and white pepper
- 3 tbsp of water
- 2 tbsp butter or margarine
- 2 Large onions, sliced

Cooking Instructions

1. Mash the potatoes and mix with the ground beef.
2. Add salt, pepper and water. Work the meat mixture until smooth and shape into patties.
3. Heat a skillet with 1 tbsp butter. Add the onions and cook over moderate heat until golden brown.
4. Transfer the onions to a platter and keep it hot. Melt the remaining butter in the skillet and cook the patties over moderate heat until brown on both sides and cooked throughout.
5. Serve patties with a sautéed onions and vegetables of your choice.



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Muscle Burgers

Ingredients

- 500g extra lean organic minced beef
- 25g coriander, chopped
- 1tbsp sunflower seeds
- 1 onion, chopped
- 1tbsp Dijon mustard
- 1 free-range egg yolk
- 1tbsp olive oil
- Pinch of freshly ground black pepper

Serve each burger with

- 1 wholemeal bun
- 1 handful lettuce
- 1 slice tomato
- ½tsp honey
- ½tsp wholegrain mustard
- ½tsp low-fat mayonnaise
- 1 slice leerdammer cheese

Cooking Instructions

1. Place all the burger ingredients in a mixing bowl and stir to combine. Shape the mixture into four equal-sized patties with your hands.
2. Cook the burgers under a preheated hot grill for 15 minutes, or until cooked through, turning once.
3. Top each burger with a slice of leerdammer towards the end of the cooking time.
4. Mix together the honey, mustard and mayo. Cut the buns in half and toast under the grill.
5. Put each burger on the bottom half of a bun, put the sauce on top of the burger, then add the veg and the top half of a bun.



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Lean Beef Burritos

Ingredients

- 8 ounces beef round tip center steaks, cut ¼-inch thick
- Coarse salt and freshly ground black pepper
- Smoked paprika or chipotle powder
- 1 tablespoon olive oil
- 2 cups shredded cabbage
- 4 tablespoons minced green onion
- 4 whole grain or high-fiber tortillas
- Shredded cheddar cheese or pepper jack cheese
- Sour cream

Cooking Instructions

1. Season beef with salt, pepper and a small pinch of paprika or chipotle powder.
2. Heat olive oil in a large skillet over medium-high heat. Cook beef for 2 to 3 minutes.
3. Flip and cook another 2 minutes or until just cooked through. Transfer to a cutting board and tent with foil.
4. Toss cabbage and green onion in a medium-sized bowl. Thinly slice beef and divide among tortillas.
5. Top with cabbage and cheese. Roll into burritos and place each on a plate. Garnish with sour cream and salsa



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SNACKS, BARS, AND DESSERTS

High Protein Fudge Bars

Ingredients

- 8 scoops chocolate Protein Powder
- 1 cup Oatmeal
- 1/3 cup Natural Peanut Butter
- 3 Tbsp Honey
- 1/2 cup 1% Milk
- 3 tbsp crushed Peanuts

Cooking Instructions

1. Mix together the protein powder, oatmeal, peanut butter, honey and milk.
2. Form into 10 bars and then roll in the crushed peanuts to finish.
3. Place in the fridge for about 30 minutes

Peanut Butter Protein Bars

Ingredients

- 8 scoops chocolate Protein Powder
- 1 cup Oatmeal
- 1/2 cup Natural Peanut Butter
- 1/4 cup Low Fat Milk
- 4 Tbsp Honey
- 3 Tbsp Pure Cocoa Powder
- 3 Tbsp crushed Almonds

Cooking Instructions



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1. Mix together the protein powder, oatmeal, peanut butter, honey, milk and cocoa powder.
2. Form into 10 bars and then roll in the crushed almonds to finish.
3. Place in the fridge for about 30 minutes

Protein Peanut Butter Balls

Ingredients

- 3/4 cup peanut butter
- 1/4 cup honey
- 1 scoop chocolate or vanilla protein powder
- 1/2 cup raw oats

Cooking Instructions

1. Mix all ingredients together in a bowl and form into small 1" balls.
2. Place in the fridge for a few hours and then enjoy.

Simple Protein Bars

Ingredients

- 8 Scoops Whey (any flavor you prefer)
- 3 Cups Oats
- 1 Package Sugar Free Fat Free Pudding
- 2 Cups Skim Milk

Cooking Instructions

1. Mix all ingredients together in a bowl and spread in the bottom of a pan.
2. Place in the fridge overnight and cut into 8 individual squares the next morning.



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Protein Jell-o

Ingredients

- 1 scoop protein powder (preferably fruit flavored)
- 1 package sugar free jell-o powder

Cooking Instructions

Make jell-o as directed on the package only right before you put it into the fridge; mix in one scoop fruit flavored protein powder.

Protein Muffins

Ingredients

- 3/4 cup vanilla protein powder (I use a soy/whey blend.)
- 1/4 cup of something else (ground flax meal, ground almond or pecan meal, ground seeds, or oat or wheat bran)
- 1 pinch of Stevia powder
- 1-2 tablespoons Splenda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 egg
- 2 tablespoons sour cream or crème-yogurt or cream (optional)
- 1/2 cup (or more, if needed) liquid (water, water/cream combination, sugar free vanilla or almond syrup, soy milk, etc.)
- 2 tablespoons oil or melted butter 1 tablespoon flavoring (vanilla or whatever compliments your other ingredients)

Cooking Instructions

1. Mix lightly (All Ingredients)- only enough to blend.
2. Bake in Pam-sprayed nonstick muffin pan at 400 degrees for about 15-18 minutes, or until the tops are lightly browned.



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Protein Fudge Nuggets

Ingredients

- 8 scoops chocolate protein powder
- 1 cup oatmeal (can be ground depending on the consistency you'd like)
- 1/3 cup natural peanut butter
- 3 tbsp honey
- ½ cup milk
- 3 tbsp crushed peanuts

Cooking Instructions

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

Note: These can easily be frozen in plastic bags and consumed on a later date.

High Protein “Cup Cakes” by Lee Hayward

1. Get a large microwave safe coffee mug
 2. Grease the inside of the mug with PAM spray.
 3. Crack 1 egg into the mug.
 4. Add in 1-2 scoops of chocolate protein powder.
 5. Add in 2 tablespoonfuls of natural peanut butter.
 6. Pour in a small amount of coffee to cover the top of the ingredients.
 7. 1 packet of stevia sweetener (optional)
- Stir up the mixture with spoon until it's all consistently mixed and looks like a chocolate batter in the mug. Microwave the mug of mixture for 1 minute.



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Strawberry Meringues

Ingredients

- 6 egg whites
- 1/4 tsp cream of tartar
- 2 cups sliced strawberries
- 2 tbsp Splenda
- 4 scoops vanilla or strawberry protein powder

Cooking Instructions

1. Preheat the oven to 250 degrees F.
2. In a large mixing bowl, beat 6 egg whites and 1/4 tsp of cream of tartar with an electric mixer on medium-high speed, until the egg whites become fluffy and hold stiff peaks.
3. Scoop this mixture out into two large ball-like portions on a baking sheet lined with parchment paper.
4. With the back of a large spoon, depress the middle of each portion to form a pocket (this is where the fruit will go).
5. Bake in the oven until the mixture turns light golden brown, between 5 and 10 minutes. Remove from oven and set aside to let cool.
6. Cut up 2 cups of strawberries and mix in a bowl with Splenda. Add the protein powder to this mixture, 1 scoop at a time, mixing well. Once these dry ingredients are mixed together, add water – 1 tbsp at a time – until the mixture becomes creamy.
7. Pour the strawberry mixture into the meringue pockets, letting it flow over the sides. Serve cool.



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Lemon Cheesecake

Ingredients

- 250 g Fat Free Cottage Cheese
- 2 Eggs
- 3/4 cup Splenda
- 2 lemons, juiced
- 1/2 teaspoon baking powder
- Zest from half a lemon

Cooking Instructions

1. Preheat oven to 375 degrees F.
2. In a blender, blend cottage cheese and eggs until smooth and creamy in texture.
3. Remove mixture from blender and place into a mixing bowl. Mix in Splenda and lemon juice. Finally, add baking powder and lemon zest and mix well.
4. Fill two 2.5" ramekins with the mixture.
5. Fill a large baking pan half-full with hot water. Place the ramekins inside the baking pan so that the water comes approximately half way up the sides of ramekins.
6. Place the baking pan containing the ramekins into the oven and allow baking for 35 to 40 minutes.

When finished baking, remove the baking pan from the oven and the ramekins from the water. Allow ramekins to cool outside of the water pan. When cool to the touch, place into the fridge over night.



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ABOUT THE AUTHOR

Alain Gonzalez is a former skinny guy turned jacked fitness professional. He's a personal trainer, consultant, and has written for some of the most prestigious online fitness magazines.

His transformation has been featured in articles on websites all over the internet and has given hope to countless "hardgainers" all over the world.

He is the founder of www.MuscleMonsters.com, a free fitness website dedicated to helping guys (and gals) to build muscle, get lean, and achieve a physique they never thought possible.



Over the years, Alain has helped thousands of naturally skinny guys to finally move the scale and pack on pounds of rock hard muscle mass, regardless of their genetics, and he hopes to do the same for you.

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