

# COOK EFFECT

*Swoldier Guide to Flexible Recipes*



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## How to Use This Book

Every recipe is accompanied by a handy little key that tells you what each recipe has been designed for. The key has three main rows:

Lose		Gain
Pre	Any	Post
Fat	Carb	Pro

Diagram showing a recipe that is perfect for fat-loss that can be eaten anytime during the day. This recipe is also designated as being predominantly carbohydrate based.

**Fat-loss or Muscle Gain** Any meal that has less than 400 calories is considered an ideal meal for fat-loss. Since the average number of meals one will have in a day is 4-5 meals, these recipes will result in a diet consisting of 1600-2000 calories. Any meal that is over 400 calories is considered ideal for muscle gain due to the increased demand for calories while training to build muscle.



# Vegetable Medley w/ Beef Stir fry

You cannot go wrong with this dish. Meat, vegetables, sweet, salty, chewy and crunchy. All the right components for a wonderful meal.

**20**  
min

**4**  
serving(s)

## Ingredients

1 lb. sirloin steak (thinly sliced)	1 onion (thinly sliced)
2 Tbsp. soy sauce	1 tsp. garlic (chopped)
5 Tbsp. hoisin sauce	1 lb. snow peas
2 Tbsp. dry sherry	8 oz. bamboo shoots (canned or fresh)
1 tsp. ginger (grated)	

## Directions

1. Marinate the beef strips with the soy sauce, hoisin sauce and sherry.
2. While the beef is marinating, heat a large wok lightly coated with cooking spray.
3. Add the ginger, onions, garlic and snow peas to the wok, stirring continuously for 5 minutes or until softened.
4. Once the vegetables are softened, add the beef marinade mixture and cook for another 3 minutes or until the beef is cooked through.
5. Add the bamboo shoots to the wok with the rest of the mixture and cook for another 1-2 minutes.

Lose		Gain
Pre	Any	Post
Fat	Carb	Pro

Per Serving:

390 g / 13.8 oz

**Cal** (kcal): 336  
**Fat** (g): 8.2  
**Carbs** (g): 23.5  
**Protein** (g): 41.0

## Tips



# Lox and Eggs

One Saturday morning I woke up to this meal. For the next two months, this is what I had every morning. No joke.

**5**  
min

**2**  
serving(s)

## Ingredients

4 eggs (hand whipped)

1 green onion (chopped)

4 oz. smoked salmon

## Directions

1. Add eggs to a hot pan.
2. Chop the smoked salmon into small strips.
3. After 30 seconds, add the salmon to the pan.
4. Mix the eggs and salmon.
5. Remove from heat right before eggs are at the desired consistency.
6. Sprinkle chopped green onions on top.

Lose		Gain
Pre	Any	Post
Fat	Carb	Pro

Per Serving:

152 g / 5.3 oz

**Cal** (kcal): 195  
**Fat** (g): 11.2  
**Carbs** (g): 1.2  
**Protein** (g): 21.6



