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House Of Devlin

Friday, 13 February 2015

best bodybuilding foods - egg whites

this time one all about the best bodybuilding foods. the food that helps you not only gain/maintain musculmass but with the right training allows you to also lose weight. So over the next week each day ill share with you what qre the best foods for the job!



1. EGG WHITES

Show us a bodybuilder without egg whites in his diet, and we'll show you someone who's missing out on the best protein money can buy. Paired with oatmeal, an egg-white omelet can turn your breakfast into a power meal to fuel the rest of your day.



Buy It: When purchasing eggs, do the basics: Always check the date and open the carton to check for cracks. Also, be sure the eggs are refrigerated in the store and when you get home with them. Although eggs stored out of the refrigerator won't necessarily cause illness, they do lose a grade per day when not refrigerated.

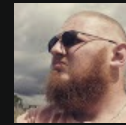
Prepare It: Although many gadgets promise an easy way to separate the yolk from the white, the quickest, easiest method is to simply use your own clean hands. For this six-egg-white omelet recipe, crack six eggs into a medium-sized bowl. Next, using clean fingers, lightly grasp the yolks, lift them out one by one, and discard. With a fork or whisk, whisk the egg whites with salt, pepper and any of your favorite herbs until well combined and a few bubbles have formed on top. Spray a medium nonstick skillet with cooking spray. Place it over medium-high heat and add egg whites. After about 15 seconds, reduce heat to medium. Pull in on the edges of the omelet with a spatula and slightly tilt the pan so the uncooked egg runs under the cooked portion. Continue this around the perimeter until most of the


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Le bonheur se vit au BAO

Pour découvrir un nouveau concept de vie à Marseille 8^e

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uncooked egg disappears. Then fold the omelet in thirds, as if you're folding a letter to fit it into a business envelope. Using the spatula, carefully slide it from the pan to a plate and eat it immediately.

Nutrients: 99 calories, 21 g protein, 2 g carbohydrate, 0 g fat, 0 g fiber.

Posted by [HouseOfDevlin](#) at 13:17



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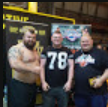

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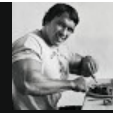
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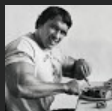


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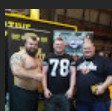
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So as i said i would try making my food diary a more regular appearance i think doing this every week rather than daily is probably the best...



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OK guys so some of you may not realise that rich piana has a new youtube channel. This is not replacing his current one but is a supplement ...



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