

THE PANCAKE RECIPE

MOMO[MUSCLE]

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HIGH PROTEIN

GLUTEN-FREE



ABOUT [MOMO]

HI, I'M MOMO

I'm a **science-based trainer, nutrition nerd, and unapologetic foodie** who helps people train smarter, not harder—while eating food that actually slaps.

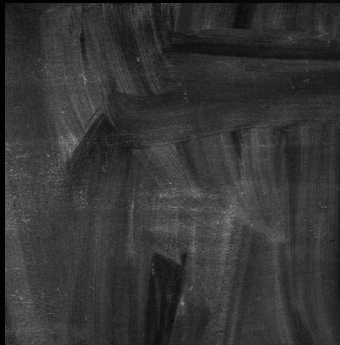
Here's the truth: **most people are eating wrong for muscle growth.** They're either under-eating, overcomplicating it, or stuck in some sad, flavorless diet cycle. **You don't have to live like that.**

That's why I love this pancake recipe. It's the perfect **balance of muscle-fueling, recovery-boosting, sweet-tooth-satisfying goodness.** You can have pancakes and still **build the physique you're chasing.**

- + Packed with protein to power your lifts.
- + Supports muscle repair & recovery.
- + Gluten-free, so no bloating or inflammation.

Bottom line? You're about to eat pancakes that fuel your muscle. Now, when you whip these up, make sure you tag me [@MoMoMuscle](#)—I wanna see those stacks.

xx Coach MoMo



STRONGER GUT STRONGER BODY

Your gut? **It's the hidden MVP of your gains.**

While you're out here grinding in the gym, it's running the entire operation—pulling the strings on **energy, nutrient absorption, and recovery.** It's basically your built-in performance coach [except it actually knows what it's doing].

And if your gut's off? **You're leaving muscle growth, strength, and mental sharpness on the table.**

Here's what science says: Your gut microbiome **controls inflammation, regulates hormones, and dictates how well you bounce back from training.** When it's thriving, it **turns food into fuel** and keeps your body **firing on all cylinders.**

Want to build a stronger, leaner, more powerful physique? Gut health isn't a side quest—it's the foundation. Treat it like it matters, or **keep spinning your wheels.**



DITCH THE GLUTEN

Let's cut to the chase: gluten can be a real buzzkill. For many people [myself included], it messes with digestion, leading to bloating, inflammation, and fatigue. We don't want that - it slows our recovery and makes muscle definition less visible.

If you're putting in the work—eating clean, hitting your workouts—why sabotage all that effort with a diet that **makes you feel sluggish**? Cutting gluten isn't just for celiac disease—it's a power move for anyone looking to **optimize digestion, energy, and performance**.

BABE-TIP:

Ingredients like rolled oats, bananas, and clean protein sources [hint: all stars in this recipe!] are nutrient-dense, fuel-packed, and easy on the gut. They're here to support your goals, not hold you back. *wink*



PROTEIN IS POWER

Alright, let's talk protein—the literal building block of your gains. When you're working out to build muscle, you're creating tiny tears in your muscle fibers. Protein swoops in as your repair crew, rebuilding those fibers stronger and bigger.

It's essential for recovery, growth, and keeping your body ready for the next training session.

But not all protein is created equal. You want high-quality, complete proteins—those containing all the essential amino acids your body can't produce on its own.

This pancake recipe? It's a protein goldmine. With organic eggs, low-fat cottage cheese, and a scoop of protein powder, it delivers everything your body needs post-workout to recover and grow. Plus, it balances this protein boost with healthy carbs [thanks, oats and bananas] to replenish glycogen stores and keep your energy levels steady.



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WHY I LOVE

THE PANCAKE RECIPE

Alright, let's cut the fluff and get straight to it—these pancakes aren't just food, they're a strategy.

Yeah, they taste insane. That's the obvious part. But the real reason they're a non-negotiable in my routine? They're designed for performance. Protein to rebuild muscle, carbs to replenish glycogen, and just enough sweetness to keep you from losing your mind on a diet.

But here's where they go from "good" to "elite"... they play into your body's chemistry. Specifically, leptin—the hormone that controls hunger and metabolism. A solid refeed day spikes leptin, keeping your metabolism firing so you don't stall out. That means more energy, better recovery, and—let's be honest—fewer "why am I so miserable?" moments.

And because I actually care what goes in my body, these are *clean*. No gluten, no gut bombs, no weird fillers—just whole foods that fuel the mission.

BABE-TIP:

Make a double batch, freeze 'em, and you've got a grab-and-go breakfast or post-workout snack ready at all times. Because waiting to eat when you're hungry? That's amateur hour.



MOMO[MUSCLE] PANCAKES

SERVES: 1 | PREP TIME: 5 MINUTES | TOTAL TIME: 10 MINUTES

INGREDIENTS:

- + non-stick avocado oil spray
- + 1 banana
- + 1/3 cup organic low-fat cottage cheese
- + 2 organic eggs
- + 3/4 scoop 1st Phorm Natural Vanilla Protein Powder
- + 1/2 cup organic rolled oats
- + 1 TBSP vanilla
- + pinch of salt
- + dash of cinnamon
- + topping: I love the Guittard 72% chocolate chips or you can add fresh blueberries
- + organic maple syrup

INSTRUCTION:

1. Blend all ingredients on medium until smooth.
2. Heat a pan to medium heat.
3. Spray avocado oil spray on pan.
4. Pour about a couple pancakes up.
5. Brown for 2 minutes.
6. Add toppings and flip to cook other side.
7. Cook all pancakes, drizzle with some maple syrup and enjoy!



GET ALL THE ANSWERS

Nutrition isn't just about "eating clean." It's about **fueling your body to actually see results**. You can't out-train a bad diet, and you sure as hell can't build muscle if your body doesn't have the raw materials to grow. **It's science.**

You hit the gym. You put in the work. But if your nutrition isn't dialed in? That's the difference between looking *kinda fit* and looking **like you lift**.

But let's be real: figuring out what to eat, how much, and when can feel overwhelming.

That's why I created my Body Type Programs to take the guesswork out of nutrition and training. We're talking –

- + A **6-Week Training Program** designed to match your goals.
- + Flexible meal plans and recipes just like this pancake recipe
- + Movement pattern videos to perfect your form and prevent injury.
- + My top supplement recommendations and gut-health strategies.



GET ALL THE ANSWERS

And because I know you love recipes, you'll get access to even more of my favorites, like:

- + **Babe Berry Smoothie**—packed with antioxidants and protein.
- + **Muscle Builder Oatmeal**—fuel for your heaviest lifts.
- + **Chocolate Chia Pudding**—because recovery should taste amazing.
- + **Muscle Maker Ice Cream**—yes, you can still have sweets and build muscle.
- + **The Daily Breakfast**—low-carb, high-protein, *insanely good*.



STILL ON THE FENCE?

Let's talk FAQs.

AREN'T THESE PANCAKES FULL OF SUGAR AND CARBS?

Yep, there's carbs—because that's the strategy.

These pancakes are *gluten-free, high-protein, and designed for performance*. The carbs spike leptin, keeping your metabolism firing so you don't stall out. Leptin is the hormone responsible for the "I'm full" feeling. Replenish it, especially while eating on the Body Type

I DON'T NEED A 'PROGRAM,' I JUST NEED TO BE MORE CONSISTENT.

Consistency only works if you're doing the right things. You can be consistent with bad programming and still get nowhere. My programs don't just keep you consistent—they make sure every rep, every meal, every workout moves you closer to your goals.

I CAN FIGURE THIS OUT ON MY OWN.

Sure, you could piece it together with random free stuff. But how's that been working so far? If free content was enough, you'd already have the results you want. My programs cut out the guesswork so you can stop spinning your wheels and start seeing real changes faster.

I'M NOT SURE IT'S WORTH THE MONEY.

What's the cost of staying stuck? Wasting time, not seeing results, and feeling frustrated. **My program isn't an expense—it's an investment.** You're paying for speed, clarity, and results. You'll spend more in time, effort, and frustration trying to figure it out on your own.

BUT WAIT... THERE'S MORE

Results don't come from overthinking—they come from action.

So here's a limited offer—just for you.

If you're serious about packing on size, the no-brainer move is the Mass Muscle Bundle—it's the highest-value, most results-driven package I've got.

THE FIGHTER
LEAN + STRONG

THE LEGEND
POWER + STRONG

PERFECT FORM
LIFT LIKE A PRO

STRONGER AT HOME
STABILITY + STRENGTH

MASS MUSCLE BUNDLE
~~\$406~~ **\$280**

GET THE BUNDLE

Not ready to go all-in? No problem. Use **MUSCLE10** at checkout for 10% off any of the Body Type Programs and start where you're comfortable.

The plan's here. The discount's here. The only thing missing? You.

**“POWER CREATES IMPACT.
BECOME POWERFUL.
NO QUESTIONS ASKED.”**

COACH MOMO

