

RULE #1 TO TURN 180 DEGREES, EAT EVERY 180 MINUTES

How to determine number, intake, and size of meals:

- Every 3 hours = 6-8 Meals
- Total Caloric Intake = Daily Activity Usage + Exercise Caloric Usage
- Daily Activity Usage = Weight in lbs. and add a 0 x 1.5
 - e.g. 225 lbs. + 0 = 2250 x 1.5 = 3375 kcal
- Exercise Caloric Usage = 15 x Minutes of exercise
 - e.g. 15 x 60 minutes of exercise = 900 kcal
- Total Caloric Intake = 3375 + 900 = 4275 kcal
- Caloric Divide = 4275 / 6 Meals = 715 kcal per meal
- Breakdown of Calories:
 - Carbohydrates = 60% (2565 kcal)
 - Protein 25% (1070 kcal)
 - Fat 15% (640 kcal)

RULE #2 PUMP UP WITH PROTEIN

- At least 1 gram of protein per lbs. is needed to sustain muscle maintenance
 - e.g. 225 grams of protein for 225 lbs. athlete (minimum)
- Divide the protein amongst the number of meals
 - e.g. 225 grams / 6 Meals = 37.5 grams per meal
- Prioritize protein source by fat content
 - 1st Less than 10 grams per serving
 - 2nd 10-25 grams per serving
 - 3rd More than 25 grams per serving



RULE #3 EAT RED MEAT

- Red meat has more B vitamins, including B 12, iron, creatine, and zinc gram for gram than any other food
- Choose cuts such as ground round or sirloin that are higher than 93% lean

RULE #4 GET LEAN AND BIG WITH FISH

- Fish such as salmon, tuna, trout, and bluefish offer omega 3 fatty acids.
- Omega 3's make glycogen which is the main source of energy for training, muscle growth, and repair.
- Omega-3s also fight muscle inflammation in the body and spare the loss of glutamine, a vital amino acid that plays a backup role in the muscle recovery process by boosting the immune-system.
- So by including fish 1-3 times a week will help promote lean muscle gains.

RULE #5 HYDRATE YOURSELF

The more water that's inside the muscles, the better they'll function and the greater their strength and size capacity is. An athlete should consume at least 1 gallon of water every day, and drink around 8 ounces of water every 15-20 minutes during training.

- The most accurate way to determine fluid need is to weigh yourself before and after workouts. For every pound of weight lost, drink one large glass of water (16 oz.)
- In addition to replacing water lost during exercise, electrolytes (e.g. sodium and potassium) lost through sweat need to be replenished. A pound of sweat contains approximately 400-700 mg of sodium and 80-100 mg of potassium.



RULE #6 PROTECT MUSCLE MASS WITH PRE & POST WORKOUT MEALS

- When athletes eat a high carbohydrate and protein diet, recovery time after exercise is shorter and more complete.
- Consume at least 20 g of whey protein before and 40 grams after training, a slow digesting carbohydrate 30 minutes before training and a fast digesting carbohydrate immediately afterward, along with your whey.
- As for dietary fat, pre-and post-workout meals are the two times of day when you want to stay away from eating foods high in fat. They'll slow down the absorption of protein and carbohydrates, which will delay the muscle recovery process.

RULE #7 SCHEDULE A “GET BIG” DAY

- While eating a sound diet by implementing the steps above in the foundation of growth, taking one out of every 7-10 days and eating far above and beyond your typical daily food intake - increasing protein, carbohydrate and overall caloric intake - can trigger new muscle growth by driving your body's level of growth hormones.
- When you occasionally overeat, the body responds by increasing the release of naturally occurring growth agents such as growth hormone, insulin growth factor-1, thyroid hormone and possible testosterone.

RULE #8 DON'T FEAR LATE NIGHT FEEDING

- In the 7-9 hours you sleep every night your body is more or less in a fasting state, taking amino acids from your muscles to fuel your brain in the absence of food - not an ideal situation since your goal is to pack on muscle.
- The key is ingesting a slow digesting protein source with a moderate amount of fat so amino acids feed your muscles gradually through the night. At bedtime, consume some 1 cup of fat free cottage cheese, 1-2 tablespoons peanut butter, an ounce of walnuts or almonds, and 2-3 tablespoons of flaxseed oil. Healthy fats in peanut butter, nuts, and flaxseed oil will help slow the absorption of protein further.

RULE #9 SUPPLEMENT THE BIG 3

These three supplements are important:

- whey protein
- glutamine
- branched -chain amino acids (BCAAs)

All of these supplements are extremely effective and affordable.

- Whey protein is a fast absorbing protein that is useful in obtaining quality protein without in taking extra simple carbohydrates and fats.
- Glutamine is a key amino acid in preventing amino acid breakdown and boosting the immune system.
- BCAAs also thwart muscle wasting and delay the onset of fatigue during training.

Also Acceptable:

- Casein Protein
- Arginine
- Multivitamin
- Omega 3 Oils
- Joint Complex
- Energy Alternatives (B Complex, Ginseng)

NOT Acceptable:

- Creatine
- Nitrates/Nitrites
- Testosterone/HGH (Basically anything locked up in GNC)
- Caffeine

RULE #10 SOMETIMES DOING NOTHING IS THE BEST THING FOR YOU - REST!

- This "recovery time" is approximately 8 hours of sleep each night and that is each and every night not 10 hours tonight and 6 tomorrow because that does not work.
- There are five stages of sleep and if you are like most people leading stress filled lives you never make it past stage 1 or 2.
- During Specific Adaptation to Imposed Damage your body builds your muscles bigger and stronger so that when you workout again your muscles will be ready.
- While you are in deep sleep your body is working hard to repair and build your muscles it uses your fat stores to do so.

