



# TESTO FUEL

OFFICIAL NUTRITION GUIDE  
FOR FAST MUSCLE GROWTH

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OFFICIAL NUTRITION GUIDE

# Your Guide To Muscle Building Nutrition



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## Introduction

Welcome to your comprehensive guide on muscle building nutrition. If you're reading this right now, one thing is for certain and that is that you are interested in making the most of your muscle building efforts in the gym.

You've done your research and realize that building muscle is about more than just lifting some weights while you workout. Building muscle effectively requires a comprehensive approach that includes exercise, nutrition, as well as supplementation.

Fortunately, you already have the supplementation element taken care of since you've made the decision to use TestoFuel to enhance your efforts, so this much is great. You're already well on your way.

In this guide however, we're going to take things a step further. We're going to give you the in's and out's of what you must know and be doing with your nutrition program in order to build muscle quickly and effectively.



If there is one thing that you can be 100% certain on without a question of a doubt, it's that if you want to succeed with building more muscle – that is adding more physical weight on your body, you must eat for the part.

Think about it this way.



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If you hired a crew of men to build an addition on your house but then supplied them no building materials, would they be able to get the job done?

Clearly they would not.

If you want to move forward, you must provide the raw materials that your body will use to build that lean muscle mass.

Far too many people who are working hard in the gym, training on a regular basis with everything they've got, completely overlook this factor and then a few months down the road, they stop and wonder why they just aren't seeing the results they're after.

It all comes down to nutrition.

Take two people.

One who's doing a mediocre workout program but has his or her diet down pat and another who has a workout designed by a bodybuilding expert but doesn't take their diet too seriously and who's going to show better progress?

The first person.

Diet easily accounts for up to 80% of the results you see. It is that important.

So hopefully now you are fully aware of how critical it is that you devote some attention to this. I want you really understand that moving forward so that you don't just read over this book and figure you'll implement a few of the strategies discussed at some point or another.

No.

You want results and we're here to help. That means, I want you to follow all the advice in this book so that you can maximize your muscle gains and walk away 100% completely happy and satisfied with the progress you're seeing.

So if you're ready, let's get started with going over the top nutrition mistakes that far too many people make on their quest for more muscle mass.



## Muscle Building Nutrition Mistake #1

### Inconsistent Calorie Intake

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The very first mistake that we often see people making time and time again is an inconsistent calorie intake.

Some people have the right idea and know they need to eat more calories than they burn off to build muscle tissue, but they aren't hitting those numbers *daily*.

You can't be a part-time muscle builder. If you want to see optimal results, you need to be hitting the mark each and every day for consistent progress.

If you eat 500 calories above maintenance on one day (and we'll go over what this means more specifically shortly) and then the next day you're 250 calories *below* maintenance, well, you've just netted only 250 calories above and at that rate, you'll hardly see any muscle mass gain at all.

For some people with very high calorie intakes, it can be a real effort to consistently be sure that you are taking in enough food on a day to day basis. But, only if you make this effort will you see results.

If you're one of those people with a sky-high calorie requirement (otherwise referred to as a skinny guy), we'll go over some tips to help make things easier for you shortly.

## Muscle Building Nutrition Mistake #2

### Insufficient Calorie Intake For Fear Of Fat Gain

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The next mistake that's made is simply not eating enough calories period. You get those people who are so deathly afraid of gaining any body fat whatsoever as they go about their efforts that they cut their calorie intake very low and only eat around 100 calories or so above maintenance.

At that rate, they might – *might* – gain one pound of muscle per month if they're lucky. And in most cases, your metabolism will speed up a bit so you may not gain any at all.

You'll become unmotivated and before you know it, you'll be falling off the workout wagon.

Don't let this happen to yourself. While you definitely don't want to – and shouldn't – be packing on body fat when you are building muscle, you will have to come to terms with the fact that some fat gain is very likely.

Most people will never build 100% pure muscle as the body will add a bit of body fat in the process. If you do things correctly, it won't be that much body fat and you will always be able to diet this off down the road – which we'll be including in your program anyway.

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So don't fear a little body fat. If you are too scared, it'll prevent you from seeing the muscle mass gains that you could be.

## Muscle Building Nutrition Mistake #3 Avoidance Of Specific Macronutrients

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Moving along, another critical mistake that's far too often made as people go about their workout approach is avoidance of specific macronutrients. These individuals think that if they eat dietary fat, they'll get fat.

Or, they're trapped in the 'low carb' camp where they believe that it doesn't matter what your goal is, eating carbs is a very bad decision.

Both of these are entirely incorrect. We'll go over why shortly but just know that your body requires all three macronutrients – proteins, carbs, and fats, to build muscle successfully.

Miss out on just one of these and you are asking for problems.

## Muscle Building Nutrition Mistake #4 Lack Of Proper Peri-Workout Nutrition

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The next mistake that's made far too often is poor around the workout nutrition. This is your pre and post workout nutrition we're referring to.

Remember that at this point in the day, your body is most in need of proper nourishment to build and repair those broken down muscle tissues so you want to give it the nutrients without fail.

If you fuel your body properly around the workout protocol, you will always add muscle faster because you are primed at this point in the day to start regenerating lean muscle mass.

If you skip over eating properly, not only will you not perform as well as you could in your workout sessions due to lack of energy, but you'll be more likely to fail to recovery quickly, which means you need to stay out of the gym longer to repair the damage that you created during that workout.

Fewer workouts over time means that much slower progress overall.

## Muscle Building Nutrition Mistake #5 Poor Food Choices

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The next vital component of a proper muscle building program is good food choices and this is yet another area where people go wrong.

Many, especially those who have dieted before, using the bulking (muscle building) period as a time to eat – *really eat*.



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Pizza, pancakes, nachos, ice cream – you name it, they eat it. For them, bulking is the equivalent of an all-you-can-eat buffet.

Before you put yourself on the ‘see-food’ diet, you may want to reconsider. This is the fastest route to gaining excess body fat there is. Not only does it lack planning of calories (although some people will still monitor how much of this junk food they are putting into their body), but it won’t provide your body with the quality nutrients it needs for recovery and muscle building.

Basically, think of it like putting low grade fuel in a sports car. How well will you perform?

You might still be able to drive places, but your car will be breaking down before you know it and it definitely will not be driving optimally.

If you don’t fuel your body with quality nutrients, workout performance will suffer and you won’t get out of your program what you had hoped you would.

Bulking is not much different than dieting; the only difference is you are eating more food overall.

## **Muscle Building Nutrition Mistake #6** **Neglecting Planning**

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Finally, the very last mistake that we need to go over is the complete neglect of meal planning. If you don’t have a plan in place for what you will eat at various points in the day, you are basically leaving your nutrition up to chance.

And if you leave your nutrition up to chance, let me tell you, chances are not going to work in your favor.

There are simply too many different food options out there today that aren’t healthy that you are far too likely to fall prey to them.

Plan out your meals. Each morning when you wake up you should have a very good idea what you will be eating for each meal and snack for the day ahead.

Some people like to plan out their diet every Sunday for the coming week while others do it the night before.

Choose whichever you prefer – just make sure it gets done.

So there you have the top muscle building nutrition mistakes that are far too often made by most people as they approach this goal.

If you see yourself making any of these right now, you will have a very good idea as to why you aren’t seeing the success you were after.

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From now onwards however, we will correct these mistakes so that your future takes a different path.

Let's move on and talk about what the process of building a lean muscular body is so that you can understand how we've tailored your nutrition program to match.



## 2

### Chapter two

## The Process Of Building A Lean, Muscular Body

If you want to build the body of your dreams, it's likely going to take a few steps. Of course there will be a few of you reading this who are very close to having your goal body right now and who just need to apply a little tinkering here and there to your current approach to move forward and capture that goal look.

But for most of you, you'll need to progress through stages. Doing this allows you to really focus on one thing at a time, seeing the best results as quickly as possible.

A big mistake that far too many people make is trying to build muscle and burn fat at the same time. Do this and you'll likely just end up spinning your wheels and going nowhere.

Let's walk you through the stages.

### **Step 1 - Building Your Muscle Foundation**

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The very first step is the one that most of you are highly interested in at this point – getting *bigger*.

Clearly you are here to add muscle to your body so that is what this step will entail. During this time, you'll need to be supplying a higher calorie intake than normal so that you have the raw materials to which you can build muscle tissue out of.

At this point we aren't concerned as much with how you look – just that you are getting more muscular each and every week that passes by.

This will also likely be the longest stage in most of your programs since you are adding more muscle mass and that takes time.

Depending on how much muscle you want to gain, expect to do this stage for 2-6 months.

For almost everyone, if you are not at the point you want to be in terms of muscle development after 6 months, it's a good idea to lean down at that point anyway just to keep total fat gained under control.

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If you work at building muscle when you are at a slightly leaner body composition, you will put on more muscle and less fat than if you are building muscle sitting at a higher body composition.

So just remember, never let fat gain get out of control or you will be more likely to gain more fat, not muscle mass.

## Step 2 - Refining Your Muscles

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After the muscle building foundation stage, then it's time to move towards refining your muscle tissues.

In this stage you will be changing the workout around to focus on bringing up some muscles that you really want to be focusing on, tailoring your look to 'perfection' – or what you consider to be.

At this point you're relatively happy with how much sheer muscle size you have built, you just want to enhance the shape of your body, possibly gaining a bit more curves or definition in certain areas.

Think of this as the 'polishing' stage of your muscle growth.

Your calorie intake will still be slightly higher at this stage so that you can add those curves/size in selected areas but since the vast majority of your size growth is completed now, you don't have to eat to nearly the same level as you were before.

We'll also be changing your macronutrient profile around slightly in this stage as well to further enhance your results.

## Step 3 - Fat Cutting

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Finally, the third stage that you will be moving into after you've finished the refining stage is the fat cutting stage.

This is the stage to get *ripped* as some of you may put it – or for the females reading this, to get leaner and more defined.

This is the stage where you will lose that body fat that you may have accumulated throughout the muscle building period and when you will move into a short dieting stint.

We will be structuring this diet to help you preserve as much lean muscle mass tissue as possible however as that's a big problem that far too many people run into. They start dieting down to remove the excess fat they've gained and end up losing half the muscle they just built in the process.

When dieting, you need to be very smart when you go about your approach otherwise you are going to notice that you just don't end up with the end look that you had hoped for.

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It's important that you also make the transition from muscle building to dieting properly so that your body retains health, optimal function, and you just generally feel well.

You don't want your workouts to start to suffer either and there is a very good chance they may if you aren't dieting correctly.

So there you have the three stages of building a powerful, lean and muscular body. By moving through each of these stages separately, you can ensure that you see the end results you're after.

Now let's move on and get started by talking about how to set your ideal calorie intake.





## 3

### Chapter three

## Setting Your Target Calorie Intake

When it comes to seeing muscle building success, if there's one thing that you absolutely must do right, it's set your calorie intake.

As we discussed earlier, your calorie intake will basically make or break your progress. It's the house story – if you don't eat enough calories (get enough building materials), that muscle (new house addition) won't be built.

Calories are what fuel the process.

So how many calories do you need?

The very first thing that you need to do is figure out your maintenance calorie requirements. This involves a two-step approach.

First we need to estimate how many calories your body burns just staying alive – keeping your heart beating, your lungs taking in oxygen, your liver working, and so on. This is referred to as your basal metabolic rate, or BMR.

To estimate this, we use a simple formula. Here is the formula to use.

#### **Women BMR**

$655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

#### **Men BMR**

$66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

Since men typically have more lean muscle mass than women do, they will have higher calorie requirements, thus the need for their own equation. This formula also takes into account TEF, which is how many calories your body burns up just digesting your food, so note that you will not need to factor that into this here.

After you have figured out your resting metabolic rate (BMR), you then need to factor in your activity level to approximate how many calories you burn off daily as you go about your life. Since you aren't lying in bed all day doing nothing, this adds up.

Here are the activity multipliers to use. Place yourself below according to your activity level and use that multiplication factor to assess your intake.

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<b>If you are sedentary</b> (little or no exercise)	BMR x 1.2
<b>If you are lightly active</b> (light exercise/sports 1-3 days/week)	BMR x 1.375
<b>If you are moderately active</b> (moderate exercise/sports 3-5 days/week)	BMR x 1.55
<b>If you are very active</b> (hard exercise/sports 6-7 days a week)	BMR x 1.725
<b>If you are extra active</b> (very hard exercise/sports & physical job or 2x training)	BMR x 1.9

So run yourself through these equations using your own stats and that will give you about how many calories you should be taking in on a day to day basis if you wanted to build no muscle at all.

Now, since we're all here to build muscle, we need to increase this. Adding more calories than what you burn off to your intake is what will help you generate more additional muscle mass.

If you don't provide this additional fuel, your body has no energy to work with to construct more muscle, hence you might get stronger from your workouts, but your total body weight will stay about the same.

It takes around 3500 calories over and beyond your maintenance intake to build one pound of muscle, so this is how much you will be adding over the course of time.

To build one pound per week, you would add 500 calories to your daily diet.

To build half a pound per week, you would add 250 calories to your daily diet.

To build two pounds per week, you'd add 1000 calories to your diet.

Now, one thing to remember is that the more aggressive the calorie intake you use, the more likely you are to start gaining body fat, so approach this with caution.

Some people – those who are naturally very skinny, can easily get away with using 1000 calories beyond their body weight. For them, they need this much to see any progress at all.

But for most people, using 500 calories per day during the first stage (muscle building foundation) and then 250 calories per day during the second stage (muscle refining) will work best.

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Then during the cutting, we will subtract calories from your diet in order to encourage your body to use stored body fat for energy instead. You should subtract the same amount as what you added to build muscle based on how aggressively you want to burn fat. 500 is a good place for most people to be, but if you really wish, you can take it up to 750-1000 calories. Just note that the more aggressive the deficit you use, the more you risk losing muscle mass, so be very careful here. When it comes to fat loss, slower is typically better.

So take a bit of time right now to figure out your target calorie intake for all three stages. When we get to the meal planning sheets, we'll be giving you a calorie intake range so you'll need to know what to aim for to select your protocol properly.

Now that we've finished the discussion on calorie intakes, let's move forward and talk more about the macronutrients that you'll be eating as you move along.



## 4

### Chapter four

## Figuring Out Your Macronutrients

After you've taken the time to figure out your calorie intake, the next step is going to be to get your macronutrients in place.

Your macronutrients are the proteins, carbohydrates, and dietary fats that will fuel the muscle building process and power you through your workouts. Each of the macronutrients does have a different purpose as far as helping you achieve success goes, so it's important that you do get in a mix of all three.

Let's go over what each one is all about and the top sources of each.

### Protein

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Protein is the building block of muscle tissue – it's made up of amino acids, which are then what the body will use to generate the new lean muscle mass that you are trying to build.



Protein is the foundation of any diet program whether it's for building muscle or losing fat, so an absolute must for you to be taking in.

When it comes to protein, many people on a quest to build muscle think they need far more than they really do. What you need to realize is that more protein does not mean more muscle mass.

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The body can only use so much protein at once and once your needs are met, the rest will be used for energy, excreted, or converted into body fat.

You're far better off adding more calories from carbohydrates or dietary fat once you are getting sufficient protein in place.

And furthermore, your protein needs will actually go up during stage three when you start dieting because there is a greater chance you will use some incoming protein as a fuel source.

If you start to do this, then you may not be giving your body what it needs to maintain its lean muscle and hence you lose muscle mass. This must be avoided, as we discussed earlier.

When dieting, protein also has a number of added benefits for the fat loss process as well such as blunting hunger, increasing the metabolic rate, and keeping blood sugar levels stable as well.

Therefore, more during this time is definitely best.

When it comes to how much protein you need, one gram per pound of body weight per day is about where you want to be. You can go slightly higher than this, especially if you are active and have higher total calorie requirements, but you don't need to go a whole lot higher otherwise it'll hinder you since you won't be taking in as many carbs and fats.

The best foods to get your protein sources from will be the least processed varieties that are right in healthy fats or lower in total fat. You do want some saturated fat in your diet, but you don't want it to get out of control because you're consuming so much fatty cuts of meat.

## **Top food options include:**

- Chicken breast
- Turkey breast
- Lean steak
- Fish and seafood
- Low fat dairy products
- Whey protein powder
- Eggs and egg whites

If you can aim to eat these foods for the most part, you'll be moving right along to success.

## **Carbohydrates**

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Moving along, next up we come to carbohydrates. Some people are under the belief they should be avoiding carbohydrates as they will lead to fat gain, but that is not the case at all.



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While reduced carbohydrates can assist the fat loss process and will be used during stage three, during stage one and two (especially one), they are a top priority. They will fuel your workout sessions, help keep your body in an anabolic state (muscle building), and will speed recovery and the overall growth process. They are a must.

That said, you need to eat the right variety.

Let's look a bit closer at the various different types of carbohydrates that you'll come across.



## Complex Carbohydrates

The very first type of carbohydrate that you must know is the complex carbohydrate. These are the high energy carbohydrates that are complex in structure, meaning they're going to take more time to break down and digest in the body compared to other carbohydrate sources.

As such, when you eat these ones you'll sustain more stable blood glucose levels, meaning you will not experience energy highs and lows that we talked about earlier.

They are higher in calories so you'll want to eat them right around the workout period and then depending on your total calorie intake, throughout the course of the day as well.

For those who have a very hard time building muscle, these will be a primary food source for you.

When selecting complex carbohydrates, the best options are going to be those that are as least processed as possible. The less processing that

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occurs with them, the healthier they're going to be for the body and the slower they will break down overall.

## **Good examples of complex carbohydrates to focus on include:**

- Oatmeal buckwheat
- Brown rice
- Wild rice
- Quinoa
- Barley
- Millet
- Sweet potatoes and yams
- Bran cereals

If you can focus most of your intake, for the most part, around these sources, you're going to be best off.

## **Simple Carbohydrates**

The next type of carbohydrate that you'll come across is simple carbohydrates. These are the carbohydrate varieties that you want to avoid as they are the ones that will lead to that dramatic blood glucose spike followed by crash that we mentioned earlier, plus these are the ones that will cause your insulin levels to shoot sky-high and could put you at an increased risk of gaining body fat. The only time when you may want to eat these is immediately post workout as an insulin spike can be highly advantageous for faster muscle glycogen recovery and repair.

During stage three when dieting, you want to avoid these entirely.

## **Examples of simple carbohydrates include:**

- Candy
- Cookies
- Crackers
- Baked goods
- Sugary cereals
- Low-fat ice cream
- White bread
- Rice chips
- Cereal bars
- Bagels
- Packaged snack foods
- Honey/jam

One additional form of simple carb that needs to be mentioned is fruit. Fruit should be thought of as in a different category from the above

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however as it's going to supply your body with dietary fiber, antioxidants, nutrients, and will support effective muscle building.

Plus fruits contain a high amount of potassium, which is important for strong muscle contractions. For this reason, fruit should never be avoided. It will be somewhat limited when dieting due to the natural fruit sugars, but some in the protocol can help control hunger and keep you healthy.

The one thing that you do need to keep in mind with fruit however is that it's fruit sugars are half glucose/half fructose and fructose will not be stored in the muscle cells, but rather the liver cells.

This means then that fruits aren't quite as good post-workout in terms of maximizing your recovery since you won't get that muscle glycogen replenishment that you otherwise would.

So try and keep fruits out of the post-run period and place them at other times in the day instead. The one exception to this rule however is the banana, which does have a higher starch component and a lower level of fructose. These can be eaten post-workout and do tend to work great as a recovery fuel source.

## **Fibrous Carbohydrates**

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Finally, the last type of carbohydrate that you need to know is the fibrous carbohydrate. These are the carbohydrates that are found in vegetables and are also incredibly important to be taking in.

These are very low in calories and carbohydrates overall so the only thing to note is that when in stage one and two, you will want to limit how much you eat overall as they can make getting in your target calorie needs slightly harder.

During dieting, they are your best friend. They'll fill you up and keep you fuller for hardly any calories at all, so should be eating with each and every meal if possible.

The only time you won't want to eat them would be right before or after a training session as they are quite bulky in volume and could cause intestinal cramping to occur. Plus, since they don't supply all that much energy overall, they aren't going to fuel you for the coming training that you must complete.

Now, looking in terms of how many carbohydrates you should be eating on a daily basis, there's no set requirements for carbohydrates, but instead it will vary depending on your target calorie intake for that day and how many dietary fats you consume, which we will talk about next.

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Since your protein intake is relatively set and constant, you will adjust your dietary fats and carbohydrates around the protein component.

Most people on muscle building programs will be taking in 150-400 grams of carbohydrates per day depending on total calorie needs. It's quite a range and these should be adjusted based on your calorie surplus and body weight.

## Dietary Fats

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Finally, the last nutrient that you need to take into account on your program plan is the dietary fat component.

Dietary fats are important for a number of reasons. First, they help to keep natural testosterone release higher. While you'll already be getting support for that from TestoFuel, you do want to do what you can diet-wise to boost your natural release.

Dietary fats achieve that.

Second, they are very calorie dense. This means you don't have to eat a lot of food to take in a high number of calories – which is something that anyone with a sky-high intake will appreciate.

Finally, they are going to provide your body with a long term fuel source and will keep your energy levels stabilized. This is important so that you function well throughout the day.

Note that fats cannot be used as fuel for intense weight lifting however, so for this reason, you'll keep them out of the workout period and instead focus on carbohydrates (the primary fuel for weight lifting).

Fats also supply a number of vitamins and minerals your body need, so yet another reason to get them in.

Since they are more calorie dense, they will be reduced during periods of dieting, however when building muscle, you'll definitely want to take them in.

Like with carbohydrates however, it's important that you select your dietary fats properly. Eat the wrong fats and you could set yourself up for numerous health concerns down the road.

You want to be eating primarily unsaturated fats, polyunsaturated fats, and essential fatty acids (or omega fats as they're often called).

These are the fats that will boost heart health, improve your body composition, and help keep your hormone levels normalized in the body, while making sure that you feel your best at all times.

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**Examples of these fats include:**

- Nuts and natural nut butter
- Seeds
- Flaxseeds and flaxseed oil
- Olive oil
- Coconut oil
- Avocado
- Fatty sources of fish

If you can eat these most often and make sure to stay away from unhealthy sources of fats such as saturated and trans fats, which are found in high fat dairy products, processed meats, fattier cuts of meat, and many processed or fast foods, then you will be on your way to maximizing your health while boosting your performance.

So there you have the primary macronutrients to focus on with your diet protocol. Now let's talk a little more specifically about pre and post workout nutrition.





## 5

### Chapter five

## Pre And Post Workout Nutrition

Now that you have the basics of good muscle building nutrition down, it's time for us to look closer at the pre and post workout nutrition element of things.

As we mentioned earlier, fueling your body right at this time is going to be absolutely critical for success. It's the one time in the day when you need the most nourishment and influx of energy, so you'll want to make the most of it.

When it comes to pre and post workout nutrition, the guidelines are pretty simple and straightforward.

Let's look at the main points to know.

### **Pre-Workout**

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For your pre workout nutrition, you basically want to focus on getting some form of slower digesting carbohydrate along with protein in around 30-90 minutes prior to the workout. If you're consuming this 30 minutes prior, you may want to go with a shake format so it's slightly easier to digest and hits your system quickly.

If you're having it 90 minutes prior, then you can go with a full solid meal as that will break down and then provide you with sufficient energy all through your workout.

You want to keep fat out of the picture at this time as taking in too much dietary fat will just slow nutrient delivery to the muscle cells, impacting your energy for the session.

The total number of calories you consume at this time will depend on your target calorie intake for the day as well as how long and intense the workout is, but at minimum you should be aiming for 25-50 grams of protein along with 25-75 grams of carbohydrates.

### **Post Workout**

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Then when you look at the post workout meal, this one needs to be higher in calories so that you can replenish the burned up muscle glycogen and create the best anabolic response in the body.

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Your body will be especially sensitive to incoming nutrients at this point in time meaning that you'll want to really flood your blood stream with them. Furthermore, by eating a high dose of carbohydrates at this point, you can spike your insulin levels, driving more carbohydrates into the muscle cells.

Again, fat needs to be kept out of the picture at this time. If you consume dietary fat along with all those carbohydrates, there is a greater chance you may gain fat weight and in addition to that, it will hinder the replenishment of muscle glycogen because it slows down the entire process taking place.

Post workout meals should come as quickly after the workout session as possible, so try and get them immediately upon finishing up that workout.

You'll also want to choose faster digesting foods at this point as well, making protein powder a good option to go for. In addition to that, more simple forms of carbohydrates tend to be a superior choice as well so white rice, white breads, sugary cereals, and foods of that nature work well.

If there is one point in the day when it is okay to have simple carbohydrates, this would be it.

Aim for at least 25-50 grams of protein again and really load up on carbs post-workout, consuming anywhere from 50-100 grams depending on your target calorie intake. Some naturally skinny guys may take their carbohydrate intake even higher at this time, boosting it up to 150 grams or more.

So now that we've finished dishing workout nutrition, let's look at a few quick tips for those hard gainers who can't seem to build muscle no matter how hard they try.

## 6

### Chapter six

## Special Tips For Hard Gainers

If you're someone who can't seem to build muscle regardless of what you try and have that classic, tall, lanky body, you are a hard gainer. You go to the gym, you eat and eat, but yet, you see no muscle growth whatsoever.

It's a very frustrating time for anyone who is working hard to achieve a goal and it's important that you understand that your body is slightly different. It doesn't react in the same manner that most people's will and as such, you need to be adjusting your overall protocol.

So let's go over a few of the special tips that all hard gainers must remember.

### **Choose Higher Fat Protein Sources**

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The very first thing that you'll want to do is select some higher fat protein sources to include in your diet plan. Rather than choosing white fish for instance, always go for salmon. It'll contain more calories due to the healthy fats found in it.

Likewise, rather than choosing egg whites, always go for whole eggs. While there is some saturated fat, it'll help boost your testosterone levels and the nutrients found in the yolk will also provide added nutrition.

Rather than choosing chicken all the time, go for steak. If you choose grass fed, the fat variations will be healthier and you'll easily meet your calorie needs.

### **Eat Calorie Dense Foods**

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Second, also look for calorie dense foods. While other people may be able to eat vegetables, for you, blend them if you have to. Vegetables will take up too much space in your stomach and make it harder to get the higher calorie foods in that you must be consuming.

Eat plenty of nuts, nut butters, coconut milk, dry oatmeal, dark chocolate, full fat Greek yogurt, dried fruit, and so on.

Whenever you are purchasing a food, always question whether there is a higher calorie version of it that's denser and will be easier to get down with your diet.

# Your Guide To Muscle Building Nutrition

Remember, your stomach can only hold so much volume so your main mission is going to be to help ensure that you are maximizing the space you have with foods that contain the greatest number of calories total.

## **Make Use Of Shakes Regularly**

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Another way to accomplish this goal as well is to make sure that you're making good use of shakes. Adding shakes to your day is a fast and easy way to boost your calorie intake and if you plan your shakes properly, you can easily take in 500-600 calories or more.

Try blending up raw oatmeal into your shakes, adding flaxseeds, nut butters, skim milk powder, protein powders, frozen bananas, and so on for added thickness and calories.

If you can get into the habit of drinking at least two shakes containing 300-400 calories each, this will quickly boost your daily intake.

## **Eat Multiple Times Per Day**

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Finally, speaking of adding more shakes and meals, make sure that you are eating multiple meals each and every day. If you're leaving your food intake up to three meals a day, you'll be hard pressed to fit in 1200-1500 calories per meal.

But, if you break your intake down into five or six meals per day of around 800-1000 calories each, this can make getting in the calories you need that much easier.

So get into the habit of using a very high food frequency schedule and it's going to make your life that much easier.

Pack bars, trail mix, containers or dried fruit, bagels with cream cheese, and so on with you at all times so you can simply snack as your day goes along.

If you are at all hungry, it's time for you to eat.

When it comes to skinny guy nutrition, you basically just have to keep eating until you see weight gain coming along. It's the biggest challenge for skinny guys but once you start getting used to getting more food in, your body will adapt and get used to it and it can be that much easier from then on out.

Now let's begin going over how to design your meal plan and then finish up by giving you some meal planning charts to follow.

## 7

### Chapter seven

## Designing Your Meal Plan

Now that we've covered all the basic information that you need to know about proper muscle building nutrition, it's time to get started designing your meal plan.

Taking the time to get a good plan in place is going to be imperative to success because those who have a game plan in order wake up and execute. They are the ones who see results.

Those who don't, wake up and go about their day, leaving their diet to chance.

Especially when it comes to muscle building and getting in enough calories, if you leave it up to chance, chances will not be in your favor.

So let's go over the main things to consider as you structure your plan.

### **Workout Timing**

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First things first, the initial thing that you should do as you get ready to plan out your diet protocol is to figure out what time of the day you are going to be doing your workout. Remember that this is one of the most vital times for good nutrition so everything should be built around that.

Remember to schedule your meal as close to that workout as possible and then schedule the post workout meal as soon after the workout as possible.

After that post workout meal, you should aim to follow up the meal with another solid meal around 60-90 minutes later.

### **Meal Frequency**

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Now, speaking of meal frequency and timing, this is largely up to you. You know your schedule better than anyone else, so we won't dictate exactly when you must be eating.

As we mentioned earlier, you should be aiming to eat multiple times per day, not the three square meals most people are used to as that will ensure that you are getting in sufficient calories.



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For purposes of our plans, we've broken it up into six meals per day, plus pre and post workout nutrition on days you're working out (these will be higher calorie days).

This will be a good frequency to eat at, so try and aim for this, but if you absolutely cannot do six meals and instead prefer four or five, then simply combine two of the meals together.

As long as you make sure that you still take in the same number of calories, it will be fine.

## Food Combinations

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Finally, the last thing to consider when designing your meal plan is the specific food combinations that you're using.

Generally, you'll want to have a good balance between proteins, complex carbohydrates, along with healthy fats in each and every meal you eat.

This will help ensure that you maintain a full spectrum of nutrients coming in each day and that you will keep your blood glucose levels stabilized.

The only time when this changes is pre and post workout as we mentioned, where you will be going for a protein/carb mixture only.

Vegetables should be added to a few meals as well for nutrient sake, but don't stress if you can't get them into each and every meal you eat. As we mentioned earlier, these can make it much harder to take in your total calorie intake for the day.

## Preparation Tips

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Before we show you your plans, let's talk preparation. For the person looking to build muscle, the top excuse that's often used for the primary reason as to why they can't stick to their diet is time.

They just don't have time to do that much cooking that often. And in reality, this is understandable. You lead a busy lifestyle and cooking six meals a day requires quite a bit of effort.

That's why proper preparation is important. First, make sure that you are cooking food in batches. Don't cook a single chicken breast a time, cook up six or more.

And, if you really want, make an extra large batch and then place them in the freezer, individually wrapped, so you can just take them out as needed.

Your freezer should be stocked with food that you can take out in an instant. Prepare stir-fry's, stews, soup, and so on so that you can just grab-and-go throughout the week. Take them out the night before to thaw and they'll be ready for each meal you make.

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Also consider using frozen fruit and vegetables as well with your dishes to cut back on chopping time. For many people, cutting the vegetables is what puts them off them entirely, so this can help save time.

Finally, make sure that you are stocking up on groceries as well. While you can't obviously buy large quantities of produce all at once, other foods – rice, frozen meats, pastas, oatmeal, nut butters, and so on you definitely can and this will all cut down on how much time you have to devote to food preparation throughout the week.

The more you can keep on hand, the easier your life is going to be.

So remember these food preparation tips as you move through your diet plan. The more prepared you are, the greater your chances of success will be.

Now let's show you your meal plans.



## 8

### Chapter eight

## Meal Planning Charts

Below you will find your meal planning charts. You should find your target calorie intake range below in the table and then follow the protocol listed underneath. Note that the table is color coded, so this is how it will work.

**Black Calorie Level** – eat only the black foods

**Green Calorie Level** – eat black + green foods

**Red Calorie Level** – eat black + green + red foods

**Purple Calorie Level** – eat black + green + red + purple foods

By using this structure, you can be sure you are taking in an appropriate calorie level.

Once you've found your level, then the next step is to look at each meal and the servings of food listed underneath. From there, find the foods that you want to eat (along with how much of them to eat) on the meal planning sheet below the diet recommendation table.

This allows you to mix and max your meals as you feel is appropriate for your food preferences. Remember you can choose any food under that category. Just don't go crossing over categories – don't eat a protein instead of a carb for instance. It must be the same kind of food to keep your diet intact.

Also, if you aren't doing a workout on that particular day of the week, all you need to do is add the usual servings of proteins/carbs from your pre and post workout meals to other meals during the day, or eat these as meals in themselves. Even though you are resting, we still want to have you eating at the same calorie level, so just add them to your other meals or make a seventh/eighth meal of the day as you prefer.

Finally, be sure to drink plenty of water throughout the day. Remember that hydration is very important and a critical part of the muscle building journey.

# Your Guide To Muscle Building Nutrition

## Phase 1 Muscle Building Workout Day

(500 calories added to your maintenance calorie intake)

Meal/Calories	2000 2100 2200 2300	2400 2500 2600 2700	2800 2900 3000 3100	3200 3300 3400 3500	3600 3700 3800 3900
Breakfast	1 protein 1 carb 1 fruit 1 fat 1 vegetables	1 protein 1 carb 1 carb 1 fruit 1 fat 1 vegetables	1 protein 1 carb 1 carb 1 fruit 1 fat 1 vegetables	2 protein 2 carb 1 fruit 1 fat 1 vegetables	2 protein 2 carb 1 fruit 1 fruit 1 fat 1 vegetables
Mid-Morning	1 protein 1 carb 1 fat	1 protein 1 carb 1 fat	1 protein 2 carb 1 fat	1 protein 2 carb 1 fruit 1 fat	1 protein 2 carb 1 fruit 1 fat
Lunch	1 protein 2 carb 1 fat 1 vegetable	1 protein 1 protein 2 carb 1 fat 1 vegetable	1 protein 1 protein 2 carb 1 fat 1 vegetable	2 protein 2 carb 1 fat 1 fat 1 vegetable	2 protein 2 carb 2 fat 1 vegetable
Mid-Afternoon	1 protein 1 carb 1 fat	1 protein 1 carb 1 fat 1 fruit	1 protein 1 carb 1 fat 1 fruit	1 protein 1 carb 1 fat 1 fruit	1 protein 1 carb 1 carb 1 fat 1 fruit
Dinner	1 protein 1 carb 1 carb 1 fat 2 vegetable	1 protein 1 carb 1 carb 1 fat 2 vegetable	1 protein 1 protein 1 carb 1 carb 1 fat 2 vegetable	2 protein 1 carb 1 fat 2 vegetable	2 protein 1 carb 1 fat 1 fat 2 vegetable
Before Bed	1 protein 1 fat	1 protein 1 fat	1 protein 1 fat 1 fat	1 protein 2 fat	1 protein 2 fat
Pre-Workout*	1 protein 1 carb	1 protein 1 carb	1 protein 1 carb	1 protein 1 carb 1 carb	1 protein 3 carbs
Post-Workout**	1 protein 1 carb	1 protein 1 carb	1 protein 3 carb	1 protein 3 carb	1 protein 3 carb

# Your Guide To Muscle Building Nutrition

## Phase 2 Muscle Refining

(250 calories added to your maintenance calorie intake)

Meal/Calories	2000 2100 2200 2300	2400 2500 2600 2700	2800 2900 3000 3100	3200 3300 3400 3500	3600 3700 3800 3900
Breakfast	1 protein 1 carb 1 fruit 1 fat 1 vegetables	1 protein 1 carb 1 carb 1 fruit 1 fat 1 vegetables	1 protein 1 carb 1 carb 1 fruit 1 fat 1 vegetables	2 protein 2 carb 1 fruit 1 fat 1 vegetables	2 protein 2 carb 1 fruit 1 fruit 1 fat 1 vegetables
Mid-Morning	1 protein 1 carb 1 fat	1 protein 1 carb 1 fat	1 protein 2 carb 1 fat	1 protein 2 carb 1 fruit 1 fat	1 protein 2 carb 1 fruit 1 fat
Lunch	1 protein 2 carb 1 fat 1 vegetable	1 protein 1 protein 2 carb 1 fat 1 vegetable	1 protein 1 protein 2 carb 1 fat 1 vegetable	2 protein 2 carb 1 fat 1 fat 1 vegetable	2 protein 2 carb 2 fat 1 vegetable
Mid-Afternoon	1 protein 1 carb 1 fat	1 protein 1 carb 1 fat 1 fruit	1 protein 1 carb 1 fat 1 fruit	1 protein 1 carb 1 fat 1 fruit	1 protein 1 carb 1 carb 1 fat 1 fruit
Dinner	1 protein 1 carb 1 carb 1 fat 2 vegetable	1 protein 1 carb 1 carb 1 fat 2 vegetable	1 protein 1 protein 1 carb 1 carb 1 fat 2 vegetable	2 protein 1 carb 1 fat 2 vegetable	2 protein 1 carb 1 fat 1 fat 2 vegetable
Before Bed	1 protein 1 fat	1 protein 1 fat	1 protein 1 fat 1 fat	1 protein 2 fat	1 protein 2 fat
Pre-Workout*	1 protein 1 carb	1 protein 1 carb	1 protein 1 carb	1 protein 1 carb 1 carb	1 protein 3 carbs
Post-Workout**	1 protein 1 carb	1 protein 1 carb	1 protein 3 carb	1 protein 3 carb	1 protein 3 carb



# Your Guide To Muscle Building Nutrition

## Phase 3 Fat Loss

(250-500 calories subtracted from your maintenance calorie intake)

Meal/Calories	1600 1700 1800 1900	2000 2100 2200 2300	2400 2500 2600 2700	2800 2900 3000 3100	3200 3300 3400 3500
Breakfast	1 protein 1 carb 1 fruit 1 fat 1 vegetable	1 protein 1 carb 1 fruit 1 fat 1 vegetables	1 protein 1 carb 1 carb 1 fruit 1 fat 1 vegetables	1 protein 1 carb 1 carb 1 fruit 1 fat 1 vegetables	2 protein 2 carb 1 fruit 1 fat 1 vegetables
Mid-Morning	1 protein 1 fruit	1 protein 1 carb 1 fat	1 protein 1 carb 1 fat	1 protein 2 carb 1 fat	1 protein 2 carb 1 fruit 1 fat
Lunch	1 protein 1 carb 1 fat 2 vegetables	1 protein 2 carb 1 fat 1 vegetable	1 protein 1 protein 2 carb 2 carb 1 fat 1 vegetable	1 protein 1 protein 2 carb 1 fat 1 vegetable	2 protein 2 carb 1 fat 1 fat 1 vegetable
Mid-Afternoon	1 protein 1 fat	1 protein 1 carb 1 fat	1 protein 1 carb 1 fat 1 fruit	1 protein 1 carb 1 fat 1 fruit	1 protein 1 carb 1 fat 1 fruit
Dinner	1 protein 1 fat 2 vegetables	1 protein 1 carb 1 carb 1 fat 2 vegetable	1 protein 1 carb 1 carb 1 fat 2 vegetable	1 protein 1 protein 1 carb 1 fat 2 vegetable	2 protein 1 carb 1 fat 2 vegetable
Before Bed	1 protein 1 fat	1 protein 1 fat	1 protein 1 fat	1 protein 1 fat 1 fat	1 protein 2 fat
Pre-Workout*	1 protein 1 carb	1 protein 1 carb	1 protein 1 carb	1 protein 1 carb	1 protein 1 carb 1 carb
Post-Workout**	1 protein 1 carb	1 protein 1 carb	1 protein 1 carb	1 protein 3 carb	1 protein 3 carb

# Your Guide To Muscle Building Nutrition

## Food Choices Chart

Protein Rich Food	One Serving Size**	Carb Rich Food	Serving Size	Fat Rich Food	Serving Size
Chicken breast	89 gms	Quinoa	½ cup cooked	Olive oil	1 tbsp
Turkey breast	89 gms	Brown rice	½ cup cooked	Sunflower oil	1 tbsp
White fish	118 gms	Barley	½ cup cooked	Safflower oil	1 tbsp
Eggs	2 eggs	Oatmeal	¼ cup (raw measurement)	Flaxseed oil	1 tbsp
Salmon	89 gms (also counts as 1 fat)	Whole wheat tortilla	1 small	Flaxseeds	2 tbsp
Lean red meat	89 gms	Whole wheat pita	1 small	Natural peanut butter	1 tbsp
Canned tuna	1 can	Whole grain bread	1 slice	Almond butter	1 tbsp
Whey protein powder	1 scoop	Bran/whole grain cereal	½-1 cup (check box for serving size)	Almonds	10
Tofu	89 gms	Whole wheat pasta	½ cup	Pecans	10
		Sweet potato	1 small	Sesame/Poppyseeds	1 tbsp
		Whole grain crackers	5-10 depending on size	Avocado	½ cup sliced
				Salmon/fatty fish	3 oz (counts as 1 protein as well)
Dairy Rich Food	One Serving Size**	Fruits/Vegetables	One Serving Size**		
Cottage cheese	Cottage cheese	Fruit (apples, oranges, banana, pear)	1 piece		
Greek yogurt/low-fat yogurt	½ cup	Berries and melons	1 cup		
		Vegetables	1-2 cups*		

## Conclusion

So there you have your complete guide to muscle building nutrition. If you can follow these principles, your chances of seeing muscle mass gain success will be much higher than ever before and you will be well rewarded for your efforts in the gym.

