

Chapter 1 : Top 10 Bodybuilding Nutrition Tips – Lee Hayward's Total Fitness Bodybuilding Tips

Nutrition calendrierdelascience.com's Foundations of Fitness Nutrition Course Before you change anything in your diet, watch this video series! Build the knowledge base you need to achieve any athletic or physique goal.

Top 10 Bodybuilding Nutrition Tips: This is a guest article by: Skip La Cour Author of Simple Bodybuilding Nutrition Skip La Cour is a expert at getting people in the best shape of their lives through following simple, but proven methods for building muscle and burning fat. Including the National Drug Free Championships 6 times. So needless to say this guy knows his stuff! The organizing principles of good nutrition that will take this area of your bodybuilding and training efforts to the next level! You must place a very high priority on the way you eat if you want to take your physique to the next level. The way you eat is far more important than the way you train. You must burn more calories than you eat if you want to lose body fat. Nothing worth having in life comes without some sacrifice. Eating the way you must to build the body you want will be no exception. How enjoyable would life be if everything was easy? When you start adhering to a particular eating regimen, anticipate the discipline, sacrifice, and discomfort that comes with the pursuit of any worthwhile goal. Keep your diet simple. If you must make your diet more complex, do so on the weekends only. **Eat Smaller, More Frequent Meals:** Eat smaller, more frequent and well-balanced meals spaced evenly throughout the day. Your body will use the nutrients in your food more efficiently. If you want to make sure you preserve as much muscle mass as possible, you should start eating a small protein-based meal with high-glycemic carbohydrates before every one of your weight training and cardiovascular training sessions. **Set A Time Limit:** Set a time limit for your workout. Your weight training sessions should last no longer than one hour. **Eat The Right Carbs:** Carbohydrates serve as an essential part in the muscle-building process. Instead of trying to eliminate carbohydrates altogether, you should make sure you are eating the right types of carbohydrates at the right times of day. High-glycemic carbohydrates potatoes, simple sugars are best before and after your workouts; low-glycemic carbohydrates like vegetables are great throughout the rest of the day. Take percent responsibility for your success and failure. Just about any eating program can be effective if you follow through on a consistent basis. Skip La Cour is a expert at getting people in the best shape of their lives through following simple, but proven methods for building muscle and burning fat. He has won 15 bodybuilding competitions in his career. At the peak of his competitive bodybuilding reign, he was the most recognized drug-free bodybuilder on the planet. And I fully endorse Skip and his Simple Bodybuilding Nutrition System because I know you are going to absolutely love how easy it is to follow and how well it works.

Chapter 2 : Create A Bulking Or Cutting Bodybuilding Diet Plan In 10 Easy Steps

We've enlisted the help of the best in the business in compiling this comprehensive nutrition guide. Get going and get ready for your best body ever!

Click here for more information on Precision Nutrition System. Metabolic Cooking Burning fat is as important for bodybuilders as building muscle mass. Metabolic Cooking Program is the best one to help you with that. Its the fat brining version of Anabolic Cooking. It contains more than recipes to build muscle and burn fat. Recipes on almost anything you can imagine - beef, chicken, fish, eggs, seafood. Its a healthy cookbook for bodybuilders and is available on amazon Kindle too. Kitchen setting tips Breakfast, lunch and dinner recipes Recipes by food type: Chicken and Turkey, Beef, Pork, Fish and seafood, salads, grains, protein shakes, bars and snacks, desserts and a handy spreadsheet for meal planning Click here to learn more about The Shredded Chef. Get Juiced You are as strong as your weakest link. This holds true in the world of muscle building too. Even with a perfect diet, if your body is filled with toxins and unwanted materials that clog the digestion and absorption system, then the nutrients do not reach where they are supposed to reach - your muscles. Get Juiced is a must have for serious bodybuilders who want to keep their systems clean for optimal nutrient absorption. Get Juiced includes recipes like: Click here to learn more about Get Juiced Recipes. What to Never Eat After a Workout This free nutrition guide by Prograde is a cool one for optimising the most important meal of the day - Your post workout nutrition. Click here to download the 39 page ebook for free. Its easy to calculate your caloric requirements but cooking tasty recipes is where we bodybuilders suck. Anabolic Cooking has taken the pain out of my kitchen. I use it daily and recommend it to my clients. Summary If you are not serious about Muscle Cooking, then the seeds of bodybuilding success are not in you. Gulping shakes only works in the movies and magazines. You NEED to learn at least 20 recipes that are healthy and build muscle mass. One at a time and real rests will follow.

Chapter 3 : Nutrition Ultimate Guide To Eating Right

Due to public demand here is the Recipes thread. Try to include as much info as possible i.e cooking time, nutrition values. Pls. note this thread is strictly for details of recipes, not general nutrition discussion as we have a whole forum for that.

Bodybuilding nutrition is really quite simple if you use a top-down approach. A bodybuilders nutritional plan is very similar to a personal financial budget. Both are about making difficult choices and then sticking to the budget – in both cases, disaster strikes if you blow the budget. If you blow your nutritional budget you end up fat or weak. In a financial plan you start with your income and then subtract out the nonnegotiable expenses like taxes and rent to find out how much spending money we have. For our nutritional plan we start with amount of calories we can eat per day, then subtract out the things we need for lean muscle growth then see how many cheat foods we can have. Lets look at how easy the top down approach to bodybuilding nutritional planning is. How to make a bodybuilding nutritional plan Determine how many calories you need per day. This is the key starting point and it takes just two minutes. Lets take an example. Decide on your caloric goal. Are you going to be cutting, bulking, or recompositioning? If you are cutting then your daily caloric goal will be less than the amount of energy your body needs to maintain weight your TDEE. If you are bulking adding weight then your daily caloric budget will be greater than your TDEE. Again, lets continue this example. That is their daily caloric target. Decide on your macros. So what you have to decide is what percent of your caloric intake do you want from protein, carbs, and fat. Note that these percentages are calculated by calories, not weight. Carbs and protein are 4 calories per gram whereas fat is 9 calories per gram. Lets now look a few common macros: Its a much better idea to set protein consumption based upon bodyweight. To maximize muscle gain, the recommended amount of protein is 1g protein per pound of bodyweight per day. This means a pound person consumes g protein per day. So what percent is that? No, because my calorie calculator does this automatically for you! OK, after step 2 here you know how many grams protein, carbohydrates, and fat you need each day. Now using those percentages, figure out how many grams of protein, carbohydrate, and fat you get per day. Protein and carbs have 4 calories per gram and fat has 9 calories per gram. Never again do you have to ask someone: You now have the knowledge to figure this out for yourself! If the food fits into your nutritional budget without blowing it, its a great snack! Are we done now? The above meets the macros but its obviously not healthy and it wont work well for gaining muscle. Lets look at what else is important other than the macros and total calories. There are a number of things that are very important to bodybuilding in addition to carbs, protein, and fat Vitamins and Anti-oxidants. Vitamins are important for building muscle. Yes, you can get vitamins from a pill but in my view, they are not nearly as good as what you get from natural sources. Many people tend to use multivitamins as an excuse not to eat vegetables, bad idea, there are other very important things in them besides vitamins – namely fiber. Fiber fills you up without calories so that you can cut without being hungry, not to mention the cancer protection. So start your daily nutritional plan by choosing 3 pieces of fruit and cups of vegetables. Fiber has no calories but fills you up so you feel satisfied with fewer calories. The fruits and vegetables have fiber but thats not enough. Next we need to add whole grains and legumes beans to get 40g of fiber for the day, go ahead and add that to your food plan now. The two primary essential fatty acids are called linoleic acid an Omega-6 and ALA alpha-linolenic acid an Omega-3 Foods like salmon, herring, mackerel, anchovies, and flax are good sources. These omega-3 fatty acids seem to improve cardiovascular health and brain function as well as help with depression. My basic recommendation is 5g per day. Again, I prefer the real food sources listed above to pills or manufactured oils, why? Because with oils you are at the mercy of the manufacturer. Go ahead and add your omega-3 rich food source to your food plan now. The reason is that many of the foods we have added to our daily food plan above already have lots of protein. Had we added our chicken first, we would have ended up blowing our daily protein budget and our daily calorie budget. For example, if your protein source is fried chicken or Big Macs then you will certainly blow your fat macros and decimate your saturated fat allowance. You need to stick to lean proteins. Good choices for lean cuts of meat are the bodybuilders favorite – skinless, boneless, grilled

chicken breast! Its not just the grams of protein that are important. Believe it or not, even quinoa has a higher protein quality than beef! If you want to maximize your ability to gain muscle and get stronger, it needs to be quality protein. Eggs and milk have just as high a protein quality as chicken! What other fats are good for you? When in oil form, these are liquid at room temperature. As you know, I like eating unprocessed as much as possible so rather than using liquid oils I suggest eating nuts, olives, or avocados for example. Cholesterol was a villain for decades as people mistakenly linked the cholesterol you ate with high cholesterol in your body, this link has been disproven. What are ways to get good saturated fats? If you are using eggs as a protein source, you will need to use egg whites and not whole eggs. So what are bad fats? Almost all fried foods from fast food restaurants are fried in these bad fats. Almost all snack foods and junk foods contain these bad fats, they are everywhere! Good news, bad news. If you are bulking or at any caloric surplus over your TDEE then you will have a fair amount of discretionary calories for your cheat meals. A beer, a piece of cake, a candy bar. All fine if they fit in your daily nutritional budget. You will find that if you are cutting that you have very little leeway nutritionally after you have satisfied all your nutritional needs. Thats why they call it a budget, you have to make tough choices. Whats more important to you, that daily sixpack of beer or sixpack abs? So you get the idea. Every calorie you consume, ask yourself how you can get the most bang for your buck. Rather than having a snickers bar for a snack empty calories , choose instead an apple fiber and vitamins and a hand full of peanuts good fats. Nutrition is about making small choices, this versus that, and they all add up. Still not sure where to start? Make that and eat it, it gives you an idea about proper portion size and what is good for you. It makes keeping track of your daily protein, fat, and carb consumption very easy! You can figure it out yourself, its anything that fits within your daily nutritional plan! Your plan shows how many grams of carbohydrates, how many grams of fat, and how many grams of protein you can have each day. Here is the example nutritional plan I discussed on this page:

Chapter 4 : Diet plan for Bodybuilding and Fitness. - FormulaOZ - Natural Bodybuilding Diet

Ok, so you want to get huge?! All you have to do is make it to the gym, crank out reps until you get a sick pump, head home and get on with the rest of your day, right? If bodybuilding were only that simple.

This article will help you construct meal plans to complement your hardcore workouts. Use this handy seven-step nutrition primer to build the ideal personalized bodybuilding diet to suit your goals and aspirations. First of all, you are what you eat. Your body has the amazing ability to take the foods you eat and turn them into you and your muscles. How incredible is that? Whether you eat an apple, a steak or a kale salad, your amazing body is able to break that food down into its chemical parts and reassemble those parts into your cells and the energy you use all day. Here is the catch: The quality and quantity of the food you put into your amazing body has a huge impact on your bodybuilding and health. An apple is not just an apple, nor is a steak just a steak. As stated above, your body is able to break those foods down into their chemical parts, like macronutrients and micronutrients. Macronutrients are the structural and energy-giving caloric components of our foods that most of us are familiar with. They include carbohydrates, fats and proteins. Micronutrients are the vitamins, minerals, trace elements, phytochemicals, and antioxidants that are essential for good health. That will give you the basic knowledge around which you can build your diet. An inadequate supply of carbs will force the body to look elsewhere for fuel; the source it typically turns to is protein often muscle, which is converted into glucose and then used as energy. A diet lacking in carbs can screw up the entire muscle-building process in two ways: To spur anabolism the creation, maintenance and repair of muscle tissue, the body must be in a state of positive nitrogen balance; the metabolic state in which muscle growth can occur. To achieve and sustain positive nitrogen balance, the body must be supplied with adequate quantities of protein on a consistent basis throughout the day. The bottom line is that you should ingest protein five or six times a day. The servings should be spaced about two and a half to three hours apart. The consensus is that a bodybuilder needs a daily intake of one gram of protein per pound of bodyweight to achieve optimal gains. The body will tap into fat stores to fuel your day-to-day activities and low-to-moderate nonstop aerobic exercise. Bodybuilding does not fit into this category of continuous exercise. Instead, bodybuilding is defined as an anaerobic activity, consisting of short high-intensity bursts of exercise during which the body is able to supply energy needs with little or no oxygen available. Beyond its value as a source of energy, fat keeps skin tissue healthy, aids in the cushioning of internal organs, helps to lubricate joints and plays an important role in the absorption of certain vitamins. Here are a few reliable sources of protein: More than half of the protein in an egg is contained in the white; the fat is housed in the yolk. Complex carbs are superior to simple carbs including table sugar, honey and corn syrup because the former provide a long steady release of glucose into the bloodstream, minimizing the secretion of excess insulin and keeping fat-storing enzyme systems at bay. In other words, the more complex the carb, the slower it burns and the more sustained will be the energy release. Finally, choose whole or natural foods over refined or processed sources of carbohydrates, which are usually high in sugar and low in fiber. It helps the body regulate energy production, fat metabolism and metabolic processes. Your body will be unable to synthesize protein without an adequate supply of water. To calculate your specific daily water requirement, multiply your bodyweight by 0. The daily water requirement for a pound bodybuilder, for example, would be fluid ounces x 0. A pint of water consists of 16 ounces; a gallon, ounces. Avoid alcohol, as it is high in calories and promotes dehydration. Natural fruit juices are fine, though you should check the label to track the calories. Three cups of coffee or tea per day are OK, too. Optimum muscle growth is better served by a system that feeds the body the right mix of nutrients every two and a half to three hours. The body can most efficiently absorb only a limited number of calories and nutrients at one serving, so more frequent smaller meals ensure that little is wasted. By eating frequently, you will also maintain stable blood sugar, which leads to more consistent energy levels, better glycogen storage and superior fat metabolism. The bottom line is that a successful bodybuilding diet enables you to meet the nutrient demands of your muscle tissue throughout the day. This meal program ensures that your body is continually topped off with muscle-building nutrients and helps guarantee maintenance of a positive nitrogen

balance, the condition in which muscle tissue repairs itself after intense training as described in step 1. To pack on muscle, you must take in more calories than the amount required to sustain your current weight. The Sample Meal Plan.

Chapter 5 : Home - Bodybuilding Food and Nutrition

A key component of bodybuilding success is nutrition. Nutrition gives you the raw materials for recuperation, energy and growth. Without a good diet, you'll never achieve your ideal body. Read on to learn about how to fuel your body for the best results. Depending on your height, weight, metabolism.

When it comes to putting your diet into practice, you must be able to read and understand the nutrition facts on the back of the food packaging. Your long-term goal is probably something along the lines of being bigger, stronger, and leaner. But for now, you must choose a short-term goal. Start with one of the following bodybuilding diet types: A weight gain plan for increasing muscle mass while ideally minimizing fat gain. In simplest terms, bulking involves eating more food. A weight loss plan to burn fat and get shredded while ideally maintaining muscle mass. In simplest terms, this means eating less food. As with bulking, you will discover how to set up a cutting diet plan by the end of this guide. This phenomenon allows beginning lifters to see rapid progress. In addition to overall faster results, you can also observe fat loss while gaining muscle if you choose to bulk. Likewise, you experience some muscle gain while burning fat if you choose to cut. This only lasts for a few months, so be sure to take advantage of the situation like a man with an almanac and a time machine! Still Deciding to Bulk or Cut? Not sure which route to take? The easiest way to decide is by looking in the mirror and going with your gut feeling. Would you rather get bigger and more muscular or get more shredded first? These are just recommendations - Do what you feel most comfortable with. Estimate Daily Calories Maintenance Level. Maintenance level refers to how many calories you eat and burn per day. The starting point for any bodybuilding diet plan is to find out how many calories you must eat per day. This will depend on whether your short-term goal involves bulking or cutting. The following statements demonstrate the basic concept behind calorie requirements. Eat above maintenance level i. Eat below maintenance level i. Bulking and Cutting Calories. Use the bodybuilding diet guidelines below to calculate your calorie intake to lose weight or gain weight. Multiply your bodyweight x 18 calories. Multiply your bodyweight x 12 calories. The above equations work very well for the majority of people. The "Ectomorph" Body Type. The "Endomorph" Body Type. On the opposite side of the spectrum, you can multiply your bodyweight by a lower number if you are a pure endomorph e. Bulking Example Meet Sammy Smalls, an aspiring gym rat. Sammy wants to gain muscle mass and get strong. Right now he tips the scale at a meager lbs. Cutting Example Meet Freddy Fatts, a guy determined to put in the work to lose his gut and finally get ripped. He steps on the scale and weighs in at a gelatin-like lbs. You need a rough estimate of your lean body mass in order to set your protein intake correctly. The calculation for lean body mass LBM is simple. I thought you said this was supposed to be easy How am I supposed to find out what my body fat percentage!?! Remember, we just need a rough estimate of your LBM. So, how can you get a rough body fat percentage estimate? You could buy a cheap body fat caliper or use an online body fat calculator. Bulking Example Sammy Smalls stepped on the scale just yesterday so he knows he is lbs. Cutting Example Freddy Fatts tips the scales at a not-so-solid lbs. Your protein intake should be 1. This may be considered "low" by some of the more hardcore "bros" out there, but both research and anecdote back up these numbers. In fact, research suggests that this may be more protein than is necessary to maximize muscle gain or preservation, or minimize muscle loss. Here are my general protein intake recommendations for different types of lifters: However, if they do have a lot of muscle mass, it is especially important for them to get this amount of protein to prevent or minimize muscle loss. His bodybuilding diet calls for calories per day for weight gain. Calculating his protein intake using 1. His bodybuilding diet calls for calories per day for fat loss. However, it can vary quite a bit for different people. Some individuals do better with low fat diet plans , while some do better with high fat, low carb meal plans. Bulking Example A quick recap â€” Sammy Smalls is lbs. We know that of those calories come from protein grams of protein , so the remaining calories must come from fats and carbohydrates. Cutting Example A quick recap â€” Freddy Fatts, is lbs. We know that of those calories come from protein grams of protein , so the remaining calories must come from fats and carbs. Once protein and fat intakes are set, you simply fulfill the remainder of your caloric needs with carbohydrates. Bulking Example A

quick recap – Sammy Smalls is 150 lbs and is scarfing down 3000 calories per day on his bodybuilding diet to bulk up. All of the remaining calories will be fulfilled by carbohydrates. Cutting Example A quick recap – Freddy Fatts, a pudgy pounder is starting a bodybuilding diet for weight loss that involves eating 2000 calories per day. All of the remaining calories will come from carbohydrates. This step concludes the "big picture" view of the bodybuilding diets. The next steps cover the details

Optimal protein intake is 0. Optimal carbohydrate intake is also 0. You can eat this as a solid meal or as a shake – I do whatever is most convenient in terms of time vs. Have this meal hours before working out. The optimal protein intake for your post-workout meal is 0. The optimal carbohydrate intake for your post-workout meal is also 0. As with the pre-workout meal, you can have this as a shake or a solid meal. Either way, it should be eaten within 90 minutes of finishing your workout. Multiplying his bodyweight by 0. Post-Workout Guidelines – Multiplying his bodyweight by 0. In summary, Sammy should eat 35 grams of protein and 70 grams of carbs for an ideal post workout meal. In summary, Freddy should eat 46 grams of protein and 46 grams of carbohydrates for an ideal post-workout meal.

Meals and Food Meal Frequency. Contrary to bodybuilding diet dogma, there is no magic number of meals per day that you must eat. If you prefer eating 7 small meals per day, then by all means, go for it. I personally find preparing and eating meals to be tedious, so I squeeze my calories into larger, more satisfying meals depending on the day. Eat Mostly Healthy Foods. The majority of your food should come from healthy food sources, in order to fulfill your calorie and macronutrient requirements, as well as your vitamin and mineral needs. Check out the muscle building foods page to discover the most nutritious foods to eat for a successful diet. Note that I said to eat mostly healthy foods. Although there are many healthy foods that taste good, you probably have a not-so-healthy favorite food pizza or subs for me. I strongly recommend "fitting" your favorite foods into your dietary requirements on a regular basis but still hit your calorie and macro goals. This advice may go against the hard-headed, all-or-nothing mentality that is common with the "hardcore" crowd. But, unless you are dieting for a contest, a flexible bodybuilding diet is superior because: Any difference in results is negligible or non-existent. You can actually enjoy eating. You are much more likely to stick to your diet plan. Strict diets tend to end in crazy binges of deep fried Twinkies and pixie sticks

Drink Water How to Stay Hydrated. Hydration is a critical, but commonly forgotten aspect of the bodybuilding diet. Most people will be fine if they drink about one gallon of water per day.

Chapter 6 : Bodybuilding Nutrition | List of High Impact Articles | PPTs | Journals | Videos

A bodybuilding diet and good nutrition are key components that will determine how successful you are in your bodybuilding program. Training without proper nutrition is like rowing against the current. At best, you would remain on the same place or even move forward a little bit, but in the end, you get nowhere.

Chapter 7 : calendrierdelascience.com: Bodybuilding Diet

You may be like a lot of other people out calendrierdelascience.com want to get huge. You want arms like Arnold, delts like Cutler and a back like Coleman. You look up the routines they use and try to really push it when you get to the gym.

Chapter 8 : Nutrition Articles and Videos - calendrierdelascience.com

Basic nutrition of bodybuilding. The three main components of a bodybuilding diet are the three macronutrients: carbohydrates, protein, and fat. CARBOHYDRATES. Carbohydrates are the main source of energy for the body. They are especially important in aerobic exercise and high-volume weight training, including aiding in muscle recovery.

Chapter 9 : Diet - Bodybuilding for Mass

Tweet; Top 10 Bodybuilding Nutrition Tips: This is a guest article by: Skip La Cour Author of Simple Bodybuilding Nutrition. Skip La Cour is a expert at getting people in the best shape of their lives through following simple, but proven

methods for building muscle and burning fat.