

LAZY, BUSY GIRLS GUIDE TO BULKING

9 stone *@roxysullivan* 9



TikTok

@roxysullivan

**WHAT IS BULKING?
GAINING AS MUCH
MUSCLE WHILST
STAYING AS LEAN AS
POSSIBLE**

**IN ORDER TO GAIN YOU NEED TO
CONSUME (EAT AND OR DRINK)
MORE CALORIES**

I DONT HAVE TIME

I HATE COOKING

IM LAZY

THIS GUIDE IS

YOUR NEW BESTIE

**1. START EATING AS
SOON AS YOU WAKE**

**2. USE LIQUIDS
CALORIES IF NEEDED**

**3. SUPPLEMENT WITH
SHAKES**

**4. FATS ARE YOUR
FRIEND**

5. USE SNACKS

SNACK IDEAS:

- **BEEF JERKY**
- **PROTEIN BARS**
- **PROTEIN SHAKES**

**MADE WITH ANY KIND
OF MILK- SHOP
BOUGHT OR HOME
MADE**

- **PLAIN/ROASTED NUTS**

PICKY LUNCHES

BAYBELS, COOKED CHICKEN

BREAST CHUNKS/DELI

MEAT SLICES (HAM, BEEF,

TURKEY), NUTS, FRUIT,

RIP UP PITTA

BREAD/FLATBREAD,

HUMMUS DIP

READY MEALS

TOP TIP

HAVE 2 OF THESE IN 1

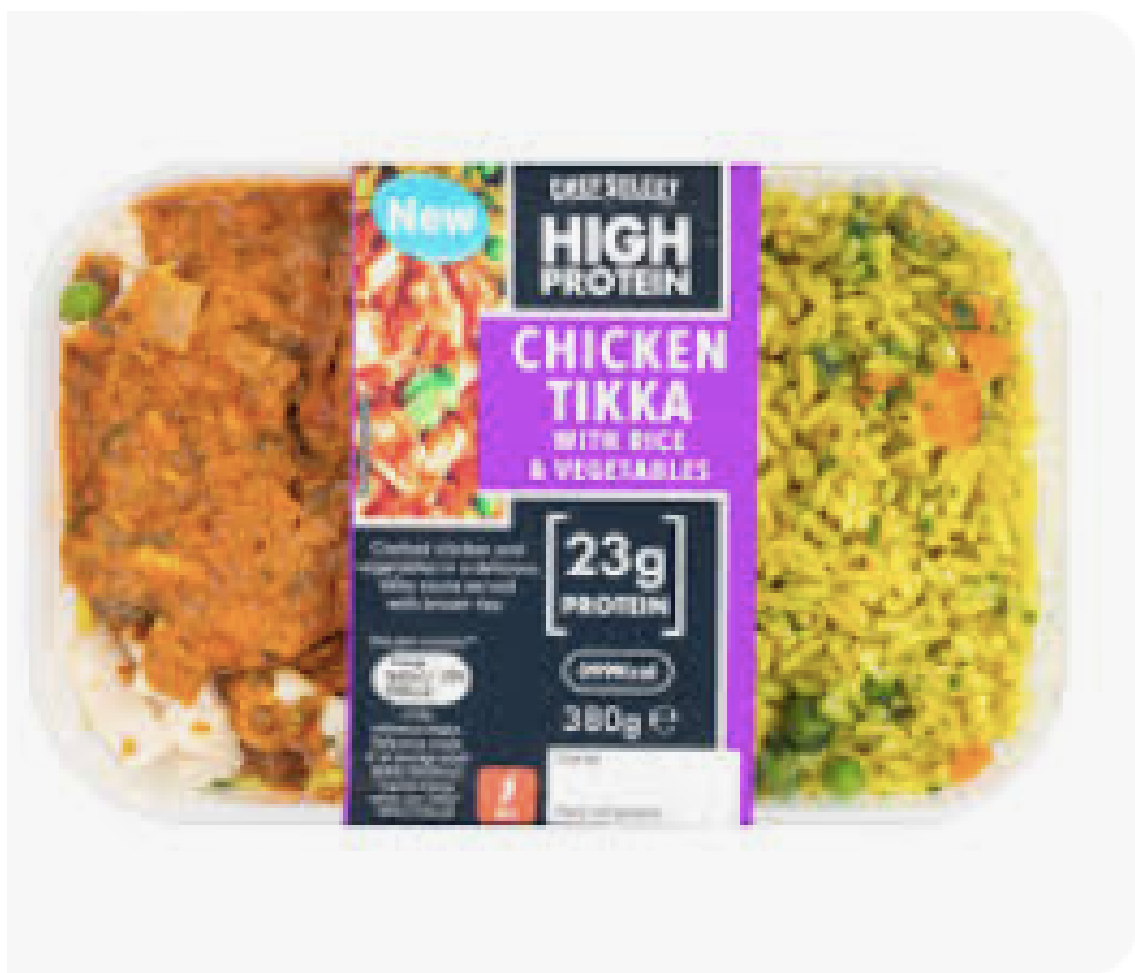
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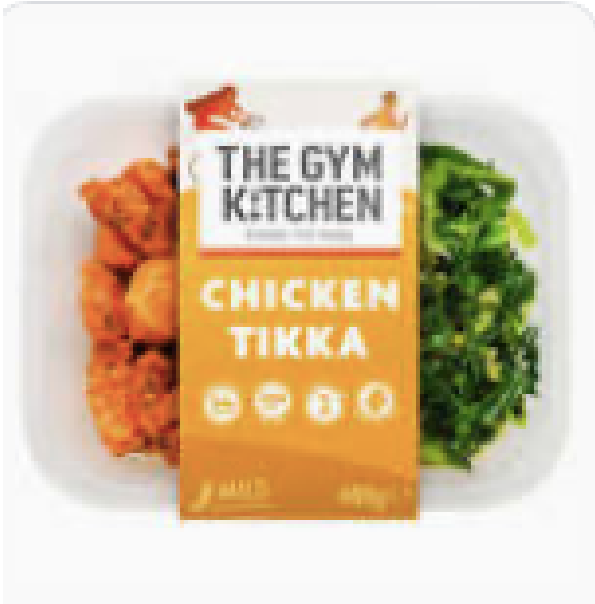
READY MEALS

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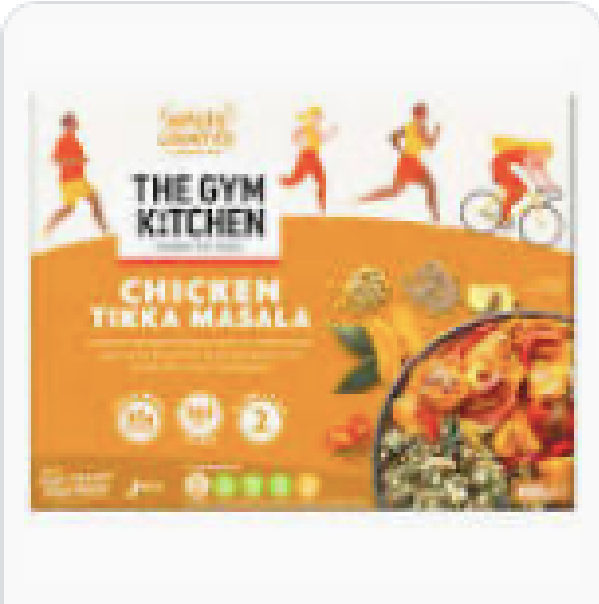


READY MEALS

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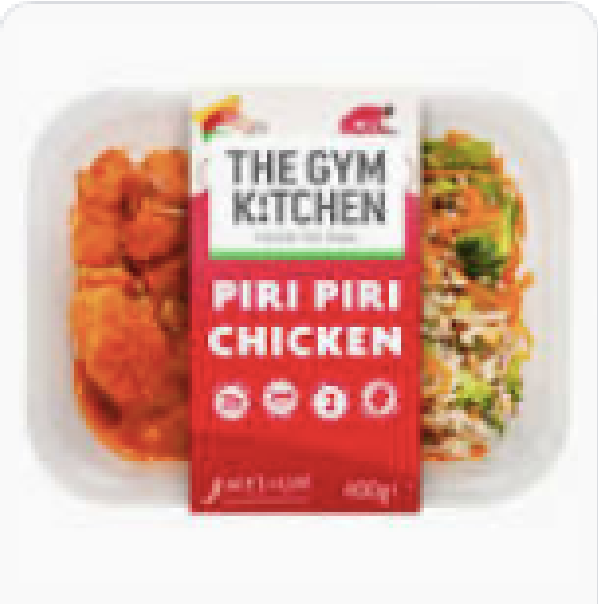
The Gym



The Gym



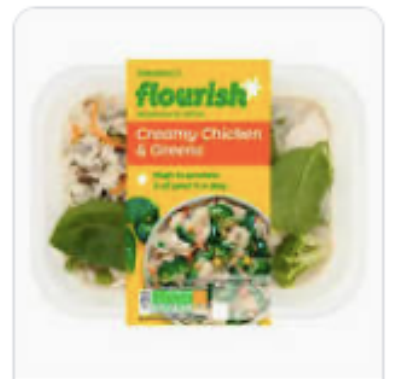
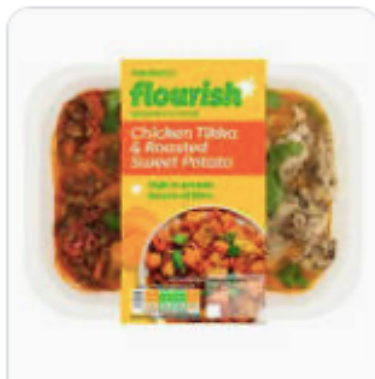
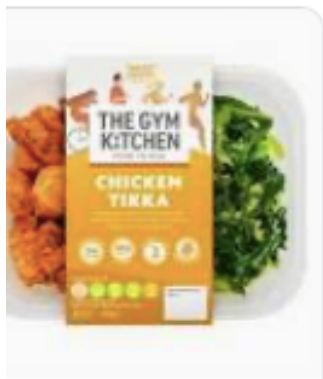
The Gym



The Gym

READY MEALS

SAINSBURYS/TESCO



HOME MADE BULK/PREP

COOKS

-THE SLOW COOKER IS YOUR

FRIEND



WHAT I LIKE TO DO IS KEEP IT SIMPLE:

CHOOSE A CURRY, CASSEROLE, SPAG BOL, CHILLI CON CARNE

**THROW DICED/MINCED MEAT, FROZEN OR TINNED VEG, TINNED
POTATOES OR I USE MICROWAVE RICE, THROW A JAR OF PASSATA/
COCONUT MILK IN AND OFF YOU GO, AND SOME DRIED HERBS OR
SPICES**

LEAVE FOR 3-5 HRS , COME BACK AND WOOLA

MY FAVE QUICK BULKING

BREAKFASTS



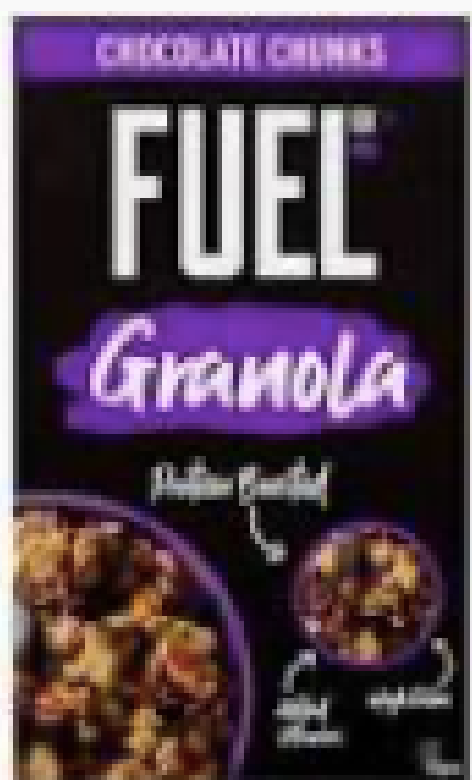
4 BISCUITS AND 200ML MILK
+FRUIT

TOP WITH CHIA SEEDS AND OR
FLAXSEEDS AND NUTS

HEADING



whole tub ,
nuts/seeds, fruit, protien
granola



MY FAVE QUICK BULKING

BREAKFASTS



HEADING

50-80G POSTS, MILK
TBSP NUTELLA/JAM/ALL NATURAL
PEANUT BUTTER, DOLLOP OF YOGURT,
TOPPED WITH FRUIT, CHIA SEEDS AND
NUTS



SOME SIDE NOTES

**-A NUTRITION PLAN OR TRACKING WOULD BE
PREFERABLE, WHY?**

CALS TOO LOW LITTLE OR NOTHING WILL HAPPEN

**CALS TOO HIGH? YOU WILL GAIN A LOAD OF
BODYFAT**

**HAVING A COACH CAN HELP YOU KNOW WHEN
YOUR GAINING TOO FAST/REASSURE IF AND WHEN
YOUR BODYFAT GOES UP THATS ITS NORMAL AND
JUST NEED TO BITE YOUR EGO**

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SOME SIDE NOTES

**THE TRUTH IS YOU HAVE TO ACCEPT SOME FAT GAIN IS
NORMAL, YOUR BODY WILL CHANGE.. MOST PEOPLE CANT
STOMACH IT AND THROW IN THE TOWEL SOON AFTER THEIR
BULK HAS COMMENCED**

**ONE DAY YOU MAY TELL YOURSELF YOUR CHUNKY, AND THE
NEXT YOU LOVE IT ... ITS NORMAL TO HAVE FLUCTATING
EMOTIONS ABOUT YOUR BODY**

**YOU NEED TO HIT 1.5-2G PROTIEEN/KG BODYWEIGHT, AND
YOU SHOULD BE 200-300KCALS OVER YOUR MAINTENANCE
CALORIES**

**ID ADVISE DOING REGULAR PHOTOS (FRONT SIDE BACK,
WAIST/HIPS/BUST AND BUTT TAPE MEASUREMENTS,
BODYFAT /MUSCLE WEIGHT MEASUREMENTS**

**YOUR BULK SHOULD BE SLOW TO MINIMISE UNWANTED FAT
GAIN**

SOME SIDE NOTES

**IF YOU WOULD LIKE COACHING, OR WANT TO CHAT
TO ME ABOUT WHAT IT INVOLVES**

**WHATSAPP ME ON:
07908774495**

**DONT FORGET TO FOLLOW ME ON SOCIALS
FBK, INSTA, YOUTUBE, TIK TOK**





@roxypt_