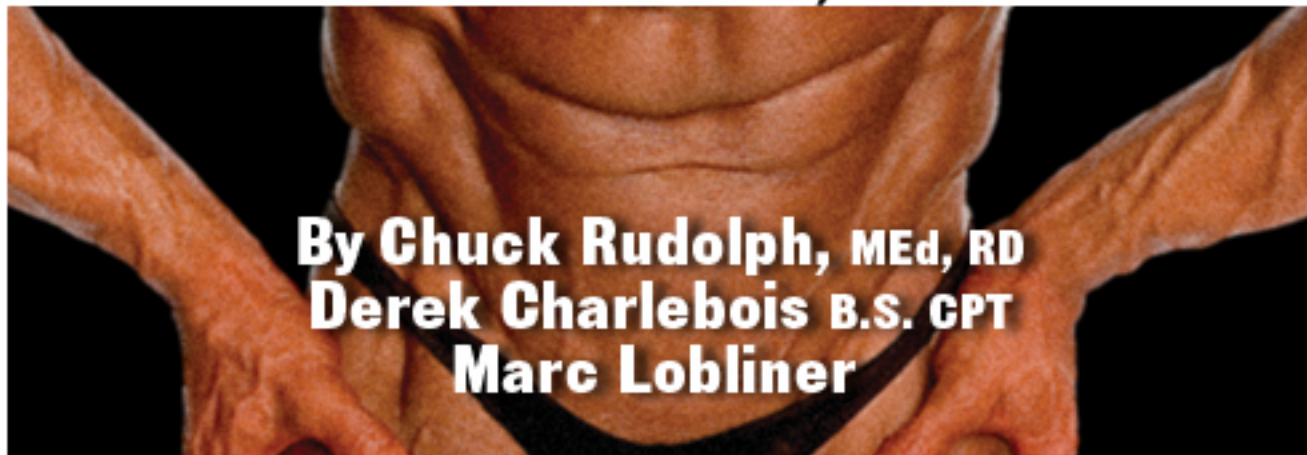# THE LEAN MASS DIET

THE FINAL MASS BUILDING BIBLE YOU'LL EVER NEED TO BUILD LEAN, HARD MUSCLE!

By Chuck Rudolph, MEd, RD
Derek Charlebois B.S. CPT
Marc Lobliner

SCIVATION

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Introduction

A lot of bodybuilders just look like fat guys with really big forearms in the offseason. The quest for MASS has led many bodybuilders into the trap of gaining so much FAT that by the time they drop the fat to expose their newly developed muscle, they have been dieting so hard and so long that they LOSE most of that precious LEAN BODY MASS (LBM)! OH NO!

What do we do? How can we gain Lean Mass and keep fat gains to a minimum? Can we gain as much LBM without packing on slabs of bacon on our inner thighs? If these questions are running through your MASS-HUNGRY dome, stress no more. Team Scivation, led by the Cut Diet creator Chuck Rudolph, has devised a game plan to not only make you bigger and more muscular than you ever imagined possible, but they also will present in the very pages of this book a method that is scientifically backed and real-world proven to keep the fat gains to a bare minimum while fueling your body for one primary goal—EXTREME MUSCLE GROWTH!

Don't wait any longer. Drop everything you're doing right now and dive into this *Holy Grail of Mass* that not only will serve as a reference guide, or *bible* for how to eat, but also make you big, hard, and jacked beyond belief. Grab a fork and put on your reading glasses, Team Scivation is about to take you on the mass gaining ride of your life!

Table of Contents

Chapter 1
- Background of The Lean Mass Diet

I have covered my background of how I discovered my way of dieting in our last book, *Game Over—The Final Cut Diet You'll Ever Need*. Although this book is about gaining lean mass and not the Cut Diet, it is imperative to reiterate how this way of dieting with insulin control was discovered. This is also one of the keys to gaining lean mass with limited fat gain.

I was a division-one college baseball player ("D-1") and what most would consider a top-level athlete. When I injured my elbow, I was a mess. I was living the easy life; drinking beer, eating fast food, and was quickly becoming, for lack of better terms, a fat mess. I knew this had to change because my family had a history of high blood pressure and diabetes. To get back into playing shape and rehab my elbow, I knew something had to be done.

I started to research nutrition thinking this could help me get back into playing shape in six months. At that time, I was doing volunteer work at a renal care center (a center for people with kidney disease) and a center for diabetics. This was volunteer work required on my resume to apply for Medical School. This is where the most fundamental part of how to diet became clear to me. There was a dietitian there who put patients on a meal plan with five to six meals per day. Some of these patients were using insulin (Type I Diabetic) while some were not on insulin (Type II Diabetic); they were very lean and were obtaining these results with no exercise. Within 6-10 weeks, patients with controlled insulin levels would reduce their body fat percentage and lose very little muscle mass or no muscle mass at all. I was amazed at these results. I thought, "What if I could eat this way and get back into shape?" I did just that. Then the thought occurred, "What if this response to balancing insulin levels via proper food intake could be duplicated in all healthy populations, athletes, exercise enthusiasts, and even bodybuilders?"

By eating small, frequent meals that are low in starchy carbohydrates and high in healthy fats and lean protein, you create adequate insulin release. By eating infrequent meals with high carbohydrates, not enough good fats, and loaded with empty calories, you cause a drastic insulin spike that results in excessive bodyfat storage and a less than anabolic environment. The goal is to balance insulin throughout the day and provide frequent, smaller meals to keep your metabolism revving to promote exactly what we want—LEAN MASS GAINS!

At Scivation, we believe in high lean protein (2.0-3.2g/kg body weight), high healthy fats and low glycemic carbohydrates (mostly fibrous ones). By keeping insulin levels stable, the body is less apt to store fat and more likely to build slabs of rock hard, dense muscle.

When you eat fat with any meal, especially one containing carbohydrates, it will reduce the bolus size entry into the small intestine, signaling the pancreas to release an appropriate insulin concentration, not a major spike caused by carbohydrates and protein.

As trainers to many top athletes and physique competitors, we know what it takes to get help pack on the mass and minimize fat gain. The problem is that this method has only been available for the top-level bodybuilders and athletes that we consult with, until now.

If you're ready to make a change for the better and find out my proven strategies for gaining slabs of lean muscle while minimizing fat gain or even losing fat, read on. This just may be the book you have been waiting for…

Chapter 2
-Why the Lean Mass Diet Will Work For You!

Just Eat the Food, Tina

Gaining quality, lean mass is nearly impossible without enough calories. Get the fork and knife ready, it's time for some action! We spoke of the results pyramid in *Game Over—The Final Cut Diet You'll Ever Need* and it applies here as well.

The Most Important Component—Synergy

We have all heard it before, "Diet is the most important thing." From our experience, this is partially correct. You can do a lot with diet, but without adequate training with both resistance and with cardiovascular training, you will be undermining your results. If you add in proven, effectively dosed supplementation, you'll be amazed at what these three components can do for you.

The Big Hoax

"Gain 10 pounds in two weeks!" "Take this pill and mass is yours!" We have all heard these promises, but yet we get tons of emails from people who can't gain weight. What gives? The answer is that we've been lied to. As consumers and physique enthusiasts, we are always looking for the next big thing and hoping for the magic pill. Unfortunately, there is no magic pill. Yes, we believe in supplements and advocate their use. But for optimal results, the other two corners cannot be ignored!

Why *The Lean Mass Diet*?

By eating small, frequent meals, you create a small insulin spike. By eating infrequent meals, you cause a large insulin spike that will result in a crash that can make the body more prone to fat storage. We do NOT want this! We want to gain as much lean mass and as little fat as possible as possible. We want maintain stable insulin levels throughout the day and provide frequent, smaller meals to keep your metabolism revving and keep your body filled with nutrients to provide your muscles with what they need to grow.

We also always include fat with our meals. When you eat fat with any meal, especially one containing carbohydrates, it will encapsulate the carbohydrates and make your body release insulin at a much slower and steady rate than eating carbohydrates alone.

Why The Lean Mass Diet Works

The Lean Mass Diet takes many factors into consideration on a meal by meal basis. The areas we pay the most attention to are:

- Amount of calories consumed
- Macronutrient composition
- Insulin control
- Maintaining an alkaline state

Using Food to Build Rock Hard, Dense Muscle

Eat Enough Calories, But Gage Your Progress!

You will probably eat more on this diet than any time in your life, the biggest factor in a diet is calories in versus calories out. What the Lean Mass Diet will do is give you the food choices and program you need to help fuel muscle growth while keeping fat gain to an absolute minimum.

Macronutrient Manipulation

The key to gaining mass is to ensure you get the right amount of calories and that those calories go toward lean mass, not fat. How do we do this? By eating the right kind of food at the right time!

Insulin sensitivity is lowest at night and highest earlier in the day. What we do is taper carbohydrates as the day goes on switching from starchy carbohydrates to fibrous vegetables. This takes advantage of your body's biological rhythm and also allows you to eat carbohydrates when you tend to be more active (during the day) and less when you are more inactive (nighttime).

Control insulin levels
- Eat 5-8 meals per day: Large meals create an enormous insulin spike, which can cause your body to store fat. Small meals create a much smaller insulin spike thus less fat storage and more fat loss.
- Never skip a meal: We don't care if meal one was at the local buffet and you ate until you had to unbutton your pants. Do not skip your second meal! Keep the motor revving.
- Eat fat with every meal, especially meals containing carbohydrates.
- Do not combine carbohydrates and protein alone because this elicits the highest insulin response. For example, a cup of oatmeal has a moderate insulin response, but when you combine oatmeal with chicken, you get a much higher response. If you do combine these, be sure to add a fat source such as almonds or avocados.

Keep it Base

We are talking about controlling the acidity of your meals. Why would we do this and why does it matter?

Your body's pH level is slightly alkaline, with a normal range of 7.36 to 7.44. To maintain optimal health and results, we should attempt to keep our body in an alkaline state through diet. An imbalanced diet high in acidic foods can make your body acidic. This can deplete the body of alkaline minerals such as sodium, potassium, magnesium, and calcium, making people prone to chronic and degenerative diseases and potentially disrupting nutrient absorption.

For example, when you eat a meal like Oatmeal and egg whites, you are eating a very acidic meal. But when you put raisins and almonds in your Oatmeal and have some steamed vegetables with it, you are lowering the acidity of that meal drastically. All of our sample meals keep this factor in mind.

Chapter 3
-How the Lean Mass Diet Works

The Lean Mass Diet is very simple to follow. We provide a wide variety of popular, nutrient dense foods that are conveniently measured out to one serving. These foods are categorized in the following manner:

- Carbohydrate (Starches)
- Meats/Protein, Fats
- Vegetables
- Fruits
- Milk/Dairy

Each meal recommends a certain number of servings from the above categories based on your Dietary needs for your specific goals. For example, meal one may recommend the following:

- 1 serving fruit category
- 3 servings carbohydrate (starches) category
- 2 servings meat/protein category
- 2 servings fat category
- 1 serving milk category

In this book, we provide you the blueprint for each of these food categories already measured out for one serving. For example:

- ¼ cup of oatmeal measured dry equals one serving carbohydrate (starch) category and one tbsp honey equals one serving carbohydrate (starch) category. Since the recommendation for meal one is three servings from the carbohydrate (starches) category, you can choose to have ½ cup oatmeal (¼ cup + ¼ cup = 2 servings) and one tbsp honey. This would utilize your three carbohydrate servings for that meal.

The other food servings in this meal follow the same pattern. The Lean Mass Diet is simple to follow, provides delicious healthy meal plans and most importantly, it provides options so that you can fit it into *your* lifestyle.

Do Carbohydrates Make You Fat? Or is it the Type of Carbohydrate that Make you Fat?

"Low Carb, No Carbs, Good Carbs, Bad Carbs" That seems to be the slogan for any type of diet. We are trying to pack on lean mass, and carbs play a huge role.

So what do we do? Who do we listen too? Well, research has indicated that there are so called "Good Carbs" and "Bad Carbs". What helps us to distinguish between a good carb or bad carb is what's called the glycemic effect of food.

What is Glycemic Effect of Food?

The glycemic effect of food is a measure of the extent to which a food, as compared to pure glucose (given a score of 100), raises blood sugar concentrations and elicits and insulin response. The glycemic effect indicates how fast glucose is absorbed after a person eats particular food, how high blood glucose rises, and how quickly it returns to normal. The best carbs to take in to reduce excessive fat storage are slow digesting/absorbing carbs. Slow absorbing carbs will give a low to mild rise in blood glucose and a smooth return to normal (low insulin response = low glycemic effect). The undesirable carbs produce a SURGE in blood glucose, a major insulin response and then an overreaction that plunges blood glucose (this is the lethargy or sluggishness you feel after eating a meal high GI foods).

Most relevant to real life, a food's glycemic effect differs depending on whether it is eaten alone or as part of a meal. Also, eating small meals frequently spreads glucose absorption throughout the day and thus offers similar metabolic advantages to eating foods with low glycemic effect. The reason that using the glycemic index in meal planning is popular with some dietitians is that this diet can reduce overall insulin secretion and improve glucose and fat metabolism. In addition, a meal plan designed using Low GI foods has also been related to the prevention of heart disease and diabetes as well as preventing obesity. Slow digesting and high fiber carbs prolong the presence of foods in the digestive track, increase the sensation of fullness and reduce insulin response. The lower the insulin response, the less insulin is produced, leading to better weight control. In contrast, High GI foods will spike a large insulin response, causing increased cravings, low blood sugar and overeating.

Why is the Glycemic Effect of Food Important Understand?

The theory behind the Glycemic Effect of Food is to utilize foods (Low Glycemic Index Foods) that can support healthy blood glucose levels by balancing your insulin response naturally. Your body performs best when your blood sugar is kept relatively constant. If your blood sugar drops too low, you become lethargic and/or experience increased hunger, nausea, agitation, headaches and sweet cravings. On the other hand, if it goes too high, your brain signals your pancreas to secrete more insulin. Insulin brings your blood sugar back down, but primarily by converting the excess sugar to stored fat. In addition to this high blood glucose is the fact that the greater the increase in insulin output, the more likely it will drive down blood glucose levels leading to low blood glucose, then the viscous cycle continues unless stopped. Therefore, when you eat foods that cause a large and rapid glycemic response, you may feel an initial

elevation in energy and mood as your blood sugar rises, but this is followed by a cycle of increased fat storage, lethargy, and unstoppable food cravings!

How Can Understanding and Selecting Low GI Foods Help Me Lose Fat?

As stated, one of the most effective ways to reduce body fat and control insulin balance is by eating 5-6 small meals throughout the day combined with physical activity (such as resistance training and some form of cardio). Small, frequent meals also increase the thermic effect of food as well as prevent the body from going into starvation mode. Think of it as every time you eat nutrient dense and low GI foods, your body has to burn calories to digest the foods. Hence, the more frequently you eat, the more you balance your insulin levels and the more calories you burn.

Many people think that all they have to do is "starve" themselves and they will lose weight. That is true to an extent. What happens when you do not feed your body is it senses a need to preserve itself. Over time, it slows down its metabolic rate and begins to feed on muscle tissue and body fat at a very slow rate. On a worse note, when you decide to begin to eat again, your metabolic rate is so slow that any excess caloric intake will be stored VERY EASILY as body fat. The current science also agrees there should be a larger portion of carbohydrates mixed with more moderate amounts of protein and especially fat. The glycemic index allows us to more effectively evaluate our nutrition plan focusing on the quality of carbohydrates. For those who incorporate a larger amount of low glycemic foods, will be rewarded with a slow and steady release of glucose, thus keeping insulin levels in check and lowering body fat.

Are there Ways to Lower the GI of Foods that I like that are High GI?

1. FATS: Fats slow gastric emptying and slow the absorption of food. If absorption into the small intestine is slowed, the insulin response will be low. Any time you add fats to a meal, it will lower the GI of the meal.

2. FIBER: Vegetables anyone? Fiber is a complex structure that takes a long time for the body to break down and absorb. Some fiber is indigestible by the body. Soluble fiber found in oats & grains, fruits, and gums are ideal. As they dissolve, they gel up in the stomach and slow down gastric emptying and reduce the insulin response.

3. COMBINING CARBS: You can also lower the total GI of a meal by combining high glycemic carbs with low glycemic carbs. For example if you ate a baked potato (High GI) and then ate around the same amount of steamed broccoli (Low GI), the total GI of the meal would be much lower than if you just ate the baked potato.

The LOW DOWN on Low Glycemic

A few pointers to about the benefits of LOW GI foods:

- To balance blood sugar levels and reduce drastic insulin spikes, eat smaller, more frequent, balanced meals.
- Each carbohydrate in your meals must be combined with a quality fat source and some sort of vegetable.
- You should not have a diet too low in fat. The whole craze over high fat, high protein diets are to decrease spikes in insulin and to lower the GI index of foods and meals. Just make sure you are selecting HEALTHY fats such as avocado, flax/Enova oil, peanut butter, almonds, walnuts, reduced fat dressing, canola oil and olive oil.
- Low GI diets help people lose body fat and control weight.
- Low GI diets increase the body's sensitivity to insulin.
- Low GI carbs reduce the risk of heart disease.
- Low GI carbs reduce blood cholesterol levels.
- Low GI carbs reduce hunger and keep you fuller longer.
- Low GI carbs provide long lasting energy so that you are alert all day long.

Glycemic Index of some Common Foods

If dextrose gets a score of 100, what does that mean for other foods and their score? Well, brown rice is assigned an index number of 55, which means brown rice raises blood glucose levels 55 percent as much as pure glucose. In general, foods below 55 are considered low glycemic index foods, 55-70 represents mid-glycemic index foods and over 70 are considered high glycemic foods. The following foods are listed as Low GI, Moderate GI and High GI.

Low GI (55 or less)

Breads:
      100% stone ground whole wheat
      Heavy mixed grain
      Pumpernickel
Cereal:
      All Bran
      Bran Buds with Psyllium
      Oatmeal
      Oat Bran
      Muesli
Grains:
      Parboiled or converted rice
      Barley
      Bulgar
      Pasta/noodles

Fruits:
- Apple
- Peaches
- Banana
- Strawberries
- Orange
- Grapes

Vegetables:
- Broccoli
- Lettuce
- Cabbage
- Mushrooms
- Carrots
- Green peas

Pastas:
- Whole wheat pasta
- White spaghetti
- Linguini
- Macaroni

Rice and Grains:
- Brown Rice
- White rice
- Barely
- Buckwheat

Others:
- Sweet potato
- Yam
- Legumes
- Lentils
- Chickpeas
- Kidney beans
- Split peas
- Soy beans
- Baked beans
- Fructose
- Milk – Whole and NON Fat
- Yogurt
- Honey
- Peanuts
- Walnuts
- Cashews

Medium GI (56-69)

Breads:
     Whole wheat
     Rye
     Pita
     Taco shell

Cereal:
     Grapenuts
     Shredded Wheat
     Raisin Bran
     Cream of Wheat
     Special K

Rice & Grains:
     Basmati rice
     Couscous
     Corn meal

Other:
     Potato, new/white
     Sweet corn
     Popcorn
     Black bean soup
     Green pea soup

Grains:
     Parboiled or converted rice
     Barley
     Bulgar
     Pasta/noodles

Fruits:
     Papaya
     kiwi
     Raisins
     Mango
     Pineapple

Vegetables:
     Corn
     Beets

Pastas:
     Whole wheat pasta
     White spaghetti
     Linguini
     Macaroni

High GI (70 or more)

Breads:
    White bread
    Kaiser roll
    Bagel, white
Cereal:
    Bran flakes
    Corn flakes
    Rice Krispies
    Cheerios
Rice & Grains:
    Short-grain rice
    Wild Rice
    Instant Rice
    Glutinous Rice
Other:
    Glucose
    Sucrose
    Candy
    Gatorade
    Soda – Coke, Pepsi
    Potato, baking (Russet)
    French fries
    Pretzels
    Rice cakes
    Soda crackers
    Pancake syrup
    Jelly beans

Food Cravings, Lack of Energy, and Frequent illness: Can it be related to stress? Can it be the reason I gain weight?

Chuck Rudolph, MEd, RD

Stress has become an everyday word in our society. How many times have you said or heard "Boy, what a stressful day I had," or "I have been so stressed out lately." How often do you shovel a sandwich down your mouth while typing an e-mail or finishing a report. Then 15 minutes later feel bloated, stuffed and tired?

The term "stress" describes any alteration or interruption in your life. It can be physical, emotional or psychological. Many of us recognize stress as a negative feeling such as meeting a deadline for work, financial concerns, relationships, children, and the list goes on and on. Anxiety, the unknown, fear, frustration, anger, and tension are the feelings we most often associate with stress.

The fact is; stress can also be experienced from a positive stimulus such as getting married, buying your first car or first house, or witnessing your child graduate from high school. Your body undergoes stress even when it responds to an illness!

What we do not realize is that repetitive tension and stress increases a neurochemical response that clinically has shown to lead to overeating and weight gain. When your body responds to a stressful stimulus, it goes through many neurochemical, behavioral and immunological changes. These changes are out of your control. The goal is to bring your body back to a state of calm.

It all starts with our brain. When we feel stress, the brain stimulates the pituitary gland to release a hormone called AdrenoCorticotropic Hormone (ACTH) which then signals your adrenal glands (located near your kidneys) to release various hormones, mainly adrenaline and cortisol. Adrenaline makes you feel alert, increasing heart rate and blood pressure. Adrenaline will also increase your metabolism, breaking down fats, carbohydrates and proteins for energy to get the body back to a balanced, happy state. While doing this, your body depletes itself of energy stores and essential vitamins and minerals. The other hormone released is cortisol. Cortisol is utilized to breakdown stored energy as well as muscle tissue. Cortisol also stimulates insulin, which leads to blood sugar dips and fat storage. It's a vicious cycle that feeds on itself, over and over until the stress is calmed.

Now that we know cortisol breaks down stored energy to increase blood glucose which then stimulates insulin secretion, we now can understand why stress will cause food cravings, lethargy, irritability as well as weight gain. The cascade of events may appear as follows:

1. **Stress response** – Finances are tight and your bills are due. You have a report due the next day and you have to miss your son's first pop warner football game. The stressful feeling makes you feel fear, anxiety, sweaty palms, etc.
2. **Hormone action** – Neurochemical reactions cause adrenaline and cortisol to be released – rise in blood pressure, heart rate, alertness.
3. **Action in the body** – Breakdown of stored energy (carbohydrates, fats and proteins) increases blood glucose levels (which in turn spike an insulin rise) utilizing all blood sugar for protection leaving you in a low blood glucose state.
4. **Low blood glucose** – One of the first signs of low blood glucose is a craving for sweets and carbohydrates. When the blood sugar levels fall below normal, symptoms such as nervousness, irritability, fatigue, nausea, depression, disturbed vision, and headaches appear.
5. **Excessive intake of sweets and refined carbohydrates** - The typical human response now is to consume excessive amounts of sweets and refined carbohydrates to feel better and get blood glucose back to normal. The problem here is the excessive intake which now increases blood glucose too high and spikes another insulin response. This insulin response is so drastic that the body stores body fat (from the excessive caloric intake) and then puts the body back into a low blood glucose state.
6. **Weight gain, body fat storage** - Over the long haul, this pattern of excessive sugar and refined carbohydrate intake causes the pancreas to go into overdrive. With each intake, the pancreas floods the body with insulin, which makes blood-sugar level drop dramatically back to a low blood glucose state and the viscous cycle continues. The increase in excessive insulin is a major culprit to weight gain and fat storage.

Chapter 4
- Essential Lean Mass Supplements

Get Big, Get Hard

This is what we do: We *supplement your performance*. What does that mean? As we said before, there is no magic pill. But by utilizing these real-world proven and science-based supplements, we can tip the scales (literally!) in your favor to the lean, hard body of your dreams!

The Lean Mass Diet is based on utilizing cutting-edge diet and training principles to help you achieve your best, biggest body ever. Each of recommended supplements will work together with the Lean Mass Diet and help you achieve your fitness and physique goals. However, if you cannot afford to add supplements in your diet, you will still see fantastic results with the Lean Mass Diet and Training program. Here are the most important supplements to optimize *your* Lean Mass Diet!

Scivation Workout Nutrition Stack™—VasoCharge™ + Xtend™

Scivation has made pre-workout supplementation a thoughtless endeavor. Imagine if you could take scientifically-proven, synergistic ingredients to guarantee that you have all bases covered and to assure that you get the skin-bursting pumps, mind-blowing energy and unbelievable endurance to help you attack the weights like a beast. Then imagine if you could fuel your muscles DURING your workout to encourage lean muscle growth and endless energy with enhanced recovery. If you're like anyone here at Team Scivation, this is a dream come true. Time to stop dreaming.

Scivation Xtend is the ULTIMATE pre, during and post workout formula ever created. It has even created its own category—Workout Nutrition™. Scivation VasoCharge, formerly known as VasoXplode, has become the standard in pre workout supplementation featuring Beta Alanine, Creatine, NO Enhancers, Mental Performance Boosters and the VasoRush™ Blend.

Scivation now gives it to you in one complete stack at an unbelievable price. The Scivation Workout Nutrition Stack™ is here, and it is time for you to get your swole on.

Q: What are two of the main causes of poor performance and lack of growth/progress for bodybuilders and fitness enthusiast?

A: Fatigue and increased protein breakdown (catabolism).

- If you do not have the energy and drive to lift harder and heavier each workout then you will not grow.

- If you leave protein breakdown levels unchecked and allow muscle breakdown to occur during a workout, then you will not grow.

Without proper workout nutrition you will not grow and progress at the rate you could with sufficient diet and supplement strategies. Scivation has taken the guess work out of workout nutrition and created a supplement combo that will increase your energy and performance, delay fatigue, and decrease protein breakdown WHILE increasing protein synthesis (the key to muscle growth). It's time to start taking your workout nutrition (pre and during workout) seriously and supplement with the Scivation Workout Nutrition Stack—VasoCharge + Xtend!

Scivation VasoCharge

We have formulated Scivation VasoCharge around ingredients that are scientifically proven to increase performance and muscle growth. VasoCharge contains synergistic ingredients that work together to take the results you will see to the next level and beyond.

1. **Creatine + Citrulline Malate**
   - Synergistically increases performance
2. **Creatine + Beta-Alanine**
   - Synergistically increases performance and lean mass gains
3. **Citrulline Malate + Arginine**
   - Increases blood flow and amino acid deliver to skeletal muscle, leading to increased protein synthesis (muscle growth)
4. **Tyrosine + ALCAR + Caffeine + D,L-Phenylalanine**
   - Increases energy and mental focus while delaying fatigue, allowing you to workout harder and longer.

VasoCharge is formulated to allow you to increase the intensity of your workouts while delaying fatigue, which results in greater progress being made. VasoCharge increases energy production and power output, decreases H+ accumulation and fatigue, and increases blood flow and the deliver of amino acids to skeletal muscle, making it an all-in-one pre-workout powerhouse.

Scivation Xtend

We have formulated Scivation Xtend to increase protein synthesis, recovery, and performance using a precise blend Branched-Chain-Amino Acids (BCAA), L-Glutamine, and Citrulline Malate. BCAA are a must have for workout nutrition. In summary, the metabolic roles of the BCAA Include:

- Substrate for energy production
- Substrate for protein synthesis
- Precursor for the formation of other amino acids
    - Primarily Alanine and Glutamine
- Metabolic signals (Primarily Leucine)
    - Stimulates protein synthesis through insulin secretion/activation of the PI3K pathway
    - Stimulates protein synthesis through activation of mTOR
    - Stimulates leptin expression in adipocytes through activation of mTOR

Xtend was formulated to give the body what it needs during exercise. As you exercise, the body increases the demand for various nutrients and if the body is not fed those nutrients, it must obtain them from other sources (i.e. breakdown of skeletal muscle to obtain amino acids). Both BCAA and Glutamine oxidation/demand is increased during exercise. In order to meet this increased demand for BCAA and Glutamine, the body breaks down muscle protein.

The goal of weight training is to increase protein synthesis. In order to gain muscle mass, protein turnover (protein turnover = protein synthesis – protein breakdown) must be positive. An increase in protein synthesis from weight training can lead to an increase in muscle mass. If we are increasing protein breakdown during training, we are decreasing the training session's overall anabolic effect and limiting muscle growth.

BCAA supplementation has been shown to not only increase protein synthesis, but also to decrease protein breakdown. By supplementing with Xtend during your workouts, you are creating an ideal environment for muscle growth.

What all this means is ingesting BCAA primes your body for growth by increasing protein synthesis and energy production in muscle. All of these actions are beneficial to an athlete and should not be overlooked. There is endless research backing BCAA supplementation as part of one's workout nutrition. In addition, the citrulline malate found in Xtend increases atp/energy production, delays fatigue, and increases blood flow and amino acid deliver to muscle and the glutamine promotes increased recovery.

VasoCharge + Xtend

By combining VasoCharge and Xtend pre-workout, you prime your body for heightened performance and anabolism. Our pre-workout recommendation (taken 15 minutes pre-workout) is:

- 1 Serving VasoCharge
- 1-2 Servings Xtend

You should follow this up during your workout by sipping two to six servings of Xtend throughout your entire workout. This will ensure protein synthesis levels stay elevated and your body is primed for growth.

While many people overlook the power of workout nutrition, with the Scivation Workout Nutrition Stack you can be ensured that your body has the nutrients and substrates it needs to perform better than ever and grow like never before.

Sesamin + Max CLA (Fat Gain Prevention)

The norm in bodybuilding is to alternate between periods of cutting and bulking, or simply put periods of losing fat while trying not to lose muscle and periods of gaining muscle commonly along with fat. We hate dieting for 20 weeks for a competition only to quickly regain the fat we lost as soon as we raise our caloric intake. Because of this, we try to keep our body fat percentage under control while bulking. Sesamin has proven to be a Godsend in regards to keeping our body fat under control while bulking. Like everyone else reading this book, we are always looking for ways to improve our results. The combination of Sesamin + CLA looks to be the way to do just that.

Sesamin

Sesamin is a lignan isolated from sesame seeds. A lignan is a molecule that combines with another entity acting as an "activator." In the case of sesamin, it binds to and activates a receptor called Peroxisome Proliferator-Activator Receptor Alpha (PPARalpha). Sesamin has been shown to be a potent PPARalpha activator [1].

The PPAR receptor family is divided into three subgroups: alpha, beta/delta, and gamma. PPARalpha is highly expressed in muscle, the liver, kidneys, and heart and is involved in the regulation of lipid metabolism, specifically the transcription of the genes involved in the beta-oxidation (burning) of fatty acids and lipogenesis. Activation of PPARalpha increases gene expression of the fatty acid oxidation enzymes and decreases gene expression of lipogenic enzymes.

Of vital important, Sesamin increases the expression of the mitochondrial enzyme carnitine palmitoyl transferase (CPT), among other enzymes [2]. CPT, the rate-limiting enzyme in beta-oxidation of fatty acids in skeletal muscle and liver cell mitochondria, is found on the outer membrane of mitochondria and carries fatty acids across the membrane into the mitochondria by binding to them. Increasing the expression of CPT, along with other enzymes involved in

beta-oxidation, will allow more fatty acids to be transported into the mitochondria where they can be oxidized.

In addition to increasing the oxidation of fat, Sesamin supplementation has also been shown to decrease lipogenesis (fat storage) by decreasing lipogenic enzymes in the liver. Sesamin has been shown to decrease lipogenic the gene expression of sterol regulatory element binding protein-1 (SREBP-1), acetyl-CoA carboxylase, and fatty acid synthase, among other lipogenic enzymes [3], which means less fat is esterfied in the liver and therefore less fat is stored in adipose tissue (fat cells). So Sesamin works in two ways to make you lean (and keep you lean): increasing fat oxidation and decreasing fat storage.

Conjugated Linoleic Acid (CLA)

Conjugated Linoleic Acid (CLA) is a mix of isomers of linoleic acid (commercially sold as a 50:50 mix of cis-9, trans-11 and trans-10, cis-12 isomers). Studies done on humans have shown decreased body fat and/or increased lean mass (though results are mixed). CLA is believed to influence body composition through regulation of lipid metabolism.

Studies have shown CLA to inhibit transcription of enzymes involved in de novo fatty acid synthesis/lipogenesis, desaturation of fatty acids, and triglyceride synthesis [4]. It is believed that CLA decreases the activation of PPARgamma, resulting in the attenuation of fat cell differentiation. In mice, CLA supplementation has been shown to decrease adipocyte number and size as well as cause apoptosis (cell death) of adipocytes [4] and researchers believe CLA to have similar properties in humans.

Sesamin + CLA Supplementation

The combination of Sesamin + CLA should prove very potent for fat loss or fat gain prevention. Supplementing with CLA will cause a decrease in triglyceride uptake by adipocytes and lipogenesis/fat storage, but if these fatty acids are not oxidized, they will build up in the blood and liver leading to insulin resistance. By adding Sesamin into the mix, fat oxidation will be increased (very strongly in the liver), resulting in the oxidation of the elevated fatty acid concentration caused by CLA as well as working synergistically with CLA to decrease fat storage. The combination of Sesamin + CLA attacks fat oxidation and storage from multiple angles, resulting in less stored body fat [5].

We recommend taking three capsules of Sesamin and three to six capsules of Max CLA per day, with meals, split up into three doses.

References:

1. JARQ 37 (3), 151 – 158 (2003)'
2. J Agric Food Chem. 2001 May;49(5):2647-51
3. Biochim Biophys Acta. 2001 Nov 30;1534(1):1-
4. J Lipid Res. 2003 Dec;44(12):2234-41. Epub 2003 Aug 16
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Chapter 5
-How to Customize The Lean Mass Diet

When gaining MASS, we feel that it's better to gain LEAN BODY MASS (LBM) slowly rather than just make the scale jump 15-30 lbs. I have encountered many people that have stated they have bulked and put on 30 lbs but complain they got too fat. The goal of the MASS diet is to put on as much LBM as possible with as little body fat accumulation as possible. As we stated in the Cut Diet book, we are firm believers of calories in vs calories out with macronutrient manipulation. We focus on reducing the glycemic load of a meal as well as balancing insulin levels throughout the day. The general breakdown of MASS DIET meals are 40-45% carbohydrates, 25-30% Protein and 30-35% Fat. We also know that when in a caloric surplus (to gain weight) the risk of increasing body fat increases, HOWEVER, the MASS DIET provides a strategic MEAL PLAN that allows for more LBM gain and LESS body fat storage.

This simple strategy that has done wonders for all my athletes over the past 10+ years focuses on caloric intakes for WORKOUT DAYS (WOD) and NON WORKOUT DAYS (NWOD). In addition, WOD will be filled with more total, good complex carbs and NWOD will have less total carbs as well as fewer starches, especially later in the day. Therefore, if you workout, then you follow WOD calories, if you do not workout, then you follow NWOD calories...rocket science huh...LOL.

Each MASS DIET meal plan is designed to increase LBM by decreasing carbohydrate intake as the day goes on and increasing vegetable intake as the day winds down. In addition to caloric modifications from WOD to NWOD, our main goal is to BALANCE insulin levels. This can be achieved by modifying the total calories per meal (even in a surplus), meal frequency which helps to maintain adequate insulin output as well as macronutrient selections. If we can balance insulin levels through meals, we can have stable energy all day long, reduce the risks of heart disease and more importantly decrease the probability of STORING BODY FAT.

The main goal of MASS DIET is to EDUCATE people on proper serving sizes. This way you NEVER have to count every damn calorie. We count the calories for you. Your toughest goal is the first 1-2 weeks where you should measure out foods based on the serving recommended (see Optimal Nutrient Food Selection List). What this does is provides you with a idea of what 1/3 cup cooked rice looks like or 3 oz lean chicken looks like. This way, you are able to eat out with friends and family and have a normal life yet still be able to focus on your LBM goals. We will talk about cheat meals and how to add as well as over come them later in the book.

The way the meal plans are set up is each meal provides a number of servings from various categories (Fruit, Carbohydrate (starches), Meat, Vegetable, Milk and Fat). The Optimal Nutrient Food Selection List provides a list of nutrient dense foods relative to its respective category. Each food has a measurement that is equal to 1 serving from that category. For instance, ¼ cup of dry old fashion Quaker oats oatmeal equals 1 carbohydrate serving and ¾ tbs of honey also equals 1 carbohydrate serving. If in meal 1 the MASTER PLAN recommends 4 servings carbohydrates, you can have 1 cup of oatmeal (1/4 x 4 servings = 1 cup) or you can have 3 tbs honey (3/4 tbs x 4 carbohydrate servings = 3 tbs) or you can have ¾ cup oatmeal + ¾ tbs honey = 4 total carbohydrate servings. It is your choice. You also have the option to follow the Example Meal plan provided or you can make your own meal from the recommended servings as noted above.

Not only does the MASS DIET provide ideal calories and strategies for gaining LBM, as stated it educates servings for lifestyle healthy eating habits. We are not here to tell you that you CANT HAVE a certain food. ALL FOODS can be worked into the MASS DIET and any of our lifestyle diet plans. The general rule of thumb is simple.

1 carbohydrate serving = ~15g of carbs
1 meat/protein serving = ~ 7g of protein
1 fat serving = ~ 5g fat

Understanding how to read Nutrition Facts Panel

Nutrition Facts

Serving Size: ½ cup Dry (40g)
Servings Per Container: ~ 30

Amount Per Serving

Calories	150
Calories from Fat 25	

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	2%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	15%
Sugars 1g	
Protein 6g	10%

These standards always stay the same. We are counting "SERVINGS" not every single calorie:
1 Carbohydrate Serving = 15g
1 Fat Serving = 5g
1 Meat/Protein Serving = 7g

1. ½ cup serving of this food item will count for the following:

Carbohydrates @ 28g = 2 carbohydrate servings calculated by carbohydrates divided by the STANDARD (15g) = 1.866 servings so we round up to 2 servings carbohydrates. If your meal recommends 4 TOTAL servings you will make up 2 additional servings of carbohydrates meaning 1.5 tbs honey or ½ cup oatmeal.

Meat/Protein @ 6g = 1 meat/protein servings calculated by protein divided by the STANDARD (7g) = 0.85 servings so we round up to 1 servings meat/protein. If your meal recommends 3 TOTAL servings you will make up 2 additional servings of meat/protein meaning 2 oz LEAN turkey breast or ½ cup non-fat cottage cheese.

Fat @ 2g = ½ fat serving calculated by fat divided by the STANDARD (5g) = 0.40 servings so we round up to ½ serving fat. Now if your meal recommends 2 TOTAL servings you will make up 1 additional serving of fat meaning 6 almonds or 2 tsp peanut butter.

<u>*High Performance Nutrient Selection*</u>

Starches (equal to 1 serving of Carbohydrate)
12-15 grams carbohydrate

BREADS
* Bagel - whole-wheat, oat-bran, 9-grain (3.5 inch)	½ or 42g
* Bread - whole-wheat, oat-bran, 9-grain	1 slice or 32g
* Ezekiel bread (sprouted grains NO FLOUR)	1 slice
* Whole Wheat English muffin	½ or 33g
* Whole Wheat Pita bread (6.5 inch in diameter)	½ or 32g
* Whole Wheat Tortilla, 6 inches across	1 or 35g

CEREALS & GRAINS
* Barley (pearled) (dry)	1.25 tbsp or 15.6g
* Kashi Medley	1/3 cup or 19.8g
* Cream of Wheat regular or quick (dry)	1.5 tbsp or 16.7g
* Granola, low-fat (Heartland brand)	2.5 tbsp or 16.5g
* Grape-Nuts (Post brand)	2.5 tbsp or 16.5g
* Honey	¾ tbsp or 15.8g
* Millet (dry)	1.5 tbsp or 18.75g
* Oat Bran (dry)	3.5 tbsp or 20.5g
* Oatmeal (Quaker Instant/Old Fashion, dry)	¼ cup or 20g
* Pasta, wheat (noodles, bowtie, shells etc), (cooked)	1/3 cup or 46g
* Quinoa Grain (dry)	1.75 tbsp or 18.6g
* Rice, brown long-grain (cooked)	1/3 cup or 64.35g
* Rolled Oats	¼ cup or 20.25g
* Steel Cut Oats, dry	1/8 cup or 20g

STARCHY VEGETABLES
* Baked potato (no skin)	63.8g or 2.25 oz
* Baked Sweet potato (baked no skin)	56.7g or 2 oz
* Yams (baked, no skin)	56.7g or 2 oz

DRIED BEANS & LENTILS
ALSO COUNTS AS 1 MEAT SERVING

* Black Beans (S&W - canned)	106g or 3.75 oz
* Red Kidney, Pinto Beans (Green Giant - canned)	85g or 3 oz

Fruits (equal to 1 serving of Carbohydrate)
12-15 grams carbohydrate

* Apple, (with peel)	3.25 oz or 92g
* Banana, (peeled)	2.25 oz or 64g
* Blueberries (fresh)	3.5 oz or 99g
* Grapefruit, (peeled)	6.5 oz or 184g
* Grapes	3 oz or 85g
* Mango (fresh)	3 oz or 85g
* Orange, (peeled)	3.5 oz or 99g
* Pineapple	4 oz or 113g
* Peach (fresh)	4.55 oz or 127.5g
* Pear (fresh)	3 oz or 85g
* Papaya (fresh)	5 oz or 141.75g
* Raisins (seedless)	2 tbsp or 18.5g
* Strawberries (fresh)	6.5 oz or 184g
* Watermelon (fresh)	5 oz or 141.75g

Milk (equal to 1 serving of Protein & 1 serving Carbohydrate)
12-15 grams carbohydrates
6-8 grams protein

MILK & VERY LOW-FAT MILK

* Skim milk (0 grams fat)	1 cup or 8 Fl oz
* 1% Milk	1 cup or 8 Fl oz
* Plain non-fat yogurt	¾ cup or 6 oz
* Yoplait/Dannon Light Fruit yogurt	6 oz (1 container)

LOW-FAT MILK
ALSO COUNTS AS 1 FAT SERVING

* 2 % milk	1 cup or 8 oz
* Plain low-fat yogurt	¾ cup or 6.5 oz
* Sweet acidophilus milk	1 cup

WHOLE MILK
ALSO COUNTS AS 2 FAT SERVINGS

* Whole milk	1 cup or 8 oz

Vegetables (equal to 1 serving of Vegetables)
4-6 grams carbohydrates

All servings sizes are based on (raw or steamed)

* Asparagus 4 oz or 113 g
* Broccoli 2.75oz or 78g or ½ cup
* Cauliflower 2.75oz or 78g or ½ cup
* Green Beans 2.2oz or 62.5g or ½ cup
* Onions 53g or 1.86 oz or 1/3 cup
* Spinach 125g or 4.4oz or 2/3 cup
* Celery 120g or 4.25 oz or 1 cup
* Cucumber 156g or 5.5 oz or 1/3 cup
* Green onions 50g or 1.75 oz or ½ cup
* Mushrooms 78g or 2.5 oz or ½ cup
* Tomato 90g or 3.2 oz or ½ cup
* Salad greens (lettuce, romaine) 165g or 5.2 oz or 3 cups

Protein (equal to 1 serving of Meat)
6-8 grams protein

VERY LEAN MEAT (all measurements AFTER cooked)

* Chicken breast (white meat) boneless/skinless	1 oz or 28.35g
* Turkey breast (LEAN)	1 oz or 28.35g
* Fresh fish (cod, haddock, halibut, tuna (canned in water), tilapia)	1 oz or 28.35g
* Shell fish (crab, lobster, shrimp)	1.25 oz or 35.5g
* Egg whites	2 or 67g
* Egg Beaters	¼ cup or 2.15 oz or 61g
* Non-fat cottage cheese	¼ cup or 2 oz or 57 g
* Salmon Fillet	1 oz or 28.35g (also counts as ½ fat serving)
* Lean Sirloin	¾ oz or 21.25g
* Egg (including yolk)	1 or 50g (also counts as 1 fat serving)
* Cheese 2% (Reduced Fat, American, jack, Swiss, cheddar)	1 oz or 28.35g (also counts as 1 fat serving)
* Salmon	1 oz or 28.35g (also counts as ½ fat serving)

Fat (equal to 1 serving of Fat)
5 grams fat

MONOUNSATURATED FATS & POLYUNSATURATED FATS

* Avocado	1 oz or 28.35g
* Almonds (dry roasted)	1/3 oz (~ 6 pieces) or 1 tbsp or 8.6g
* Benecol	1 tbsp or 14g
* Cashews	1/3 oz or 1 tbsp or 9.65g
* Enova oil	1 Tsp or 4.5g
* Flax oil	1 Tsp or 4.5g
* Mayonnaise (Light, reduced-fat)	1 Tbsp or 15g
* Oil (olive or canola, Enova)	1 tsp or 4.5g or 0.16 oz
* Peanuts	1/3 oz or 9.36g
* Peanut/Almond butter (smooth or crunchy)	2 tsp or 0.38 oz or 10.6g
* Pecans	¼ oz or 1 tbsp or 7.44g
* Salad dressing (Light, reduced-fat)	2 Tbsp or 30g
* Sesame seeds	1Tbsp or 1/3 oz or 9.4g
* Smart Balance spread	1 tbsp or 14g
* Sunflower seeds	1Tbsp or 1/3 oz or 9.0g
* Walnuts	1Tbsp or 1/4 oz or 7.5g

FREE FOOD LIST
Less than 20 calories per serving
Less than 5 gram carbohydrates per serving
Recommended at 1 serving per meal per day

FAT FREE or REDUCED FAT
* Cream cheese	1 Tbsp
* Creamers, non-dairy liquid	1 Tbsp
* Creamer, non-dairy powder	2 Tbsp
* Mayonnaise, fat-free	1 Tbsp
* Margarine, fat-free	4 Tbsp
* Miracle Whip, non-fat	1 Tbsp
* Salad dressing, fat-free	1 Tbsp
* Sour cream, fat-free	2 Tbsp

SUGAR FREE or LOW SUGAR
* Hard candy, sugar free	1 piece
* Gelatin dessert, sugar free	1
* Gum, sugar free	1 piece
* Jam or jelly. Low sugar or light	2 tsp
* Syrup, sugar free	2 Tbsp

DRINKS
* Coffee
* Club soda
* Diet soft drinks, sugar free
* Tea
* Tonic water

SUGAR SUBSTITUTES
Equal (aspartame)
Splenda (Sucralose)
Sprinkle Sweet (saccharin)
Sweet One (Acesulfame potassium)
Sweet 'n Low (saccharin)

EATING OUT FOOD OPTIONS

The beauty of gaining mass is that you now have the freedom that you did not have while dieting. If you want to eat out, go ahead! You are trying to pack on mass and if you are off on macronutrients on one of your many weekly meals, it is not a big deal and might even help you reach your goals more efficiently – and definitely more palatable!

Meats to Select
- Grilled Boneless/Skinless Chicken Breast
- Grilled Lean Fillet Mignon or Lean Sirloin
- Grilled Lean Roasted Turkey Breast
- Grilled Halibut, Salmon, Cod, Whiting, etc
- Albacore tuna (canned in water)
- Reduced Fat cottage cheese
- Egg Whites

Carbohydrates to Select
- Plain oatmeal (LOW SUGAR)
- Whole wheat pancakes
- Whole grain/wheat toast, bread and bagels and crackers
- Whole grain cereals – Wheaties, Honey Bunches of Oh's, Cheerios, Special K
- Baked Yams/Sweet potatoes
- Whole wheat/grain pastas
- Baked potatoes
- Black, pinto and kidney beans
- Brown rice
- Corn tortillas
- LOW FAT granola

Fruits to Select

- Apple
- Banana
- Black/Blueberries
- Cantaloupe
- Grapefruit
- Oranges
- Peaches
- Pears
- Pineapple
- Raspberries
- Strawberries
- Tangerines

Fats to Select

- Dry roasted nuts (almonds, peanuts, pecans, walnuts, cashews)
- Peanut butter, Almond butter
- REDUCED FAT butter spreads - margarine
- Benecol Light butter spread
- Avocado
- REDUCED FAT dressing
- Sunflower seeds – can be added to salads for additional GOOD FATS
- Flax oil, Fish oil (rich in DHA/EPA)

Vegetables to Select

- All steamed vegetables with NO BUTTER added
- Green leafy vegetables

Making it Simple

For many of us, our lifestyles are always on the go and as hard as we try to eat healthy and get the proper daily calories, we still struggle. The following is a list of many foods from various restaurants based on total calories per item ordered. Your meal plan provides you approximate total calories per meal. Therefore, if you know that for meal 3 it is recommended to have 410 calories, then you are able to review this list at the 400 calories options and know what you can order when you are dining out. Or maybe you want to select 2 items from the ~ 200 calorie options. The goal here is to understand PORTION CONTROL and still live a fun and enjoying, yet productive lifestyle.

<u>~ 150 calorie meals that can be utilized at any meal 135-165 calorie range</u>

Applebee's – Onion Soup Au Gratin
Applebee's – Appetizer, Veggie Patch Pizza (10")

Burger King – Ken's, Light Italian Dressing (2 Oz)

Chili's – Southwestern Vegetable Soup, Cup, No Crackers
Chili's – Chicken Tortilla Soup, Cup, No Crackers

Lean Cuisine Café Classic – Chicken Marsala
Lean Cuisine Café Classic – Garlic Beef & Broccoli
Lean Cuisine Comfort Classic - Roasted Turkey & Vegetables
Lean Cuisine Skillets – Herb Chicken and Roasted Vegetables

McDonalds – English muffin
McDonalds – Hash Brown
McDonalds – Vanilla Reduced Fat Ice cream cone
McDonalds - Asian Salad (no meat)
McDonalds - Fruit and Yogurt parfait
McDonalds - Southwest Salad (no meat)

Taco Bell – Crunchy taco supreme – Fresco Style
Taco Bell – Grilled steak soft taco – Fresco Style
Taco Bell – Mexican rice

Subway – 6gm Fat, Oven Roasted Chicken Breast Salad, No Dressing Or Croutons
Subway – 6gm Fat, Turkey Breast & Ham Salad, No Dressing Or Croutons

Wendy's – Low-Fat Strawberry Yogurt (No Granola)

~ 200 calorie meals that can be utilized at any meal 185-215 calorie range

Applebee's – Grilled Shrimp Skewer Salad

Burger King – Ken's, Creamy Caesar (2 Oz)

Lean Cuisine Café Classic – Beef Portobello
Lean Cuisine Café Classic – Glazed Chicken
Lean Cuisine Café Classic – Honey Dijon Grilled Chicken
Lean Cuisine Café Classic – Roasted Garlic Chicken
Lean Cuisine Café Classic – Steak Tips Portobello
Lean Cuisine Café Classic – Thai-Style Chicken
Lean Cuisine Café Classic – Three Cheese Chicken
Lean Cuisine Comfort Classic - Baked Chicken Florentine
Lean Cuisine Comfort Classic - Beef Peppercorn
Lean Cuisine Comfort Classic - Oven Roasted Beef
Lean Cuisine One Dish Favorites - Chicken Chow Mein
Lean Cuisine Skillets – Chicken Alfredo
Lean Cuisine Skillets – Chicken Primavera

McDonalds – Chicken McNugget (4 psc)
McDonalds – Fruit and Walnut Salad (snack size)
McDonalds – Sausage patty
McDonalds – 2 scrambled eggs
McDonalds – 1% Low fat Chocolate milk
McDonalds – Medium Orange juice

Taco Bell – Spicy/reg Chicken soft taco
Taco Bell – Beef soft taco
Taco Bell – Meximelt
Taco Bell – Crunchy taco supreme
Taco Bell – Grilled steak soft taco

Wendy's – 4 pc Crispy Nuggets (no sauce)

~ 250 calorie meals that can be utilized at any meal 235-265 calorie range

Burger King – Tendergrill, Chicken Garden, No Dressing Or Croutons

Chili's – Chicken Enchilada, Cup, No Crackers

Lean Cuisine Café Classic – Bow Tie Pasta & Chicken
Lean Cuisine Café Classic – Chicken a L'Orange
Lean Cuisine Café Classic – Fiesta Grilled Chicken
Lean Cuisine Café Classic – Shrimp and Angel Hair Pasta
Lean Cuisine Café Classic – Chicken Teriyaki Bowl
Lean Cuisine Café Classic – Three Cheese Stuffed Rigatoni Bowl
Lean Cuisine Comfort Classic - Baked Chicken
Lean Cuisine Comfort Classic - Glazed Turkey Tenderloins
Lean Cuisine Comfort Classic - Meatloaf with Gravy & Whipped Potatoes
Lean Cuisine One Dish Favorites - Angel Hair Pasta Marinara
Lean Cuisine Skillets – Chicken Alfredo
Lean Cuisine Skillets – Chicken Primavera

McDonalds – Regular hamburger
McDonalds – Grilled snack wrap with honey mustard/ranch
McDonalds – Small French fries
McDonalds – Chicken McNuggets (6 psc)
McDonalds – Bacon ranch salad with chicken
McDonalds – Caesar salad with grilled chicken

Taco Bell – Enchirito
Taco Bell – Steak grilled taquitos
Taco Bell – Soft taco supreme
Taco Bell – Grilled soft taco
Taco Bell – Tostada

Wendy's – Kids Turkey and cheese sandwich
Wendy's – Yogurt, Low-Fat Strawberry (With Granola)

~ 300 calorie meals that can be utilized at any meal 285-315 calorie range

Applebee's – Cajun Lime Tilapia

Arby's – Santa Fe W. Grilled Chicken Salad (No Dressing)

Burger King – Croissan'wich W. Egg & Cheese

Lean Cuisine Café Classic – Sweet & Sour Chicken
Lean Cuisine Café Classic – Chicken Fried Rice Bowl
Lean Cuisine Café Classic – Teriyaki Steak Bowl
Lean Cuisine Casual Eating – Cheese French bread Pizza
Lean Cuisine Casual Eating – Steak, cheddar & mushroom Panini
Lean Cuisine Casual Eating – Chicken Club Panini
Lean Cuisine Comfort Classic - Cheese Lasagna with Chicken Breast Scaloppini
Lean Cuisine Comfort Classic - Glazed Turkey Tenderloins
Lean Cuisine Comfort Classic - Salisbury steak with Mac & Cheese
Lean Cuisine Comfort Classic - Chicken Parmesan

McDonalds – Regular cheeseburger
McDonalds – Southwest salad with grilled chicken
McDonalds – Asian salad with grilled chicken
McDonalds – Caesar salad with crispy chicken
McDonalds – Egg Mcmuffin
McDonalds – Sausage burrito

PF Changs – Seared Ahi Tuna W. Spicy Mustard

Subway – 6gm Fat, (6"), Oven Roasted Chicken Breast On Wheat Bread
Subway – 6gm Fat, (6"), Turkey Breast On Wheat Bread
Subway – Chicken Breast Wrap
Subway – Turkey Breast Wrap

Taco Bell – All Gordita items, supreme, beef, chicken, etc.
Taco Bell – Double Decker taco
Taco Bell – Steak taquitos with salsa

~ 350 calorie meals that can be utilized at any meal 335-365 calorie range

Applebee's – Italian Chicken & Portobello Sandwich
Applebee's – Steak & Portobellos
Applebee's – Mesquite Chicken W. Dressing

Arby's – Croissants, Bacon & Egg
Arby's – Blueberry Muffin
Arby's – Regular Roast Beef Sandwich

Chili's – Fajitas, Classic Chicken, No Tortillas

Lean Cuisine Café Classic – Sesame Chicken
Lean Cuisine Casual Eating – Three Meat Pizza
Lean Cuisine Casual Eating – BBQ recipe Chicken Pizza
Lean Cuisine Casual Eating – Roasted Garlic Chicken Pizza
Lean Cuisine Dinner Time Selects - Grilled Chicken and Penne Pasta
Lean Cuisine Dinner Time Selects - Lemon Garlic Shrimp

McDonalds – McChicken
McDonalds – Reg Snack wrap with ranch/honey mustard
McDonalds – Bacon Ranch salad with crispy chicken

PF Changs – Bowl Brown Rice (Cooked)

Quizno's – Turkey Lite Sub
Quizno's – Honey Bourbon Chicken Sub

Subway – Double Meat Subs (6"), Turkey Breast

Taco Bell – Double Decker taco supreme
Taco Bell – Chalupa supreme – beef, chicken, steak
Taco Bell – Steak taquitos with salsa
Taco Bell – Bean Burrito
Taco Bell – Fiesta Burrito – beef, steak, chicken

Wendy's – Kids Cheeseburger
Wendy's– Garden Sensations Cranberry Pecan Chicken W. Berry Balsamic Vinaigrette
Wendy's – Old Fashioned Burgers, Jr. Cheeseburger
Wendy's – Baked Potato, Broccoli & Cheese
Wendy's – Baked Potato, Sour Cream & Chives

~ 400 calorie meals that can be utilized at any meal 385-415 calorie range

Applebee's – Teriyaki Shrimp and Steak Skewers
Applebee's – Confetti Chicken
Applebee's – Sandwich, Tango Chicken W. Reduced-Fat Cheese, Sauce & Fruit

Arby's – Biscuits W. Bacon, Egg & Cheese
Arby's – Chicken Naturals Sandwiches, Chicken Fillet, Grilled

Burger King – Biscuits, Bacon Egg & Cheese
Burger King – Sausage Buiscuit
Burger King – Double Hamburger
Burger King – Tendercrisp, Chicken Garden, No Dressing Or Croutons
Burger King – Bk Veggie Burger (No Cheese)

IHOP – **½ portions** - Omlette Feast, Colorado Omelette, No Pancakes

Lean Cuisine Casual Eating – Four Cheese Pizza
Lean Cuisine Casual Eating – Pepperoni Pizza
Lean Cuisine Dinner Time Selects - Balsamic Glazed Chicken
Lean Cuisine Dinner Time Selects - Chicken Fettuccini
Lean Cuisine Dinner Time Selects - Chicken Portobello
Lean Cuisine Dinner Time Selects - Jumbo Rigatoni with Meatballs

McDonalds – Quarter Pounder
McDonalds – Fillet O Fish
McDonalds – Premium Grilled Chicken Classic sandwich
McDonalds – Chicken Selects® Premium Breast Strips (3 pc)
McDonalds – Southwest salad with crispy chicken
McDonalds – Asian salad with crispy chicken
McDonalds – Sausage McMuffin
McDonalds – Sausage biscuit
McDonalds – Sausage McGriddle

PF Changs – **½ portions** - Chicken, Spicy Ground W. Eggplant

Quizno's – **½ portions** - Signature Classics Subs, Traditional, No Dressing, Regular

Subway – Double Meat Subs (6"), Oven Roasted Chicken

Taco Bell – Chalupa Baja – beef, chicken, steak
Taco Bell – Burrito Supreme – Chicken, beef, steak
Taco Bell – Spicy chicken burrito

Wendy's – Garden Sensations Mandarin Chicken W. Almonds & Crispy Noodles, No Dressing
Wendy's – Chicken Temptations Sandwiches, Ultimate Chicken Grill

~ 450 calorie meals that can be utilized at any meal 435-465 calorie range

Applebee's – Low-Fat, Blackened Chicken Salad
Applebee's – Southwest Cobb Salad

Burger King – Tendergrill Chicken (No Mayo)

Chili's – Grilled Caribbean Salad, No Dressing, Crackers Or Toast
Chili's – Pitas, Chicken Fajita, No Fries

Daphne's – Greek Chicken Salad

IHOP – **½ portions** - Omlette Feast, The Big Steak Omelette, No Pancakes
IHOP – **½ portions** - South Western Chicken Fajita Salad, No Tortilla

McDonalds – Double Cheeseburger
McDonalds – Sausage McMuffin with cheese biscuit
McDonalds – Bacon egg and cheese McGriddle

PF Changs – Lettuce Wraps, Vegetarian
PF Changs – **½ portions** - Beef W. Broccoli, (Lunch Portion)
PF Changs – **½ portions** - Oriental Chicken Salad W. Vinaigrette

Quizno's – **½ portions** - Flatbread Chopped, Classic Cob W. Dressing
Quizno's – **½ portions** - Flatbread Chopped, Roasted Chicken Honey Mustard W. Dressing

Taco Bell – Grande soft taco
Taco Bell – ½ lb Beef combo burrito
Taco Bell – ½ lb cheesy bean and rice burrito
Taco Bell – Fiesta taco salad WITHOUT shell
Taco Bell – Chicken Fiesta taco salad WITHOUT shell
Taco Bell – Zesty Chicken BORDER BOWL (no dressing)
Taco Bell – Nachos supreme

Wendy's – Frescata Sandwiches, Roasted Turkey & Basil Pesto
Wendy's – Old Fashioned Burgers, 1/4 Lb. Single

~ 500 calorie meals that can be utilized at any meal 485-515 calorie range

Applebee's – Tortilla Chicken Melt

Arby's – Croissants, Sausage, Egg & Cheese
Arby's – Market Fresh, Chicken Club Salad, No Dressing
Arby's – Chicken Naturals Sandwiches, Southwest Chipotle Chicken, Grilled

Burger King – Croissan'wich W. Sausage Egg & Cheese
Burger King – Bk Veggie W. Cheese
Burger King – Tendergrill Chicken (With Mayo)

Chili's – Grilled Entrees, Firecracker Tilapia W. Mexican Rice And/Or Vegetables
Chili's – Guiltless Grill, Chicken Sandwich, As Served
Chili's – Guiltless Grill, Salmon, As Served
Chili's – Chili's Classic Sirloin Salad, No Sides Or Garlic Toast
Chili's – **½ portions** - Chicken Caesar Salad W. Dressing, No Crackers Or Toast
Chili's – Dinner Caesar Salad W. Dressing, No Crackers Or Toast
Chili's– **½ portions** - Southwestern Caesar Chicken Salad W. Dressing, No Crackers/Toast
Daphne's – Spicy Greek Chicken W. 1 Oz Fire Feta Cheese

IHOP – **½ portions** - South Western Chicken Fajita Salad With Tortilla

Lean Cuisine - Chicken Marsala Café Classic
Lean Cuisine - Garlic Beef/Broccoli Café Classic

McDonalds – Quarter Pounder with cheese
McDonalds – Premium Crispy Chicken Classic sandwich
McDonalds – Premium Grilled Chicken Ranch BLT Sandwich

PF Changs – Lettuce Wraps, Chicken
PF Changs – **1/3 portions** Beef, Orange Peel

Quizno's – **½ portions** - Flatbread Chopped, Chicken Caesar Salad W. Dressing
Quizno's – Signature Subs, Steakhouse

Subway – (6"), Meatball Marinara Sub On Wheat Bread
Subway – (6"), Tuna On Wheat Bread

Taco Bell – Cheese quesadilla
Taco Bell – 7-Layer burrito
Taco Bell – ½ lb beef and potato burrito
Taco Bell – Mexican Pizza
Taco Bell – Chicken/Steak quesadilla

Wendy's – Garden Sensations Chicken Caesar Salad with dressing NO CROUTONS

Cheaters Always Prosper
The OFFICIAL Scivation Guide to Dietary "Cheating"
By: Chuck Rudolph, MEd, RD
With
Marc Lobliner and Derek Charlebois

Since publishing *Game Over—The Final Showtime Cut Diet You'll Ever Need*, we have been bombarded with emails and comments. The one most frequently asked question is how and when it is okay to deviate from the plan. The answer for this is simple…Never! If following the Cut Diet, you should not cheat and if you do cheat, it better not be often. If you do happen to cheat, don't cry to us that your results aren't optimal. The bottom line is that the Cut Diet relies on getting the body primed and in the zone. Cheats throw this off. But what if following more of a lifestyle type Cut Diet where you taper carbs throughout the day or even the Lean Mass Diet? These are situations where cheating is acceptable and downright yummy. If you like eating pie and being lean at the same time read on and find out how you can cheat and win!

How much can I cheat?

Let's set forth some guidelines. While it is okay to have the occasional Thanksgiving-like feast where you eat until your pants don't fit and your feet are swollen, we do not recommend doing this on a weekly basis. Thus, when following the aforementioned diets, we recommend two to three cheat meals per week with calories at around 150% of your normal meal. Meaning that if a normal meal for you yields 500 calories, you will want the cheat to be around 750 calories. But how do you count cheat calories? You don't. It is all about moderation and approximating the total. In essence, eat until you are full yet not stuffed.

What can I eat for my cheat meal?

We recommend making healthy choices, but the beauty of a cheat meal is that you can cave in to those cravings! If you feel like a piece of pie, get a nice slice of Pecan Pie. If you feel like cheese, buy some Gouda! Just try to control yourself and not eat the whole pie or an entire cheese wheel. The beauty is that you can kiss those protein to carb to fat ratios goodbye for this meal. Enjoy the freedom!

Why am I always bloated after cheat meals?

You are bloated because you ate a lot of food and probably knocked back a few Diet Cokes as well! To alleviate some of the bloat, limit fluid intake around the cheat meal. However, since the bloat will subside in 72 hours or so, just enjoy the meal and deal with it unless of course, you have to take your shirt off in the upcoming days!

What should I eat before a cheat meal if I know it is going to happen?

Just eat you regularly scheduled meals and then roll into the cheat meal as a replacement for one of your scheduled meals.

What about after the cheat? Should I not eat?

Eat your next scheduled meal after the cheat meal. If too full to do this, simply skip the meal (try not to do this) or eat a portion of your next scheduled meal.

What about after that?

If you feel you went overboard on the cheat meal, then add five to ten minutes of cardio to the next two to three cardio sessions. If the day after the cheat meal is an off day from weight training, you can go to the gym on the off day for 20 to 30 minutes of cardio.

Although we put a lot of effort into looking the way we do, it is always nice to be able to be "normal" once in a while. Unless you are on a Showtime Cut Diet and cheating is not an option, live a little! Take your spouse or date out to Red Lobster and eat up some shrimp! Heck, get some oysters and get your freak on! Bodybuilding and the physique enthusiast lifestyle is all about balance, consistency and longevity. So do what Scivation recommends, put down that food scale once in a while and live life!

Determining Calories For The MASS Diet

For simplicity and a rough estimate, we have divided people into six different groups (these numbers are not scientifically proven, they are estimates we have gathered based on an average weight and body types (1500+ clients) using our calorie calculator) based on if you are an Endomorph, Mesomorph or Ectomorph. Calories are estimated to gain 0.5-1lb or 1.5-2 lb per week.

To gain 0.5 - 1lb/week on Workout Day (please note the NON WO day calorie levels are already determined at 600-750 calories less than workout day). There is no equation to figure out NON WO day calories. We have already done it for you.

Endomorph = 35-37 calories/kg
Mesomorph = 38-40 calories/kg
Ectomorph = 41-43 calories/kg

To gain 1.5 - 2lb/week on Workout Day (please note the NON WO day calories levels are already determined at 600-750 cals less than workout day). There is no equation to figure out NON WO day cals. We have already done it for you.

Endomorph = 40-42 calories/kg
Mesomorph = 43-45 calories/kg
Ectomorph = 46-48 calories/kg

For example, a 165lb male who is a Mesomorph body type and wants to gain 0.5lb – 1lb LBM per week would equal:

165/2.2 = 75 Kg x 38-40 calories/kg = ~2,850 – 3,000 calories

      This individual would opt to use the MASS Diet 3,000. There will be 3,000 calories for WO days and 2,400 Cals for NON WO days. This will allow for a LBM gain of .05lb-1 lb/week. NOTE: As LBM increases with recommended caloric intake, the body will need to increase calories to continue gaining LBM. Once you have hit a stick point (where your weight does not go up in two consecutive weeks), switch MASS diet plans to the next increase in calories. For instance, this example person, after the stick point is reached, would switch to MASS Diet 3,500. If the weight increases too fast, then stay on the MASS Diet 3,500 but use the Mass Diet 3,000 NON WO day calories until weight increase slows down.

What Is Nutrition?

Nutrition is the science of foods and nutrients and their actions within the body (including ingestion, digestion, absorption, transportation, utilization and excretion). Nutrition has played a significant role in your life, even before birth, and will continue to affect your life in major ways depending on the foods that you select.

- Food Selections – People decide what to eat and when to eat often based on social motives rather than on awareness of nutritional importance to their health. The following are various behavioral/social motives for food selections:

  1. *Body weight and personal image* – Some people select certain foods and supplements that they believe will improve their physical appearance and avoid foods they feel might be detrimental. These decisions can be beneficial when based on sound nutrition and exercise information, but can be the reverse if based on quick fixes and fads with no backing.

2. *Availability, convenience and economy* – People eat foods that are accessible, quick and easy to prepare and within their financial means. With today's daily stressors (work, children, finances, personal appearance, etc), quick and easy selections outweigh healthy nutrition selections all the time.
3. *Social interactions* – Many people enjoy eating with friends. Meals are social events and the sharing of food is part of hospitality.
4. *Emotional comfort* – Many people eat in response to stress or emotional stimuli. Eating in response to emotions and/or stress can lead to overeating and increased weight gain.
5. *Personal preference* – People like certain foods based on flavor and taste.
6. *Habits* – Certain foods are selected based on habit. People will eat cereal every morning for breakfast based on habit. Eating a familiar food and not having to make any decisions can be easy/less stressful and comforting.
7. *Ethnic heritage or tradition* – One of the strongest influences on food selections. Different ethnic backgrounds have staple foods that they use in their main dishes.
8. *Positive and negative association* – People tend to like foods that were related to a fun or happy moment in their life. On the other hand, they may not like a food because it made them sick or they ate it while they were sick.
9. *Values* – Food selections that may reflect ones religious beliefs, political views or environmental concerns.

FOODS *vs.* NUTRIENTS = ENERGY

- *Foods* are products derived form plants and animals that can be consumed by the body to provide nutrients for maintenance of life and the growth and repair of tissues.

- *Nutrients* are the chemical compounds obtained from food and used by the body to provide energy, structural materials and regulating agents to support growth, maintenance and repair of the body's tissues and organs.

- *ENERGY* is the capacity to do work. The energy from food is chemical energy. The body can convert this chemical energy into mechanical, electrical and heat energy.

The Six Essential Nutrients

The body can make some nutrients, but it cannot make all of the nutrients it needs or sufficient amounts of some nutrients. These nutrients are called essential nutrients. Essential nutrients must be consumed through one's diet in order to meet the body's needs. The body must obtain these nutrients from foods. The nutrients that food must supply are called ESSENTIAL NUTRIENTS.

There are six classes of essential nutrients:

- Carbohydrates
- Fats/Lipids
- Proteins
- Water
- Minerals
- Vitamins

Macronutrients: Carbs, Protein, and Fats

This section will tell you why we use these nutrients, what they are for, and educate you on the difference within the categories.

Carbohydrates
- Types = Simple, Complex and Fiber.
- Primary Function = Supply energy to body.
- Immediate energy source.
- Only fuel useable by brain & blood cells.
- Primary fuel for muscles during high intensity exercise.
- Long chains of sugar units.

Simple Carbohydrates
- Only 1-2 sugar units in length.
- Monosaccharides & Disaccharides.
- Make foods sweet.
- Digested and absorbed quickly which leads to high blood glucose levels (large insulin spike) and conversion of food to fat in the liver.
- Examples = Table sugar, candy, sodas, high fructose corn syrup, fruits, honey.

Complex (starchy) Carbohydrates
- Chains of many sugar units.(10's to 1000's in length).
- Digested and absorbed slowly which leads to healthy blood glucose levels (normal insulin response) and conversion of food energy for the body.
- Whole grains, oatmeal, bran, potatoes, wheat/whole grain bread/pastas.

Dietary Fiber
- A type of carbohydrate but cannot be digested by the human gut nor does it provide any energy of which to speak.
- Among its protective qualities, it helps soften stool and encourages normal eliminations (healthy bowel movements).
- Fiber rich diets also promote a feeling of fullness, which is very beneficial for those looking to drop a few excess pounds.

- Fiber has been linked to a reduction in heart attacks, strokes, colon cancer and diabetes.

2 Types of Dietary Fiber:

- Soluble
    - Dissolves in water & can be broken down by bacteria in the large intestine.
    - Slows down glucose absorption and binds up cholesterol molecules.
    - Sources of soluble fiber are: Fruits, Vegetables, Oats, Barley, Legumes
    - Benefits:
        - Slower release of glucose into bloodstream.
        - Slower stomach emptying (increased feeling of fullness).
        - Reduces absorption of dietary cholesterol.
- Insoluble
    - Does not dissolve in water and can not be broken down by bacteria in the large intestine.
    - Binds water into the feces, making it softer & bulkier so that it passes quickly & easily through the digestion system.
    - Sources of insoluble fiber are: wheat bran, whole grain breads, whole grain cereals, cabbage, carrots, brussel sprouts.
    - Benefits:
        - Prevents constipation, hemorrhoids & diverticulitis.
        - Binds up carcinogens, reducing exposure to them.

BOTH forms of fiber reduce fatty acid absorption (decreasing risk of CVD) and reduce the risk of Colon/Rectal cancer. However, extremely high dietary fiber intake (more than 40 grams per day) can also lead to health problems including chronic diarrhea & difficulties in dietary nutrient absorption.

Carbohydrate Selection Tips and Recommendations

1. Select foods high in fiber like whole grains, oats and bran.
2. Eat starchy carbs (breads, pastas, cereals, rice, etc) earlier in the day before 3 PM.
3. Eat fibrous vegetable carbs (broccoli, asparagus, spinach, green beans, lettuce, tomato, cucumber, etc) in place of starchy carbs after 3 PM.
4. Carbs provide 4 calories per gram.
5. Limit intake of simple sugars/sweets, fruit drinks and sodas.
6. Consume 1-2 fruit servings before 3 PM.
7. When eating any carbohydrate (simple or complex), it is beneficial to add 1-2 servings of good fats (almonds, peanut butter, avocado, flax oil, reduced fat dressing) to reduce insulin release. Fats will bind with carbohydrates in the stomach and release smaller amounts into the

intestine. This smaller (bolus) amount of digested good carbs will indicate a smaller need for insulin. Therefore, reducing chances of excess fat storage.

Proteins
- These nutrients serve as structural building blocks and the "work horses" in body chemistry.
- They are only used as a source of energy when alternative sources are not adequately available - very inefficient conversion to glucose!
- Functions of Protein in the Body:
  - Structural Components of Body (esp. Muscle, Bone).
  - Enzymes ("workhorses" of body chemistry).
  - Hormones (communication).
  - Antibodies (immunity).
  - Emergency source of energy.
  - Help maintain body fluid balance.
- Made up of NITROGEN containing subunits called AMINO ACIDS.
- There are 20 total amino acids.
- 9 of the 20 amino acids are essential: Histidine, Isoleucine, Phenylalanine, Methionine, Leucine, Threonine, Valine, Lysine, and Tryptophan.

Protein Quality—Complete vs. Incomplete
- COMPLETE PROTEINS
  - Contain all the essential amino acids in adequate amounts.
  - Good sources include: Lean meat, boneless/skinless chicken breast, fresh fish, egg white, cheese, milk, soy.
- INCOMPLETE PROTEINS:
  - Lacking in one or more of the essential amino acids.
  - Least present essential amino acid (relatively) is the Limiting Factor in protein synthesis.
- Complimentary Proteins (need to mix & match to get correct quantities and balance).
- Examples:
  - wheat bread/peanut butter
  - beans/rice

Protein Selection Tips and Recommendations
1. Select lean meats such as halibut, tilapia, boneless/skinless chicken breast (white meat), lean turkey breast, egg whites and whey protein.
2. Necessary for building lean muscle tissue.
3. Protein provides 4 calories per gram.
4. Protein needs vary based on activity levels; 0.8 grams per kg body weight in normal people and 1.2 – 2.2 grams per kg body weight in athletes.
5. If on a high protein diet, it is essential to stay hydrated. Dehydration and increased protein intake can cause the kidneys to over work themselves.

FATS / LIPIDS

- These nutrients represent the most concentrated source of energy.
- They are a necessary nutrient in the body, only excesses should be avoided!
- Functions of Fat in Body:
    o Storage of Energy.
    o Absorption of Fat-Soluble Vitamins.
    o Adding Flavor and Texture to Food.
    o Structural Components of Hormones.
    o Structural Components of Cell Membranes.
    o Insulation of Body.
    o Cushioning of Body.

Triglycerides
    o 95% of all stored lipids in the body.
    o 90% of fat weight in foods.
    o Function = Stored Energy.

3 TYPES of TRIGLYCERIDES

- Saturated
    o All hydrogen bonding locations are filled.
    o No carbons are double bonded.
    o More stable so solid at room temperature.
    o Common in red meats, whole milk, cheese, butter, ice cream.
    o Causes increases in LDL production! (the "bad" cholesterol).
- Monounsaturated
    o All hydrogen bonding locations are filled except ONE.
    o One pair of carbons is double bonded.
    o Sources: olive & canola oil, avocados, almonds, peanut butter.
    o Reduces total blood cholesterol, LDL, and blood triglyceride levels. (Reducing risk of heart disease, stroke, and some cancers!).
    o Increases HDL levels - MOST EFFECTIVE FOR PROMOTING CARDIOVASCULAR HEALTH!
- Polyunsaturated
    o Multiple hydrogen bonding locations are open.
    o Multiple double bonds are present.
    o Unstable so liquid at room temperature.
    o Sources: Corn & sunflower oils, soy, walnuts, fish, and dark green leafy vegetables.
    o Reduces total blood cholesterol, LDL, and blood triglyceride levels. (Reducing risk of heart disease, stroke, and some cancers!).

2 Essential Fatty Acids (BOTH are polyunsaturated)
- Omega-6 Fatty Acids (AKA Linoleic Acid)
  - Common sources include vegetable oils, seeds, nuts, and whole grains.
  - Commonly found in margarine, mayonaise, and salad dressings.
- Omega-3 Fatty Acids (AKA Linolenic Acid)
  - Common sources are fish and fish oils.
  - This one is where deficits usually occur!
- Functions:
  - Same as other polyunsaturates, but also affect growth in infants and proper functioning of nerves and cell membranes.
- Deficits:
  - Can lead to growth retardation decreased reproductive function, kidney/liver failure.

Fat Selection Tips and Recommendations
1. Select lean fats rich in omega 3 and omega 6 fatty acids such as fish oil, olive & canola oil, avocados, almonds, peanut butter, nuts, Etc.
2. Total calories per day from fat should not exceed 30%.
3. No more than 7% of total fats from "saturated" sources - red meats, whole milk, cheese, butter, ice cream.
4. Select food low in Cholesterol – 300mg of cholesterol or less per day.
5. Select Salad dressing that are "Light" and made with canola oil, olive oil, or safflower oil.

Simple Ways to Reduce Saturated Fat Consumption –
- Use skinless chicken & turkey.
- Bake, barbecue, broil, steam, roast, or stew meats rather than frying.
- Use lean cuts of meat and trim off visible fat.
- Drink non-fat milk.
- Limit creamy spreads and dressings (substitute vinaigerettes).
- Avoid cooking with lard or tropical oils (palm & coconut).
- Skim the fat off the top of soups (they naturally dissociate & float at the top)
- Use tomatoes, onions, peppers, garlic, etc. to add flavor to sauces instead of butter, creams, or cheeses.

Chapter 6:
The LMG TRI-PHASE Training System

Tri-Phase 12-Week Mass Program

In our opinion, consistently adding weight to the bar—lifting heavier weights and/or completing more reps—is the most effective way to add muscle and grow and should be your primary concern when gaining LEAN MASS. The number of exercises, sets, rep ranges, etc. you use is should be secondary to progressing with the loads you lift. With that said, it is impossible to add weight to the bar EVERY workout. If it were, everyone would be benching 800 pounds and squatting over a 1,000. Therefore one must adjust their workouts in order to keep progressing.

When designing a weight training routine there are three main variables that can be altered in order to change the type of growth stimuli you get from the routine. These variables are volume, intensity, and frequency.

- Volume = sets * reps
  - The more sets and reps the greater the volume of a given workout.
- Intensity = percentage of your 1-RM max
  - If your max bench is 315 then lifting 295 is more intense than 225 because it is a greater percentage of your 1-RM.
- Frequency = number of times you work a muscle in a given time span
  - Most people use one week as the time span.

These variables must be balanced in order to keep you progressing. If you do too much you will not be able to recover sufficiently and then your strength and muscle gains will slow. We are also going to throw another term out there—training density. The density of a workout is the sets * reps * load. You should strive to increase the density of each workout by increasing the load lifted, which should be done for every phase of training.

It is helpful to break your training up into phases, which is called periodization. One phase might focus on increasing the volume of your routine while the next phase might focus on increasing the frequency of your routine. The idea is to stimulate your muscular system in a different way with each phase in order to promote more growth. As we said in the beginning of this section, no matter what variable you are focusing on during a given training phase, your primary focus should be progressing each and every workout by lifting a greater load. If you deadlifted 315 for 8 reps for your last workout, you want to beat that

the next workout. This can be done by adding weight to the bar (i.e. 10 lbs.) or completing more reps (i.e. 10 reps since you got 8 last time). You must progress in order to grow!

With this information in mind, we have created a three-phase mass program. Each phase is four weeks long and focuses on one of the three training stimuli variables and is designed to promote a steady state of progression. Let's get into the program.

Phase 1—Volume

The goal of Phase 1 is to increase the volume (number of sets) each week. In addition to adding sets each week you should always strive to lift a greater load each workout.

- Week 1 = 2 sets per exercise
- Week 2 = 3 sets per exercise
- Week 3 = 4 sets per exercise
- Week 4 = 5 sets per exercise

Rest time = 90 seconds between sets.

Workout 1   Chest+Shoulders
Workout 2   Back+Traps
Workout 3   Legs
Workout 4   Arms

Chest+Shoulder
Bench Press	2-5 X 6-10
Incline DB Press	2-5 X 6-10
Dips	2-5 X 6-10
Military or DB Press	2-5 X 6-10
DB Side Lateral	2-5 X 6-10

Back+Traps
Rack Deadlift	2-5 X 6-10
Pull-Up	2-5 X 6-10
Bent Over Row	2-5 X 6-10
BB Shrug	2-5 X 6-10
DB Shrug	2-5 X 6-10

Legs
Squats	2-5 X 6-10
Stiff Leg Deadlift	2-5 X 6-10
Leg Extension	2-5 X 6-10
Leg Curl	2-5 X 6-10
Lunges	2-5 X 6-10

Arms+Calves

BB Curl	2-5 X 6-10
Close Grip Bench	2-5 X 6-10
Skull Crusher	2-5 X 6-10
DB Curl	2-5 X 6-10
Standing Calf Raise	2-5 X 6-10
Seated Calf Raise	2-5 X 6-10

The rep range for Phase 1 is 6-10, which means you want to get at least 6 reps but no more than 10 reps. If you cannot get 6 reps then the weight is too heavy. If you can get more than 10 reps then the weight is too light. Once you can complete 10 reps with a given weight you should increase the weight for the next set. For example, if you can squat 225 lbs. for 10 reps the increase the weight to 235 lbs.

Phase 2—Intensity

The Goal of Phase 2 is to lift a near maximal load for low reps. There will be no changes in the number of sets you complete, just the load you lift.
- Week 1 = 8-RM
- Week 2 = 6-RM
- Week 3 = 4-RM
- Week 4 = 2-RM
-

Rest time = 2-3 minutes between sets.

Workout 1	Upper Body A
Workout 2	Lower Body A
Workout 3	Upper Body B
Workout 4	Lower Body B

Upper Body A

Bench Press	3 X 2-6
Bent Over Row	3 X 2-6
Military Press	3 X 2-6
BB Shrug	3 X 2-6
Close Grip Bench	3 X 2-6
BB Curl	3 X 2-6

Upper Body B

Incline Press	3 X 2-6
Pull-Up	3 X 2-6
DB Shoulder Press	3 X 2-6
DB Shrug	3 X 2-6
Skull Crusher	3 X 2-6
DB Curl	3 X 2-6

Lower Body A

Squats	3 X 2-6
Stiff Leg Deadlift	3 X 2-6
Seated Calf Raise	3 X 2-6

Lower Body B

Deadlift	3 X 2-6
Leg Press	3 X 2-6
Standing Calf Raise	3 X 2-6

The rep range for Phase 2 is 2-6, but unlike Phase 1, you are going to shoot for a given rep number for each workout. The goal for week one is to use a weight that allows you to complete 3 sets of 8 reps; week two is to complete 3 sets of 6 reps; week three is to complete 3 sets of 4 reps; week four is to complete 3 sets of 2 reps. Each week you will be lifting a heavier load. For Deadlift, it may be something like:

- Week 1 = 315 for 3 X 8
- Week 2 = 335 for 3 X 6
- Week 3 = 355 for 3 X 4
- Week 4 = 375 for 3 X 2

If you prefer, you can do arms after legs on the lower body day since the volume is lower on leg day. Some people may prefer to do all of the upper body in one workout because they find leg training more taxing or just because of personal preference. I leave it up to each individual to decide whether they prefer to train arms in the upper body workouts or the lower body workouts.

Phase 3—Frequency

The goal of Phase 3 is to hit each muscle more frequently than Phase 1 & 2.

Workout 1	Whole Body A	2 X 4-6	Rest = 2 mins
Workout 2	Whole Body B	2 X 6-10	Rest = 90 sec
Workout 3	Whole Body C	2 X 10-12	Rest = 30 sec
Workout 4	Weak Point		

Each workout uses different exercises and different rep ranges, though the same exercises could be used for each workout if one prefers. The goal is to do two sets of an exercise for each muscle group. Here is an example of how this workout could be set up:

Muscle	Workout A (Mon)	Workout B (Wed)	Workout C (Fri)
Quad	Squats	Leg Press	Leg Extension
Ham	Stiff Leg Deadlift	Lying Leg Curl	Seated Leg Curl
Calf	Seated Calf Raise	Standing Calf Raise	Donkey Calf Raise
Chest	Flat Press	Incline Press	Decline Press or Dips
Back	Bent Over Row	Pull-up	Rack Deadlift
Delt	Military Press	DB Side Lateral	Cable Lateral
Trap	Barbell Shrug	DB Shrug	Low-Pulley High Row
Tris	Close Grip Bench	Skull Crusher	Tricep Pressdown
Bis	Barbell Curl	DB Curl	Cable Curl

Weak Point Training (Saturday)

The weak point training day is here so each individual person can pick what they need to work on. If you need to bring up your back and calves, then

work your back and calves. If you need to bring up your chest and biceps, then work your chest and biceps. An example Weak Point day for chest and biceps would be:

Incline BB Press	3 X 4,8,12
Flat DB Press	3 X 4,8,12
DB Curls	3 X 4,8,12
Hammer Curls	3 X 4,8,12

It is common for people to have underdeveloped calves, forearms, and posterior (rear) delts. The weak point training day would be perfect to workout on these muscles. An example routine for these weak points would be:

Calves	Standing Calf Raise	3 X 4,8,12
	Seated Calf Raise	3 X 4,8,12
Forearms	BB Forearm Curl	3 X 4,8,12
	DB Forearm Curl	3 X 4,8,12
Rear Delts	DB Rear Lateral	3 X 4,8,12
	Reverse Pec Dec	3 X 4,8,12

At this point in your training you should have an idea of what exercises you need to do in order to bring up your weak points. Because of the low volume of training during the week (a total of 6 sets per muscle group), there should be a low chance for overtraining to occur even though you are hitting your weak muscle group very frequently.

Week 13

After 12 weeks of intense training your body may be pretty "beat up." Therefore, week 13 should be a recovery week, meaning NO training. This off time will help your body recover and refresh you for your upcoming training weeks. After your week off, you can either restart the Triphase Training Program at phase-1 or you can begin a specialized hypertrophy workout.

The Importance of Year Round Cardiovascular Training

Endurance A.K.A. cardiovascular training improves the heart's ability to pump blood and increases oxygen uptake into cells. A "fit" person also burns more fat at rest and during exercise than an unfit person. Bodybuilders use cardiovascular training mainly as a means to increase caloric expenditure thereby increasing fat loss or decreasing fat gain. By doing cardio year round you

will increase your body's capacity to burn fat at both rest and exercise. Let's discuss what type of cardio to do.

Low-Moderate Intensity Cardio on Weight Training Days

As stated in the intro, bodybuilders primarily use cardio as a means in increase their caloric expenditure (Cardiovascular training has a TON of other health benefits, but we will not touch on those benefits here). The use of low-intensity cardio, done either pre or post weight training, allows one to burn more calories while not hampering recovery. Low-intensity cardio is not as strenuous on the body as high-intensity cardio or high-intensity interval training (HIIT). It would be very hard for someone to complete a HIIT session pre weight training as it would decrease your performance when lifting weights or to complete the session post weight training as it would be very fatiguing.

We want to keep the body healthy and injury free. If you get injured then your workouts will suffer or cease altogether. Therefore, I feel it is more practical to perform low to moderate intensity cardio on weight training days. Now one could perform their cardio separate from their weight training, but for most that would mean two trips to the gym, which is impractical; Hence my recommendation to perform cardio pre or post weight training. While trying to gain lean mass, I recommend doing 20 minutes of low-intensity cardio done post-workout.

Whether you choose to do your cardio pre or post weight training is a personal preference. Remember, your main goal is to hit it hard in the weight room. If doing cardio pre weight training decreases your performance then it would be better for you to do it post workout. If you find that you are too tired to do cardio post weight training or simply find you become too bored and enough do not finish your cardio session, it would be better for you to do your cardio pre weight training.

In addition, you could also do your cardio on your off days instead of pre or post workout. In this case I recommend doing 30 minutes in the morning.

Chapter 7

Master Meal Plan Workout Days
MASS DIET 2000

Pre-Weights Supplements -   2 scoops Vaso Charge in 16 Oz water 25 minutes prior to workout
Workout Nutrition -   4 - 8 scoops Xtend + 1 scoop Primal EAA/14-21g WPI during weights/cardio

Pre-WO Meal - This can be any meal listed below just have <u>last bite 75-90 minutes</u> before training.
POST-WO Meal - Next meal in line and should be eaten <u>30-45 minutes after</u> your training

Meal 1   60g Carbs,   28g Protein,   10g Fats   **442 Kcals**
   3   Serving/s Meat Category   1-Multi
   2   Serving/s Fat Category   1-Fish Oil
   1   Serving/s Fruit Category   1-Sesamin
   2   Serving/s Carbohydrate Category
   1   Serving/s Milk Category *- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate serving*

Meal 2   45g Carbs,   28g Protein,   10g Fats   **382 Kcals**
   4   Serving/s Meat Category   1-Fish Oil
   2   Serving/s Fat Category   2-CLA
   1   Serving/s Fruit Category
   2   Serving/s Carbohydrate Category

Meal 3   40g Carbs,   28g Protein,   10g Fats   **362 Kcals**
   4   Serving/s Meat Category   1-Fish Oil
   2   Serving/s Fat Category   1-Sesamin
   2   Serving/s Vegetable Category
   2   Serving/s Carbohydrate Category

Meal 4   25g Carbs,   21g Protein,   10g Fats   **274 Kcals**
   3   Serving/s Meat Category   1-Multi
   2   Serving/s Fat Category   1-Fish Oil
   2   Serving/s Vegetable Category   2-CLA
   1   Serving/s Carbohydrate Category

Meal 5   15g Carbs,   28g Protein,   15g Fats   **307 Kcals**
   4   Serving/s Meat Category   1-Fish Oil
   3   Serving/s Fat Category   1-Sesamin
   3   Serving/s Vegetable Category

Meal 6   10g Carbs,   21g Protein,   10g Fats   **214 Kcals**
   3   Serving/s Meat Category   1-Fish Oil
   2   Serving/s Fat Category   2-CLA
   2   Serving/s Vegetable Category

Total Carbohydrates	195g
Total Protein	154g
Total Fat	65g
Total Calories	1981g

Example Meal Plan Workout Days
MASS DIET 2000

Meal 1

6each or	201g	egg whites	3oz or	85.05g	LEAN turkey breast	3/4c or	171g	NON FAT cottage cheese
12each or	17.2g	almonds	4tsp or	21.2g	peanut\almond Butter	2oz or	56.7g	avocado
2tbp or	18g	raisins	6.5oz or	184g	grapefruit	2.25oz or	64g	banana
1/2c or	40g	oatmeal (dry)	1slc or	66g	whole grain English mu	2slc or	64g	whole grain toast
6oz or	170g	Yoplait Light yogurt	8floz or	237ml	NON FAT milk	6oz or	170g	Plain NON FAT yogurt

Meal 2

4oz or	113.4g	tuna (canned in H2O	4oz or	113.4g	grilled halibut/tilapia	4oz or	113.4g	grilled chicken breast
12each or	17.2g	almonds	4tsp or	21.2g	peanut\almond Butter	2oz or	56.7g	avocado
3.25oz or	92g	apple	3oz or	85g	pear	3.5oz or	99g	orange (peeled)
1/2c or	40g	oatmeal (dry)	4oz or	114g	baked sweet potato	2/3c or	128.7g	brown rice (cooked)

Meal 3

4oz or	113.4g	grilled chicken breas	4oz or	113.4g	grilled halibut/tilapia	1cup or	228g	NON FAT cottage cheese
12each or	17.2g	almonds	4tsp or	9g	Olive/Enova Oil	2oz or	56.7g	avocado
1 c or	156g	steamed broccoli	1 c or	125g	steamed green beans	1 1/3c or	250g	steamed spinach
2/3c or	128.7g	brown rice (cooked)	4oz or	114g	baked sweet potato	2/3c or	92g	whole grain pasta

Meal 4

1 sc or	30g	scoops whey protein	3oz or	85.05g	grilled halibut/tilapia	3oz or	85.05g	grilled chicken breast
20each or	18.72g	peanuts	4tsp or	21.2g	peanut/almond butter	2oz or	56.7g	avocado
1 c or	156g	steamed broccoli	1 c or	125g	steamed green beans	8oz or	226g	steamed asparagus
1/3c or	64.35g	brown rice (cooked)	2oz or	57g	baked sweet potato	1.5tbp or	16.7g	cream of wheat (dry)

Meal 5

4oz or	113.4g	grilled halibut/tilapia	4oz or	113.4g	grilled LEAN sirloin/fille	4oz or	113.4g	grilled chicken breast
15each or	22.5g	walnut halves	3tsp or	13.5g	Olive/Enova Oil	3oz or	85.05g	avocado
4 1/2c or	495g	chopped lettuce	1 1/2c or	187.5g	steamed green beans	12oz or	339g	steamed asparagus
3/4c or	270g	chopped tomato						

Meal 6

1 sc or	30g	scoops whey protein	3/4c or	171g	NON FAT cottage chees	3oz or 85.05g		grilled chicken breast
12each or	17.2g	almonds	4tsp or	21.2g	peanut/almond butter	2oz or	56.7g	avocado
1 c or	156g	steamed broccoli	1 c or	125g	steamed green beans	8oz or	226g	steamed asparagus

CODE:

c = cup/s	oz = ounces
tbp = tablespoon/s	floz = fluid ounces
tsp = teaspoon/s	g = grams
slc = slice/s	sc = scoop/s

Master Meal Plan NON-Workout Days
MASS DIET 2000

Meal 1   60g Carbs,   21g Protein,   15g Fats   **459 Kcals**

2	Serving/s Meat Category	1-Multi
3	Serving/s Fat Category	1-Fish Oil
1	Serving/s Fruit Category	1-Sesamin
2	Serving/s Carbohydrate Category	
1	Serving/s Milk Category *- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*	

Meal 2   15g Carbs,   14g Protein,   10g Fats   **206 Kcals**

2	Serving/s Meat Category	1-Fish Oil
2	Serving/s Fat Category	2-CLA
1	Serving/s Fruit Category	

Meal 3   20g Carbs,   21g Protein,   10g Fats   **254 Kcals**

3	Serving/s Meat Category	1-Fish Oil
2	Serving/s Fat Category	1-Sesamin
1	Serving/s Vegetable Category	
1	Serving/s Carbohydrate Category	

Meal 4   20g Carbs,   21g Protein,   5g Fats   **209 Kcals**

2	Serving/s Meat Category	1-Multi
1	Serving/s Fat Category	1-Fish Oil
1	Serving/s Vegetable Category	2-CLA
1	Serving/s Milk Category *- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*	

Meal 5   15g Carbs,   21g Protein,   5g Fats   **189 Kcals**

3	Serving/s Meat Category	1-Fish Oil
1	Serving/s Fat Category	1-Sesamin
3	Serving/s Vegetable Category	

Meal 6   5g Carbs,   21g Protein,   5g Fats   **149 Kcals**

3	Serving/s Meat Category	1-Fish Oil
1	Serving/s Fat Category	2-CLA
1	Serving/s Vegetable Category	

Total Carbohydrates	135g
Total Protein	119g
Total Fat	50g
Total Calories	1466g

Master Meal Plan NON-Workout Days
MASS DIET 2000

Meal 1

4each or	134g	egg whites	2oz or	56.7g	LEAN turkey breast	1/2c or	114g	NON FAT cottage cheese
18each or	25.8g	almonds	6tsp or	31.8g	peanut\almond Butter	3oz or	85.05g	avocado
2tbp or	18g	raisins	6.5oz or	184g	grapefruit	2.25oz or	64g	banana
1/2c or	40g	oatmeal (dry)	1slc or	66g	whole grain English mu	2slc or	64g	whole grain toast
6oz or	170g	Yoplait Light yogurt	8floz or	237ml	NON FAT milk	6oz or	170g	Plain NON FAT yogurt

Meal 2

2oz or	56.7g	tuna (canned in H2	2oz or	56.7g	grilled halibut/tilapia	2oz or	56.7g	grilled chicken breast
12each or	17.2g	almonds	4tsp or	21.2g	tsp peanut\almond But	2oz or	56.7g	avocado
3.25oz or	92g	apple	3oz or	85g	pear	3.5oz or	99g	orange (peeled)

Meal 3

3oz or	85.05g	grilled chicken brea	3oz or 85.05g		grilled halibut/tilapia	0.75cup or	171g	NON FAT cottage cheese
12each or	17.2g	almonds	4tsp or	9g	tsp Olive/Enova Oil	2oz or	56.7g	oz. avocado
	78g	steamed broccoli		62.5g	steamed green beans		125g	steamed spinach
1/3c or 64.35g		brown rice (cooked	2oz or	57g	baked sweet potato	1/3c or	46g	whole grain pasta

Meal 4

2/3sc or	20g	scoops whey protei	2oz or	56.7g	grilled halibut/tilapia	2oz or	56.7g	grilled chicken breast
10each or	9.36g	peanuts	2tsp or	10.6g	peanut/almond butter	1oz or 28.35g		avocado
1/2c or	78g	steamed broccoli	1/2c or	62.5g	steamed green beans	4oz or	113g	steamed asparagus
6oz or 28.35g		Yoplait Light yogurt	8floz or	237ml	NON FAT milk	6oz or	170g	Plain NON FAT yogurt

Meal 5

3oz or	85.05g	grilled halibut/tilapi	3oz or 85.05g		grilled LEAN sirloin/fille	3oz or 85.05g		grilled chicken breast
5each or	7.5g	walnut halves	1tsp or	4.5g	Olive/Enova Oil	1oz or 28.35g		avocado
4 1/2c or	495g	chopped lettuce	1 1/2c or 187.5g		steamed green beans	12oz or	339g	steamed asparagus
3/4c or	270g	chopped tomato						

Meal 6

1 sc or	30g	scoops whey protei	3/4c or	171g	NON FAT cottage chee	3oz or 85.05g		grilled chicken breast
6each or	8.6g	almonds	2tsp or	10.6g	peanut/almond butter	1oz or 28.35g		avocado
1/2c or	78g	steamed broccoli	1/2c or	62.5g	steamed green beans	4oz or	113g	steamed asparagus

CODE:

c = cup/s	oz = ounces
tbp = tablespoon/s	floz = fluid ounces
tsp = teaspoon/s	g = grams
slc = slice/s	sc = scoop/s

Master Meal Plan Workout Days
MASS DIET 2500

Pre-WO Supplements - 2 scoops Vaso-Charge in 16 Oz water 25 minutes prior to workout
Workout Nutrition - 4-8 scoops Xtend + 1 scoop Primal EAA/14-21g WPI during weights/cardio

Pre-WO Meal - This can be any meal listed below just have last bite 75-90 minutes before training.
POST-WO Meal - Next meal in line and should be eaten 30-45 minutes after your training

Meal 1   60g Carbs,   35g Protein,   10g Fats   **470 Kcals**

4	Serving/s Meat Category	1-Multi
2	Serving/s Fat Category	1-Fish Oil
1	Serving/s Fruit Category	1-Sesamin
2	Serving/s Carbohydrate Category	
1	Serving/s Milk Category	*- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Meal 2   45g Carbs,   28g Protein,   15g Fats   **427 Kcals**

4	Serving/s Meat Category	1-Fish Oil
3	Serving/s Fat Category	2-CLA
1	Serving/s Fruit Category	
2	Serving/s Carbohydrate Category	

Meal 3   40g Carbs,   35g Protein,   15g Fats   **435 Kcals**

5	Serving/s Meat Category	1-Fish Oil
3	Serving/s Fat Category	1-Sesamin
2	Serving/s Vegetable Category	
2	Serving/s Carbohydrate Category	

Meal 4   40g Carbs,   28g Protein,   15g Fats   **407 Kcals**

4	Serving/s Meat Category	1-Multi
3	Serving/s Fat Category	1-Fish Oil
2	Serving/s Vegetable Category	2-CLA
2	Serving/s Carbohydrate Category	

Meal 5   30g Carbs,   35g Protein,   15g Fats   **395 Kcals**

5	Serving/s Meat Category	1-Fish Oil
3	Serving/s Fat Category	1-Sesamin
3	Serving/s Vegetable Category	
1	Serving/s Carbohydrate Category	

Meal 6   10g Carbs,   28g Protein,   15g Fats   **287 Kcals**

4	Serving/s Meat Category	1-Fish Oil
3	Serving/s Fat Category	2-CLA
2	Serving/s Vegetable Category	

Total Carbohydrates	225g
Total Protein	189g
Total Fat	85g
Total Calories	2421g

Example Meal Plan Workout Days
MASS DIET 2500

Meal 1

8each or	**268g**	egg whites	**4oz or**	**113.4g**	LEAN turkey breast	**1 c or**	**228g**	NON FAT cottage cheese
12each or	**17.2g**	almonds	**4tsp or**	**21.2g**	peanut\almond Butter	**2oz or**	**56.7g**	avocado
2tbp or	**18g**	raisins	**6.5oz or**	**184g**	grapefruit	**2.25oz or**	**64g**	banana
1/2c or	**40g**	oatmeal (dry)	**1slc or**	**66g**	whole grain English mu	**2slc or**	**64g**	whole grain toast
6oz or	**170g**	Yoplait Light yogurt	**8floz or**	**237ml**	NON FAT milk	**6oz or**	**170g**	Plain NON FAT yogurt

Meal 2

4oz or	**113.4g**	tuna (canned in H2O	**4oz or**	**113.4g**	grilled halibut/tilapia	**4oz or**	**113.4g**	grilled chicken breast
18each or	**25.8g**	almonds	**6tsp or**	**31.8g**	peanut\almond Butter	**3oz or**	**85.05g**	avocado
3.25oz or	**92g**	apple	**3oz or**	**85g**	pear	**3.5oz or**	**99g**	orange (peeled)
1/2c or	**40g**	oatmeal (dry)	**4oz or**	**114g**	baked sweet potato	**2/3c or**	**128.7g**	brown rice (cooked)

Meal 3

5oz or	**41.75g**	grilled chicken breas	**5oz or**	**41.75g**	grilled halibut/tilapia	**1.25cup or**	**285g**	NON FAT cottage cheese
18each or	**25.8g**	almonds	**6tsp or**	**13.5g**	Olive/Enova Oil	**3oz or**	**85.05g**	avocado
1 c or	**156g**	steamed broccoli	**1 c or**	**125g**	steamed green beans	**1 1/3c or**	**250g**	steamed spinach
2/3c or	**128.7g**	brown rice (cooked)	**4oz or**	**114g**	baked sweet potato	**2/3c or**	**92g**	whole grain pasta

Meal 4

1 1/3sc or	**40g**	scoops whey protein	**4oz or**	**113.4g**	grilled halibut/tilapia	**4oz or**	**113.4g**	grilled chicken breast
30each or	**28.08g**	peanuts	**6tsp or**	**31.8g**	peanut/almond butter	**3oz or**	**85.05g**	avocado
1 c or	**156g**	steamed broccoli	**1 c or**	**125g**	steamed green beans	**8oz or**	**226g**	steamed asparagus
2/3c or	**128.7g**	brown rice (cooked)	**4oz or**	**114g**	baked sweet potato	**3tbp or**	**33.4g**	cream of wheat (dry)

Meal 5

5oz or	**41.75g**	grilled halibut/tilapia	**5oz or**	**41.75g**	grilled LEAN sirloin/fille	**5oz or**	**41.75g**	grilled chicken breast
15each or	**22.5g**	walnut halves	**3tsp or**	**13.5g**	Olive/Enova Oil	**3oz or**	**85.05g**	avocado
4 1/2c or	**495g**	chopped lettuce	**1 1/2c or**	**187.5g**	steamed green beans	**12oz or**	**339g**	steamed asparagus
3/4c or	**270g**	chopped tomato						
0.333c or	**64.35g**	brown rice (cooked)	**2oz or**	**57g**	baked yam	**0.333c or**	**46g**	whole grain pasta

Meal 6

1 1/3sc or	**40g**	scoops whey protein	**1 c or**	**228g**	NON FAT cottage chees	**4oz or**	**113.4g**	grilled chicken breast
18each or	**25.8g**	almonds	**6tsp or**	**31.8g**	peanut/almond butter	**3oz or**	**85.05g**	avocado
1 c or	**156g**	steamed broccoli	**1 c or**	**125g**	steamed green beans	**8oz or**	**226g**	steamed asparagus

CODE:

c = cup/s	oz = ounces
tbp = tablespoon/s	floz = fluid ounces
tsp = teaspoon/s	g = grams
slc = slice/s	sc = scoop/s

Master Meal Plan NON-Workout Days
MASS DIET 2500

Meal 1   60g Carbs,   28g Protein,   15g Fats   **487 Kcals**

3	Serving/s Meat Category	1-Multi
3	Serving/s Fat Category	1-Fish Oil
1	Serving/s Fruit Category	1-Sesamin
2	Serving/s Carbohydrate Category	
1	Serving/s Milk Category *- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*	

Meal 2   30g Carbs,   28g Protein,   10g Fats   **322 Kcals**

4	Serving/s Meat Category	1-Fish Oil
2	Serving/s Fat Category	2-CLA
1	Serving/s Fruit Category	
1	Serving/s Carbohydrate Category	

Meal 3   35g Carbs,   28g Protein,   10g Fats   **342 Kcals**

4	Serving/s Meat Category	1-Fish Oil
2	Serving/s Fat Category	1-Sesamin
1	Serving/s Vegetable Category	
2	Serving/s Carbohydrate Category	

Meal 4   20g Carbs,   35g Protein,   10g Fats   **310 Kcals**

4	Serving/s Meat Category	1-Multi
2	Serving/s Fat Category	1-Fish Oil
1	Serving/s Vegetable Category	2-CLA
1	Serving/s Milk Category *- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*	

Meal 5   15g Carbs,   28g Protein,   10g Fats   **262 Kcals**

4	Serving/s Meat Category	1-Fish Oil
2	Serving/s Fat Category	1-Sesamin
3	Serving/s Vegetable Category	

Meal 6   5g Carbs,   21g Protein,   10g Fats   **194 Kcals**

3	Serving/s Meat Category	1-Fish Oil
2	Serving/s Fat Category	2-CLA
1	Serving/s Vegetable Category	

Total Carbohydrates	165g
Total Protein	168g
Total Fat	65g
Total Calories	1917g

Master Meal Plan NON-Workout Days
MASS DIET 2500

Meal 1

8each or **268g** egg whites	**4oz or 113.4g** LEAN turkey breast	**1 c or 228g** NON FAT cottage cheese
18each or 25.8g almonds	**6tsp or 31.8g** peanut\almond Butter	**3oz or 85.05g** avocado
2tbp or 18g raisins	**6.5oz or 184g** grapefruit	**2.25oz or 64g** banana
1/2c or 40g oatmeal (dry)	**1slc or 66g** whole grain English mu	**2slc or 64g** whole grain toast
6oz or 170g Yoplait Light yogurt	**8floz or 237ml** NON FAT milk	**6oz or 170g** Plain NON FAT yogurt

Meal 2

4oz or 113.4g tuna (canned in H2	**4oz or 113.4g** grilled halibut/tilapia	**4oz or 113.4g** grilled chicken breast
12each or 17.2g almonds	**4tsp or 21.2g** tsp peanut\almond But	**2oz or 56.7g** avocado
3.25oz or 92g apple	**3oz or 85g** pear	**3.5oz or 99g** orange (peeled)
1/4c or 20g oatmeal (dry)	**2oz or 57g** baked sweet potato	**1/3c or 64.35g** brown rice (cooked)

Meal 3

4oz or 113.4g grilled chicken brea	**4oz or 113.4g** grilled halibut/tilapia	**1cup or 228g** NON FAT cottage cheese
12each or 17.2g almonds	**4tsp or 9g** tsp Olive/Enova Oil	**2oz or 56.7g** oz. avocado
1/2c or 78g steamed broccoli	**1/2c or 62.5g** steamed green beans	**2/3c or 125g** steamed spinach
2/3c or 128.7g brown rice (cooked	**4oz or 114g** baked sweet potato	**2/3c or 92g** whole grain pasta

Meal 4

1 1/3sc or 40g scoops whey protei	**4oz or 113.4g** grilled halibut/tilapia	**4oz or 113.4g** grilled chicken breast
20each or 18.72g peanuts	**4tsp or 21.2g** peanut/almond butter	**2oz or 56.7g** avocado
1/2c or 78g steamed broccoli	**1/2c or 62.5g** steamed green beans	**4oz or 113g** steamed asparagus
1/3c or 64.35g brown rice (cooked	**2oz or 57g** baked sweet potato	**1.5tbp or 16.7g** cream of wheat (dry)

Meal 5

4oz or 113.4g grilled halibut/tilapi	**4oz or 113.4g** grilled LEAN sirloin/fille	**4oz or 113.4g** grilled chicken breast
10each or 15g walnut halves	**2tsp or 9g** Olive/Enova Oil	**2oz or 56.7g** avocado
4 1/2c or 495g chopped lettuce	**1 1/2c or 187.5g** steamed green beans	**12oz or 339g** steamed asparagus
3/4c or 270g chopped tomato		

Meal 6

1 sc or 30g scoops whey protei	**3/4c or 171g** NON FAT cottage chee	**3oz or 85.05g** grilled chicken breast
12each or 17.2g almonds	**4tsp or 21.2g** peanut/almond butter	**2oz or 56.7g** avocado
1/2c or 78g steamed broccoli	**1/2c or 62.5g** steamed green beans	**4oz or 113g** steamed asparagus

CODE:

c = cup/s	oz = ounces
tbp = tablespoon/s	floz = fluid ounces
tsp = teaspoon/s	g = grams
slc = slice/s	sc = scoop/s

Master Meal Plan Workout Days
MASS DIET 3000

Pre-WO Supplements - 2 scoops Vaso-Charge in 16 Oz water 25 minutes prior to workout

Workout Nutrition - 4-8 scoops Xtend + 1 scoop Primal EAA/14-21g WPI during weights/cardio

Pre-WO Meal - This can be any meal listed below just have last bite 75-90 minutes before training.

POST-WO Meal - Next meal in line and should be eaten 30-45 minutes after your training

Meal 1   75g Carbs,   35g Protein,   15g Fats   575 Kcals
4	Serving/s Meat Category	1-Multi
3	Serving/s Fat Category	1-Fish Oil
1	Serving/s Fruit Category	1-Sesamin
3	Serving/s Carbohydrate Category	
1	Serving/s Milk Category *- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*	

Meal 2   60g Carbs,   35g Protein,   20g Fats   560 Kcals
5	Serving/s Meat Category	1-Fish Oil
4	Serving/s Fat Category	2-CLA
1	Serving/s Fruit Category	
3	Serving/s Carbohydrate Category	

Meal 3   55g Carbs,   35g Protein,   15g Fats   495 Kcals
5	Serving/s Meat Category	1-Fish Oil
3	Serving/s Fat Category	1-Sesamin
2	Serving/s Vegetable Category	
3	Serving/s Carbohydrate Category	

Meal 4   55g Carbs,   35g Protein,   15g Fats   495 Kcals
5	Serving/s Meat Category	1-Multi
3	Serving/s Fat Category	1-Fish Oil
2	Serving/s Vegetable Category	2-CLA
3	Serving/s Carbohydrate Category	

Meal 5   45g Carbs,   35g Protein,   15g Fats   455 Kcals
5	Serving/s Meat Category	1-Fish Oil
3	Serving/s Fat Category	1-Sesamin
3	Serving/s Vegetable Category	
2	Serving/s Carbohydrate Category	

Meal 6   10g Carbs,   42g Protein,   20g Fats   388 Kcals
6	Serving/s Meat Category	1-Fish Oil
4	Serving/s Fat Category	2-CLA
2	Serving/s Vegetable Category	

Total Carbohydrates	300g
Total Protein	217g
Total Fat	100g
Total Calories	2968g

Example Meal Plan Workout Days
MASS DIET 3000

Meal 1

8each or	268g egg whites	4oz or	113.4g LEAN turkey breast	1 c or	228g NON FAT cottage cheese
18each or	25.8g almonds	6tsp or	31.8g peanut\almond Butter	3oz or	85.05g avocado
2tbp or	18g raisins	6.5oz or	184g grapefruit	2.25oz or	64g banana
3/4c or	60g oatmeal (dry)	1.5slc or	99g whole grain English mu	3slc or	96g whole grain toast
6oz or	170g Yoplait Light yogurt	8floz or	237ml NON FAT milk	6oz or	170g Plain NON FAT yogurt

Meal 2

5oz or 41.75g tuna (canned in H2O	5oz or 41.75g grilled halibut/tilapia	5oz or 41.75g grilled chicken breast
24each or 34.4g almonds	8tsp or 42.4g peanut\almond Butter	4oz or 113.4g avocado
3.25oz or 92g apple	3oz or 85g pear	3.5oz or 99g orange (peeled)
3/4c or 60g oatmeal (dry)	6oz or 171g baked sweet potato	1 c or 93.05g brown rice (cooked)

Meal 3

5oz or 41.75g grilled chicken breas	5oz or 41.75g grilled halibut/tilapia	1.25cup or 285g NON FAT cottage cheese
18each or 25.8g almonds	6tsp or 13.5g Olive/Enova Oil	3oz or 85.05g avocado
1 c or 156g steamed broccoli	1 c or 125g steamed green beans	1 1/3c or 250g steamed spinach
1 c or 93.05g brown rice (cooked)	6oz or 171g baked sweet potato	1 c or 138g whole grain pasta

Meal 4

1 2/3sc or 50g scoops whey proteir	5oz or 41.75g grilled halibut/tilapia	5oz or 41.75g grilled chicken breast
30each or 28.08g peanuts	6tsp or 31.8g peanut/almond butter	3oz or 85.05g avocado
1 c or 156g steamed broccoli	1 c or 125g steamed green beans	8oz or 226g steamed asparagus
1 c or 93.05g brown rice (cooked)	6oz or 171g baked sweet potato	4.5tbp or 50.1g cream of wheat (dry)

Meal 5

5oz or 41.75g grilled halibut/tilapia	5oz or 41.75g grilled LEAN sirloin/fille	5oz or 41.75g grilled chicken breast
15each or 22.5g walnut halves	3tsp or 13.5g Olive/Enova Oil	3oz or 85.05g avocado
4 1/2c or 495g chopped lettuce	1 1/2c or 187.5g steamed green beans	12oz or 339g steamed asparagus
3/4c or 270g chopped tomato		
2/3c or 128.7g brown rice (cooked)	4oz or 114g baked yam	2/3c or 92g whole grain pasta

Meal 6

2 sc or 60g scoops whey proteir	1 1/2c or 342g NON FAT cottage chees	6oz or 170.1g grilled chicken breast
24each or 34.4g almonds	8tsp or 42.4g peanut/almond butter	4oz or 113.4g avocado
1 c or 156g steamed broccoli	1 c or 125g steamed green beans	8oz or 226g steamed asparagus

CODE:

c = cup/s	oz = ounces
tbp = tablespoon/s	floz = fluid ounces
tsp = teaspoon/s	g = grams
slc = slice/s	sc = scoop/s

Master Meal Plan NON-Workout Days
MASS DIET 3000

Meal 1 60g Carbs,   28g Protein,   15g Fats   **487 Kcals**

3	Serving/s Meat Category	1-Multi
3	Serving/s Fat Category	1-Fish Oil
1	Serving/s Fruit Category	1-Sesamin
2	Serving/s Carbohydrate Category	
1	Serving/s Milk Category	*- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Meal 2 60g Carbs,   28g Protein,   15g Fats   **487 Kcals**

4	Serving/s Meat Category	1-Fish Oil
3	Serving/s Fat Category	2-CLA
1	Serving/s Fruit Category	
3	Serving/s Carbohydrate Category	

Meal 3 50g Carbs,   35g Protein,   15g Fats   **475 Kcals**

5	Serving/s Meat Category	1-Fish Oil
3	Serving/s Fat Category	1-Sesamin
1	Serving/s Vegetable Category	
3	Serving/s Carbohydrate Category	

Meal 4 35g Carbs,   28g Protein,   15g Fats   **387 Kcals**

3	Serving/s Meat Category	1-Multi
3	Serving/s Fat Category	1-Fish Oil
1	Serving/s Vegetable Category	2-CLA
1	Serving/s Carbohydrate Category	
1	Serving/s Milk Category	*- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Meal 5 25g Carbs,   28g Protein,   10g Fats   **302 Kcals**

4	Serving/s Meat Category	1-Fish Oil
2	Serving/s Fat Category	1-Sesamin
2	Serving/s Vegetable Category	
1	Serving/s Carbohydrate Category	

Meal 6 10g Carbs,   28g Protein,   10g Fats   **242 Kcals**

4	Serving/s Meat Category	1-Fish Oil
2	Serving/s Fat Category	2-CLA
2	Serving/s Vegetable Category	

Total Carbohydrates	240g
Total Protein	175g
Total Fat	80g
Total Calories	2380g

Master Meal Plan NON-Workout Days
MASS DIET 3000

Meal 1

6each or	**201g** egg whites	**3oz or 85.05g** LEAN turkey breast	**3/4c or**	**171g** NON FAT cottage cheese
18each or	**25.8g** almonds	**6tsp or 31.8g** peanut\almond Butter	**3oz or 85.05g** avocado
2tbp or	**18g** raisins	**6.5oz or 184g** grapefruit	**2.25oz or**	**64g** banana
1/2c or	**40g** oatmeal (dry)	**1slc or 66g** whole grain English mu	**2slc or**	**64g** whole grain toast
6oz or	**170g** Yoplait Light yogurt	**8floz or 237ml** NON FAT milk	**6oz or**	**170g** Plain NON FAT yogurt

Meal 2

4oz or 113.4g tuna (canned in H2	**4oz or 113.4g** grilled halibut/tilapia	**4oz or 113.4g** grilled chicken breast
18each or 25.8g almonds	**6tsp or 31.8g** tsp peanut\almond But	**3oz or 85.05g** avocado
3.25oz or 92g apple	**3oz or 85g** pear	**3.5oz or 99g** orange (peeled)
3/4c or 60g oatmeal (dry)	**6oz or 171g** baked sweet potato	**1 c or 93.05g** brown rice (cooked)

Meal 3

5oz or 41.75g grilled chicken brea	**5oz or 41.75g** grilled halibut/tilapia	**1.25cup or 285g** NON FAT cottage cheese
18each or 25.8g almonds	**6tsp or 13.5g** tsp Olive/Enova Oil	**3oz or 85.05g** oz. avocado
1/2c or 78g steamed broccoli	**1/2c or 62.5g** steamed green beans	**2/3c or 125g** steamed spinach
1 c or 93.05g brown rice (cooked	**6oz or 171g** baked sweet potato	**1 c or 138g** whole grain pasta

Meal 4

1 sc or 30g scoops whey protei	**3oz or 85.05g** grilled halibut/tilapia	**3oz or 85.05g** grilled chicken breast
30each or 28.08g peanuts	**6tsp or 31.8g** peanut/almond butter	**3oz or 85.05g** avocado
1/2c or 78g steamed broccoli	**1/2c or 62.5g** steamed green beans	**4oz or 113g** steamed asparagus
1/3c or 64.35g brown rice (cooked	**2oz or 57g** baked sweet potato	**1.5tbp or 16.7g** cream of wheat (dry)
6oz or 28.35g Yoplait Light yogurt	**8floz or 237ml** NON FAT milk	**6oz or 170g** Plain NON FAT yogurt

Meal 5

4oz or 113.4g grilled halibut/tilapi	**4oz or 113.4g** grilled LEAN sirloin/fille	**4oz or 113.4g** grilled chicken breast
10each or 15g walnut halves	**2tsp or 9g** Olive/Enova Oil	**2oz or 56.7g** avocado
3 c or 330g chopped lettuce	**1 c or 125g** steamed green beans	**8oz or 226g** steamed asparagus
1/2c or 180g chopped tomato		
0.333c or 64.35g brown rice (cooked	**2oz or 57g** baked yam	**0.333c or 46g** whole grain pasta

Meal 6

1 1/3sc or 40g scoops whey protei	**1 c or 228g** NON FAT cottage chee	**4oz or 113.4g** grilled chicken breast
12each or 17.2g almonds	**4tsp or 21.2g** peanut/almond butter	**2oz or 56.7g** avocado
1 c or 156g steamed broccoli	**1 c or 125g** steamed green beans	**8oz or 226g** steamed asparagus

CODE:

c = cup/s	oz = ounces
tbp = tablespoon/s	floz = fluid ounces
tsp = teaspoon/s	g = grams
slc = slice/s	sc = scoop/s

Daily Meal Plan Workout Days
3500 Calories

Pre-WO Supplements - 2 scoops Vaso-Charge in 16 Oz water 25 minutes prior to workout

Workout Nutrition - 4-8 scoops Xtend + 1 scoop Primal EAA/14-21g WPI during weights/cardio

Pre-WO Meal - This can be any meal listed below just have last bite 75-90 minutes before training.

POST-WO Meal - Next meal in line and should be eaten 30-45 minutes after your training

Meal 1   75g Carbs,   42g Protein,   20g Fats   648 Kcals

5	Serving/s Meat Category		1-Multi
4	Serving/s Fat Category		1-Fish Oil
1	Serving/s Fruit Category		1-Sesamin
3	Serving/s Carbohydrate Category		
1	Serving/s Milk Category	*- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*	

Meal 2   75g Carbs,   35g Protein,   20g Fats   620 Kcals

5	Serving/s Meat Category	1-Fish Oil
4	Serving/s Fat Category	2-CLA
1	Serving/s Fruit Category	
4	Serving/s Carbohydrate Category	

Meal 3   70g Carbs,   42g Protein,   20g Fats   628 Kcals

6	Serving/s Meat Category	1-Fish Oil
4	Serving/s Fat Category	1-Sesamin
2	Serving/s Vegetable Category	
4	Serving/s Carbohydrate Category	

Meal 4   70g Carbs,   42g Protein,   20g Fats   628 Kcals

5	Serving/s Meat Category		1-Multi
4	Serving/s Fat Category		1-Fish Oil
2	Serving/s Vegetable Category		2-CLA
3	Serving/s Carbohydrate Category		
1	Serving/s Milk Category	*- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*	

Meal 5   45g Carbs,   42g Protein,   15g Fats   483 Kcals

6	Serving/s Meat Category	1-Fish Oil
3	Serving/s Fat Category	1-Sesamin
3	Serving/s Vegetable Category	
2	Serving/s Carbohydrate Category	

Meal 6   40g Carbs,   35g Protein,   20g Fats   480 Kcals

5	Serving/s Meat Category	1-Fish Oil
4	Serving/s Fat Category	2-CLA
2	Serving/s Vegetable Category	
2	Serving/s Carbohydrate Category	

Total Carbohydrates	375g
Total Protein	238g
Total Fat	115g
Total Calories	3487g

Example Meal Plan Workout Days
3500 Calories

Meal 1

10each or	335g	egg whites	5oz or 41.75g	LEAN turkey breast	1.25c or 285g NON FAT cottage cheese
24each or	34.4g	almonds	8tsp or 42.4g	peanut\almond Butter	4oz or 113.4g avocado
2tbp or	18g	raisins	6.5oz or 184g	grapefruit	2.25oz or 64g banana
3/4c or	60g	oatmeal (dry)	1.5slc or 99g	whole grain English mu	3slc or 96g whole grain toast
6oz or	170g	Yoplait Light yogurt	8floz or 237ml	NON FAT milk	6oz or 170g Plain NON FAT yogurt

Meal 2

5oz or 41.75g	tuna (canned in H2O	5oz or 41.75g	grilled halibut/tilapia	5oz or 41.75g grilled chicken breast
24each or 34.4g	almonds	8tsp or 42.4g	peanut\almond Butter	4oz or 113.4g avocado
3.25oz or 92g	apple	3oz or 85g	pear	3.5oz or 99g orange (peeled)
1 c or 80g	oatmeal (dry)	8oz or 228g	baked sweet potato	1 1/3c or 257.4g brown rice (cooked)

Meal 3

6oz or 170.1g	grilled chicken breas	6oz or 170.1g	grilled halibut/tilapia	1.5cup or 342g NON FAT cottage cheese
24each or 34.4g	almonds	8tsp or 18g	Olive/Enova Oil	4oz or 113.4g avocado
1 c or 156g	steamed broccoli	1 c or 125g	steamed green beans	1 1/3c or 250g steamed spinach
1 1/3c or 257.4g	brown rice (cooked)	8oz or 228g	baked sweet potato	1 1/3c or 184g whole grain pasta

Meal 4

1 2/3sc or	50g	scoops whey protei	5oz or 41.75g	grilled halibut/tilapia	5oz or 41.75g grilled chicken breast
40each or 37.44g	peanuts		8tsp or 42.4g	peanut/almond butter	4oz or 113.4g avocado
1 c or	156g	steamed broccoli	1 c or 125g	steamed green beans	8oz or 226g steamed asparagus
1 c or 93.05g	brown rice (cooked)		6oz or 171g	baked sweet potato	4.5tbp or 50.1g tbsp cream of wheat (dry)
6oz or 28.35g	Yoplait Light yogurt		8floz or 237ml	NON FAT milk	6oz or 170g Plain NON FAT yogurt

Meal 5

6oz or 170.1g	grilled halibut/tilapia	6oz or 170.1g	grilled LEAN sirloin/fille	6oz or 170.1g grilled chicken breast
15each or 22.5g	walnut halves	3tsp or 13.5g	Olive/Enova Oil	3oz or 85.05g avocado
4 1/2c or 495g	chopped lettuce	1 1/2c or 187.5g	steamed green beans	12oz or 339g steamed asparagus
3/4c or 270g	chopped tomato			
2/3c or 128.7g	brown rice (cooked)	4oz or 114g	baked yam	2/3c or 92g whole grain pasta

Meal 6

1 2/3sc or 50g	scoops whey protei	1 1/4c or 285g	NON FAT cottage chee	5oz or 41.75g grilled chicken breast
24each or 34.4g	almonds	8tsp or 42.4g	peanut/almond butter	4oz or 113.4g avocado
1c or 156g	steamed broccoli	1c or 125g	steamed green beans	8oz or 226g steamed asparagus
0.666c or 128.7g	brown rice (cooked)	4oz or 114g	baked sweet potato	0.5c or 40g oatmeal (dry)

CODE:

c = cup/s	oz = ounces
tbp = tablespoon/s	floz = fluid ounces
tsp = teaspoon/s	g = grams
slc = slice/s	sc = scoop/s

Master Meal Plan NON-Workout Days
MASS DIET 3500

Meal 1   75g Carbs,   35g Protein,   15g Fats   **575 Kcals**

4	Serving/s Meat Category	1-Multi
3	Serving/s Fat Category	1-Fish Oil
1	Serving/s Fruit Category	1-Sesamin
3	Serving/s Carbohydrate Category	
1	Serving/s Milk Category	*- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Meal 2   60g Carbs,   35g Protein,   20g Fats   **560 Kcals**

5	Serving/s Meat Category	1-Fish Oil
4	Serving/s Fat Category	2-CLA
1	Serving/s Fruit Category	
3	Serving/s Carbohydrate Category	

Meal 3   50g Carbs,   35g Protein,   15g Fats   **475 Kcals**

5	Serving/s Meat Category	1-Fish Oil
3	Serving/s Fat Category	1-Sesamin
1	Serving/s Vegetable Category	
3	Serving/s Carbohydrate Category	

Meal 4   50g Carbs,   35g Protein,   15g Fats   **475 Kcals**

4	Serving/s Meat Category	1-Multi
3	Serving/s Fat Category	1-Fish Oil
1	Serving/s Vegetable Category	2-CLA
2	Serving/s Carbohydrate Category	
1	Serving/s Milk Category	*- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Meal 5   40g Carbs,   42g Protein,   15g Fats   **463 Kcals**

6	Serving/s Meat Category	1-Fish Oil
3	Serving/s Fat Category	1-Sesamin
2	Serving/s Vegetable Category	
2	Serving/s Carbohydrate Category	

Meal 6   10g Carbs,   35g Protein,   15g Fats   **315 Kcals**

5	Serving/s Meat Category	1-Fish Oil
3	Serving/s Fat Category	2-CLA
2	Serving/s Vegetable Category	

Total Carbohydrates	285g
Total Protein	217g
Total Fat	95g
Total Calories	2863g

Master Meal Plan NON-Workout Days
MASS DIET 3500

Meal 1

8each or	268g	egg whites	4oz or 113.4g	LEAN turkey breast	1 c or	228g	NON FAT cottage cheese
18each or	25.8g	almonds	6tsp or 31.8g	peanut\almond Butter	3oz or 85.05g		avocado
2tbp or	18g	raisins	6.5oz or 184g	grapefruit	2.25oz or	64g	banana
3/4c or	60g	oatmeal (dry)	1.5slc or 99g	whole grain English mu	3slc or	96g	whole grain toast
6oz or	170g	Yoplait Light yogurt	8floz or 237ml	NON FAT milk	6oz or	170g	Plain NON FAT yogurt

Meal 2

5oz or	41.75g	tuna (canned in H2	5oz or 41.75g	grilled halibut/tilapia	5oz or 41.75g		grilled chicken breast
24each or	34.4g	almonds	8tsp or 42.4g	tsp peanut\almond But	4oz or 113.4g		avocado
3.25oz or	92g	apple	3oz or 85g	pear	3.5oz or	99g	orange (peeled)
3/4c or	60g	oatmeal (dry)	6oz or 171g	baked sweet potato	1 c or 93.05g		brown rice (cooked)

Meal 3

5oz or	41.75g	grilled chicken brea	5oz or 41.75g	grilled halibut/tilapia	1.25cup or	285g	NON FAT cottage cheese
18each or	25.8g	almonds	6tsp or 13.5g	tsp Olive/Enova Oil	3oz or 85.05g		oz. avocado
1/2c or	78g	steamed broccoli	1/2c or 62.5g	steamed green beans	2/3c or	125g	steamed spinach
1 c or 93.05g		brown rice (cooked	6oz or 171g	baked sweet potato	1 c or	138g	whole grain pasta

Meal 4

1 1/3sc or	40g	scoops whey protei	4oz or 113.4g	grilled halibut/tilapia	4oz or 113.4g		grilled chicken breast
30each or 28.08g		peanuts	6tsp or 31.8g	peanut/almond butter	3oz or 85.05g		avocado
1/2c or	78g	steamed broccoli	1/2c or 62.5g	steamed green beans	4oz or	113g	steamed asparagus
2/3c or 128.7g		brown rice (cooked	4oz or 114g	baked sweet potato	3tbp or	33.4g	cream of wheat (dry)
6oz or 28.35g		Yoplait Light yogurt	8floz or 237ml	NON FAT milk	6oz or	170g	Plain NON FAT yogurt

Meal 5

6oz or 170.1g		grilled halibut/tilapi	6oz or 170.1g	grilled LEAN sirloin/fille	6oz or 170.1g		grilled chicken breast
15each or	22.5g	walnut halves	3tsp or 13.5g	Olive/Enova Oil	3oz or 85.05g		avocado
3 c or	330g	chopped lettuce	1 c or 125g	steamed green beans	8oz or	226g	steamed asparagus
1/2c or	180g	chopped tomato					
0.666c or 128.7g		brown rice (cooked	4oz or 114g	baked yam	0.666c or	92g	whole grain pasta

Meal 6

1 2/3sc or	50g	scoops whey protei	1 1/4c or 285g	NON FAT cottage chee	5oz or 41.75g		grilled chicken breast
18each or	25.8g	almonds	6tsp or 31.8g	peanut/almond butter	3oz or 85.05g		avocado
1 c or	156g	steamed broccoli	1 c or 125g	steamed green beans	8oz or	226g	steamed asparagus

CODE:

c = cup/s	oz = ounces
tbp = tablespoon/s	floz = fluid ounces
tsp = teaspoon/s	g = grams
slc = slice/s	sc = scoop/s

Master Meal Plan Workout Days
MASS DIET 4000

Pre-WO Supplements - 2 scoops Vaso-Charge in 16 Oz water 25 minutes prior to workout

Workout Nutrition - 4-8 scoops Xtend + 1 scoop Primal EAA/14-21g WPI during weights/cardio

Pre-WO Meal - This can be any meal listed below just have last bite 75-90 minutes before training.

POST-WO Meal - Next meal in line and should be eaten 30-45 minutes after your training

Meal 1   75g Carbs,   42g Protein,   15g Fats   603 Kcals
5	Serving/s Meat Category	1-Multi
3	Serving/s Fat Category	1-Fish Oil
1	Serving/s Fruit Category	1-Sesamin
3	Serving/s Carbohydrate Category	
1	Serving/s Milk Category	*- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Meal 2   60g Carbs,   35g Protein,   20g Fats   560 Kcals
5	Serving/s Meat Category	1-Fish Oil
4	Serving/s Fat Category	2-CLA
1	Serving/s Fruit Category	
3	Serving/s Carbohydrate Category	

Meal 3   75g Carbs,   35g Protein,   20g Fats   620 Kcals
5	Serving/s Meat Category	1-Fish Oil
4	Serving/s Fat Category	1-Sesamin
3	Serving/s Vegetable Category	
4	Serving/s Carbohydrate Category	

Meal 4   70g Carbs,   35g Protein,   20g Fats   600 Kcals
5	Serving/s Meat Category	1-Multi
4	Serving/s Fat Category	1-Fish Oil
2	Serving/s Vegetable Category	2-CLA
4	Serving/s Carbohydrate Category	

Meal 5   60g Carbs,   35g Protein,   20g Fats   560 Kcals
5	Serving/s Meat Category	
4	Serving/s Fat Category	1-Fish Oil
3	Serving/s Vegetable Category	1-Sesamin
3	Serving/s Carbohydrate Category	

Meal 6   55g Carbs,   42g Protein,   20g Fats   568 Kcals
5	Serving/s Meat Category	
4	Serving/s Fat Category	1-Fish Oil
2	Serving/s Vegetable Category	2-CLA
2	Serving/s Carbohydrate Category	
1	Serving/s Milk Category	*- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Meal 7   40g Carbs,   28g Protein,   20g Fats   452 Kcals
4	Serving/s Meat Category	
4	Serving/s Fat Category	1-Fish Oil
2	Serving/s Vegetable Category	
2	Serving/s Carbohydrate Category	

Total Carbohydrates	435g
Total Protein	252g
Total Fat	135g
Total Calories	3963g

Example Meal Plan Workout Days
MASS DIET 4000

Meal 1

10each or	**335g**	egg whites	**5oz or 41.75g**	LEAN turkey breast	**1 1/4c or**	**285g**	NON FAT cottage cheese
18each or	**25.8g**	almonds	**6tsp or 31.8g**	peanut\almond Butter	**3oz or 85.05g**		avocado
2tbp or	**18g**	raisins	**6.5oz or 184g**	grapefruit	**2.25oz or**	**64g**	banana
3/4c or	**60g**	oatmeal (dry)	**1.5slc or 99g**	whole grain English mu	**3slc or**	**96g**	whole grain toast
6oz or	**170g**	Yoplait Light yogurt	**8floz or 237ml**	NON FAT milk	**6oz or**	**170g**	Plain NON FAT yogurt

Meal 2

5oz or 41.75g	tuna (canned in H2O	**5oz or 41.75g**	grilled halibut/tilapia	**5oz or 41.75g**	grilled chicken breast
24each or 34.4g	almonds	**8tsp or 42.4g**	peanut\almond Butter	**4oz or 113.4g**	avocado
3.25oz or 92g	apple	**3oz or 85g**	pear	**3.5oz or 99g**	orange (peeled)
3/4c or 60g	oatmeal (dry)	**6oz or 171g**	baked sweet potato	**1 c or 93.05g**	brown rice (cooked)

Meal 3

5oz or 41.75g	grilled chicken breas	**5oz or 41.75g**	grilled halibut/tilapia	**1.25cup or 285g**	NON FAT cottage cheese
24each or 34.4g	almonds	**8tsp or 18g**	Olive/Enova Oil	**4oz or 113.4g**	avocado
1 1/2c or 234g	steamed broccoli	**1 1/2c or 187.5g**	steamed green beans	**2 c or 375g**	steamed spinach
1 1/3c or 257.4g	brown rice (cooked)	**8oz or 228g**	baked sweet potato	**1 1/3c or 184g**	whole grain pasta

Meal 4

1 2/3sc or 50g	scoops whey protein	**5oz or 41.75g**	grilled halibut/tilapia	**5oz or 41.75g**	grilled chicken breast
40each or 37.44g	peanuts	**8tsp or 42.4g**	peanut/almond butter	**4oz or 113.4g**	avocado
1 c or 156g	steamed broccoli	**1 c or 125g**	steamed green beans	**8oz or 226g**	steamed asparagus
1 1/3c or 257.4g	brown rice (cooked)	**8oz or 228g**	baked sweet potato	**6tbp or 66.8g**	cream of wheat (dry)

Meal 5

5oz or 41.75g	grilled halibut/tilapia	**5oz or 41.75g**	grilled LEAN sirloin/fille	**5oz or 41.75g**	grilled chicken breast
20each or 30g	walnut halves	**4tsp or 18g**	Olive/Enova Oil	**4oz or 113.4g**	avocado
4 1/2c or 495g	chopped lettuce	**1 1/2c or 187.5g**	steamed green beans	**12oz or 339g**	steamed asparagus
3/4c or 270g	chopped tomato				
1 c or 93.05g	brown rice (cooked)	**6oz or 171g**	baked yam	**1 c or 138g**	whole grain pasta

Meal 6

1 2/3sc or 50g	scoops whey protein	**1 1/4c or 285g**	NON FAT cottage chee:	**5oz or 41.75g**	grilled chicken breast
24each or 34.4g	almonds	**8tsp or 42.4g**	peanut/almond butter	**4oz or 113.4g**	avocado
1 c or 156g	steamed broccoli	**1 c or 125g**	steamed green beans	**8oz or 226g**	steamed asparagus
2/3c or 128.7g	brown rice (cooked)	**4oz or 114g**	baked sweet potato	**1/2c or 40g**	oatmeal (dry)
6oz or 170g	Yoplait Light yogurt	**8floz or 237ml**	NON FAT milk	**6oz or 170g**	Plain NON FAT yogurt

Meal 7

1 1/3sc or 40g	scoops whey protein	**1 c or 228g**	NON FAT cottage chee:	**4oz or 113.4g**	grilled chicken breast
24each or 34.4g	almonds	**8tsp or 42.4g**	peanut/almond butter	**4oz or 113.4g**	avocado
1 c or 156g	steamed broccoli	**1 c or 125g**	steamed green beans	**8oz or 226g**	steamed asparagus
2/3c or 128.7g	brown rice (cooked)	**4oz or 114g**	baked sweet potato	**0.5c or 40g**	oatmeal (dry)

CODE:

c = cup/s	oz = ounces
tbp = tablespoon/s	floz = fluid ounces
tsp = teaspoon/s	g = grams
slc = slice/s	sc = scoop/s

Master Meal Plan NON-Workout Days
MASS DIET 4000

Meal 1   75g Carbs,   35g Protein,   20g Fats   **620 Kcals**
- **4** Serving/s Meat Category   1-Multi
- **4** Serving/s Fat Category   1-Fish Oil
- **1** Serving/s Fruit Category   1-Sesamin
- **3** Serving/s Carbohydrate Category
- **1** Serving/s Milk Category   *- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Meal 2   60g Carbs,   35g Protein,   15g Fats   **515 Kcals**
- **5** Serving/s Meat Category   1-Fish Oil
- **3** Serving/s Fat Category   2-CLA
- **1** Serving/s Fruit Category
- **3** Serving/s Carbohydrate Category

Meal 3   60g Carbs,   35g Protein,   15g Fats   **515 Kcals**
- **5** Serving/s Meat Category   1-Fish Oil
- **3** Serving/s Fat Category   1-Sesamin
- **3** Serving/s Vegetable Category
- **3** Serving/s Carbohydrate Category

Meal 4   55g Carbs,   35g Protein,   15g Fats   **495 Kcals**
- **5** Serving/s Meat Category   1-Multi
- **3** Serving/s Fat Category   1-Fish Oil
- **2** Serving/s Vegetable Category   2-CLA
- **3** Serving/s Carbohydrate Category

Meal 5   45g Carbs,   35g Protein,   15g Fats   **455 Kcals**
- **5** Serving/s Meat Category   1-Fish Oil
- **3** Serving/s Fat Category   1-Sesamin
- **3** Serving/s Vegetable Category
- **2** Serving/s Carbohydrate Category

Meal 6   40g Carbs,   35g Protein,   15g Fats   **435 Kcals**
- **4** Serving/s Meat Category   1-Fish Oil
- **3** Serving/s Fat Category   2-CLA
- **2** Serving/s Vegetable Category
- **1** Serving/s Carbohydrate Category
- **1** Serving/s Milk Category   *- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Meal 7   10g Carbs,   35g Protein,   15g Fats   **315 Kcals**
- **5** Serving/s Meat Category
- **3** Serving/s Fat Category
- **2** Serving/s Vegetable Category

Total Carbohydrates	345g
Total Protein	245g
Total Fat	110g
Total Calories	3350g

Example Meal Plan NON-Workout Days
MASS DIET 4000

Meal 1

8each or 268g egg whites	4oz or 113.4g LEAN turkey breast	1 c or 228g NON FAT cottage cheese
24each or 34.4g almonds	8tsp or 42.4g peanut\almond Butter	4oz or 113.4g avocado
2tbp or 18g raisins	6.5oz or 184g grapefruit	2.25oz or 64g banana
3/4c or 60g oatmeal (dry)	1.5slc or 99g whole grain English mu	3slc or 96g whole grain toast
6oz or 170g Yoplait Light yogurt	8floz or 237ml NON FAT milk	6oz or 170g Plain NON FAT yogurt

Meal 2

5oz or 41.75g tuna (canned in H2	5oz or 41.75g grilled halibut/tilapia	5oz or 41.75g grilled chicken breast
18each or 25.8g almonds	6tsp or 31.8g tsp peanut\almond But	3oz or 85.05g avocado
3.25oz or 92g apple	3oz or 85g pear	3.5oz or 99g orange (peeled)
3/4c or 60g oatmeal (dry)	6oz or 171g baked sweet potato	1 c or 93.05g brown rice (cooked)

Meal 3

5oz or 41.75g grilled chicken brea	5oz or 41.75g grilled halibut/tilapia	1.25cup or 285g NON FAT cottage cheese
18each or 25.8g almonds	6tsp or 13.5g tsp Olive/Enova Oil	3oz or 85.05g oz. avocado
1 1/2c or 234g steamed broccoli	1 1/2c or 187.5g steamed green beans	2 c or 375g steamed spinach
1 c or 93.05g brown rice (cooked	6oz or 171g baked sweet potato	1 c or 138g whole grain pasta

Meal 4

1 2/3sc or 50g scoops whey protei	5oz or 41.75g grilled halibut/tilapia	5oz or 41.75g grilled chicken breast
30each or 28.08g peanuts	6tsp or 31.8g peanut/almond butter	3oz or 85.05g avocado
1 c or 156g steamed broccoli	1 c or 125g steamed green beans	8oz or 226g steamed asparagus
1 c or 93.05g brown rice (cooked	6oz or 171g baked sweet potato	4.5tbp or 50.1g cream of wheat (dry)

Meal 5

5oz or 41.75g grilled halibut/tilapi	5oz or 41.75g grilled LEAN sirloin/fille	5oz or 41.75g grilled chicken breast
15each or 22.5g walnut halves	3tsp or 13.5g Olive/Enova Oil	3oz or 85.05g avocado
4 1/2c or 495g chopped lettuce	1 1/2c or 187.5g steamed green beans	12oz or 339g steamed asparagus
3/4c or 270g chopped tomato		
2/3c or 128.7g brown rice (cooked	4oz or 114g baked yam	2/3c or 92g whole grain pasta

Meal 6

1 2/3sc or 50g scoops whey protei	1 1/4c or 285g NON FAT cottage chee	5oz or 41.75g grilled chicken breast
18each or 25.8g almonds	6tsp or 31.8g peanut/almond butter	3oz or 85.05g avocado
1 c or 156g steamed broccoli	1 c or 125g steamed green beans	8oz or 226g steamed asparagus
2/3c or 128.7g brown rice (cooked	4oz or 114g baked sweet potato	1/2c or 40g oatmeal (dry)

Meal 7

1 2/3sc or 50g scoops whey protei	1 1/4c or 285g NON FAT cottage chee	5oz or 41.75g grilled chicken breast
18each or 25.8g almonds	6tsp or 31.8g peanut/almond butter	3oz or 85.05g avocado
1 c or 156g steamed broccoli	1 c or 125g steamed green beans	8oz or 226g steamed asparagus

CODE:

c = cup/s	oz = ounces
tbp = tablespoon/s	floz = fluid ounces
tsp = teaspoon/s	g = grams
slc = slice/s	sc = scoop/s

Master Meal Plan Workout Days
MASS DIET 4500

Pre-WO Supplements - 2 scoops Vaso-Charge in 16 Oz water 25 minutes prior to workout

Workout Nutrition - 4-8 scoops Xtend + 1 scoop Primal EAA/14-21g WPI during weights/cardio

Pre-WO Meal - This can be any meal listed below just have last bite 75-90 minutes before training.

POST-WO Meal - Next meal in line and should be eaten 30-45 minutes after your training

Meal 1   75g Carbs,   42g Protein,   25g Fats   693 Kcals
5	Serving/s Meat Category	1-Multi
5	Serving/s Fat Category	1-Fish Oil
1	Serving/s Fruit Category	1-Sesamin
3	Serving/s Carbohydrate Category	
1	Serving/s Milk Category	*- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Meal 2   75g Carbs,   42g Protein,   25g Fats   693 Kcals
6	Serving/s Meat Category	1-Fish Oil
5	Serving/s Fat Category	2-CLA
1	Serving/s Fruit Category	
4	Serving/s Carbohydrate Category	

Meal 3   75g Carbs,   42g Protein,   20g Fats   648 Kcals
6	Serving/s Meat Category	1-Fish Oil
4	Serving/s Fat Category	1-Sesamin
3	Serving/s Vegetable Category	
4	Serving/s Carbohydrate Category	

Meal 4   70g Carbs,   42g Protein,   20g Fats   628 Kcals
6	Serving/s Meat Category	1-Multi
4	Serving/s Fat Category	1-Fish Oil
2	Serving/s Vegetable Category	2-CLA
4	Serving/s Carbohydrate Category	

Meal 5   75g Carbs,   42g Protein,   20g Fats   648 Kcals
6	Serving/s Meat Category	1-Fish Oil
4	Serving/s Fat Category	1-Sesamin
3	Serving/s Vegetable Category	
4	Serving/s Carbohydrate Category	

Meal 6   70g Carbs,   42g Protein,   20g Fats   628 Kcals
5	Serving/s Meat Category	1-Fish Oil
4	Serving/s Fat Category	2-CLA
2	Serving/s Vegetable Category	
3	Serving/s Carbohydrate Category	
1	Serving/s Milk Category	*- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Meal 7   55g Carbs,   35g Protein,   20g Fats   540 Kcals
5	Serving/s Meat Category	1-Fish Oil
4	Serving/s Fat Category	
2	Serving/s Vegetable Category	
3	Serving/s Carbohydrate Category	

Total Carbohydrates	495g
Total Protein	287g
Total Fat	150g
Total Calories	4478g

Example Meal Plan Workout Days
MASS DIET 4500

Meal 1

10each or	335g	egg whites	5oz or 41.75g	LEAN turkey breast	1 1/4c or	285g	NON FAT cottage cheese
30each or	43g	almonds	10tsp or	53g	peanut\almond Butter	5oz or 41.75g	avocado
2tbp or	18g	raisins	6.5oz or	184g	grapefruit	2.25oz or	64g	banana
3/4c or	60g	oatmeal (dry)	1.5slc or	99g	whole grain English mu	3slc or	96g	whole grain toast
6oz or	170g	Yoplait Light yogurt	8floz or 237ml	NON FAT milk	6oz or	170g	Plain NON FAT yogurt

Meal 2

6oz or 170.1g	tuna (canned in H2	6oz or 170.1g	grilled halibut/tilapia	6oz or 170.1g	grilled chicken breast
30each or	43g	almonds	10tsp or	53g	peanut\almond Butter	5oz or 41.75g	avocado
3.25oz or	92g	apple	3oz or	85g	pear	3.5oz or	99g	orange (peeled)
1 c or	80g	oatmeal (dry)	8oz or	228g	baked sweet potato	1 1/3c or 257.4g	brown rice (cooked)

Meal 3

6oz or 170.1g	grilled chicken brea	6oz or 170.1g	grilled halibut/tilapia	1.5cup or	342g	NON FAT cottage cheese
24each or 34.4g	almonds	8tsp or	18g	Olive/Enova Oil	4oz or 113.4g	avocado
1 1/2c or	234g	steamed broccoli	1 1/2c or 187.5g	steamed green beans	2 c or	375g	steamed spinach
1 1/3c or 257.4g	brown rice (cooked	8oz or	228g	baked sweet potato	1 1/3c or	184g	whole grain pasta

Meal 4

2 sc or	60g	scoops whey protei	6oz or 170.1g	grilled halibut/tilapia	6oz or 170.1g	grilled chicken breast
40each or 37.44g	peanuts	8tsp or	42.4g	peanut/almond butter	4oz or 113.4g	avocado
1 c or	156g	steamed broccoli	1 c or	125g	steamed green beans	8oz or	226g	steamed asparagus
1 1/3c or 257.4g	brown rice (cooked	8oz or	228g	baked sweet potato	6tbp or	66.8g	cream of wheat (dry)

Meal 5

6oz or 170.1g	grilled halibut/tilapi	6oz or 170.1g	grilled LEAN sirloin/fille	6oz or 170.1g	grilled chicken breast
20each or	30g	walnut halves	4tsp or	18g	Olive/Enova Oil	4oz or 113.4g	avocado
4 1/2c or	495g	chopped lettuce	1 1/2c or 187.5g	steamed green beans	12oz or	339g	steamed asparagus
3/4c or	270g	chopped tomato					
1 1/3c or 257.4g	brown rice (cooked	8oz or	228g	baked yam	1 1/3c or	184g	whole grain pasta

Meal 6

1 2/3sc or	50g	scoops whey protei	1 1/4c or	285g	NON FAT cottage chee	5oz or 41.75g	grilled chicken breast
24each or 34.4g	almonds	8tsp or	42.4g	peanut/almond butter	4oz or 113.4g	avocado
1 c or	156g	steamed broccoli	1 c or	125g	steamed green beans	8oz or	226g	steamed asparagus
1 c or 93.05g	brown rice (cooked	6oz or	171g	baked sweet potato	3/4c or	60g	oatmeal (dry)
6oz or	170g	Yoplait Light yogurt	8floz or 237ml	NON FAT milk	6oz or	170g	Plain NON FAT yogurt

Meal 7

1 2/3sc or	50g	scoops whey protei	1 1/4c or	285g	NON FAT cottage chee	5oz or 41.75g	grilled chicken breast
24each or 34.4g	almonds	8tsp or	42.4g	peanut/almond butter	4oz or 113.4g	avocado
1 c or	156g	steamed broccoli	1 c or	125g	steamed green beans	8oz or	226g	steamed asparagus
1 c or 93.05g	brown rice (cooked	6oz or	171g	baked sweet potato	3/4c or	60g	oatmeal (dry)

CODE:

c = cup/s	oz = ounces
tbp = tablespoon/s	floz = fluid ounces
tsp = teaspoon/s	g = grams
slc = slice/s	sc = scoop/s

Master Meal Plan Workout Days
MASS DIET 5000

Pre-WO Supplements - 2 scoops Vaso-Charge in 16 Oz water 25 minutes prior to workout

Workout Nutrition - 4-8 scoops Xtend + 1 scoop Primal EAA/14-21g WPI during weights/cardio

Pre-WO Meal - This can be any meal listed below just have last bite 75-90 minutes before training.

POST-WO Meal - Next meal in line and should be eaten 30-45 minutes after your training

Meal 1	90g Carbs,	42g Protein,	25g Fats		753 Kcals

5	Serving/s Meat Category	1-Multi
5	Serving/s Fat Category	1-Fish Oil
1	Serving/s Fruit Category	1-Sesamin
4	Serving/s Carbohydrate Category	
1	Serving/s Milk Category	*- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Meal 2	90g Carbs,	42g Protein,	25g Fats		753 Kcals

6	Serving/s Meat Category	1-Fish Oil
5	Serving/s Fat Category	2-CLA
1	Serving/s Fruit Category	
5	Serving/s Carbohydrate Category	

Meal 3	75g Carbs,	49g Protein,	25g Fats		721 Kcals

7	Serving/s Meat Category	1-Fish Oil
5	Serving/s Fat Category	1-Sesamin
3	Serving/s Vegetable Category	
4	Serving/s Carbohydrate Category	

Meal 4	75g Carbs,	42g Protein,	25g Fats		693 Kcals

6	Serving/s Meat Category	1-Multi
5	Serving/s Fat Category	1-Fish Oil
3	Serving/s Vegetable Category	2-CLA
4	Serving/s Carbohydrate Category	

Meal 5	75g Carbs,	49g Protein,	25g Fats		721 Kcals

7	Serving/s Meat Category	1-Fish Oil
5	Serving/s Fat Category	1-Sesamin
3	Serving/s Vegetable Category	
4	Serving/s Carbohydrate Category	

Meal 6	75g Carbs,	49g Protein,	20g Fats		676 Kcals

6	Serving/s Meat Category	1-Fish Oil
4	Serving/s Fat Category	2-CLA
3	Serving/s Vegetable Category	
3	Serving/s Carbohydrate Category	
1	Serving/s Milk Category	*- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Meal 7	75g Carbs,	42g Protein,	20g Fats		648 Kcals

6	Serving/s Meat Category	1-Fish Oil
4	Serving/s Fat Category	
3	Serving/s Vegetable Category	
4	Serving/s Carbohydrate Category	

Total Carbohydrates	555g
Total Protein	315g
Total Fat	165g
Total Calories	4965g

Example Meal Plan Workout Days
MASS DIET 5000

Meal 1

10each or	335g	egg whites	5oz or 41.75g	LEAN turkey breast	1 1/4c or	285g	NON FAT cottage cheese
30each or	43g	almonds	10tsp or 53g	peanut\almond Butter	5oz or 41.75g		avocado
2tbp or	18g	raisins	6.5oz or 184g	grapefruit	2.25oz or	64g	banana
1 c or	80g	oatmeal (dry)	2slc or 132g	whole grain English mu	4slc or	128g	whole grain toast
6oz or	170g	Yoplait Light yogurt	8floz or 237ml	NON FAT milk	6oz or	170g	Plain NON FAT yogurt

Meal 2

6oz or 170.1g		tuna (canned in H2	6oz or 170.1g	grilled halibut/tilapia	6oz or 170.1g		grilled chicken breast
30each or	43g	almonds	10tsp or 53g	peanut\almond Butter	5oz or 41.75g		avocado
3.25oz or	92g	apple	3oz or 85g	pear	3.5oz or	99g	orange (peeled)
1 1/4c or	100g	oatmeal (dry)	10oz or 285g	baked sweet potato	1 2/3c or 21.75g		brown rice (cooked)

Meal 3

7oz or 98.45g		grilled chicken brea	7oz or 98.45g	grilled halibut/tilapia	1.75cup or	399g	NON FAT cottage cheese
30each or	43g	almonds	10tsp or 22.5g	Olive/Enova Oil	5oz or 41.75g		avocado
1 1/2c or	234g	steamed broccoli	1 1/2c or 187.5g	steamed green beans	2 c or	375g	steamed spinach
1 1/3c or 257.4g		brown rice (cooked	8oz or 228g	baked sweet potato	1 1/3c or	184g	whole grain pasta

Meal 4

2 sc or	60g	scoops whey protei	6oz or 170.1g	grilled halibut/tilapia	6oz or 170.1g		grilled chicken breast
50each or	46.8g	peanuts	10tsp or 53g	peanut/almond butter	5oz or 41.75g		avocado
1 1/2c or	234g	steamed broccoli	1 1/2c or 187.5g	steamed green beans	12oz or	339g	steamed asparagus
1 1/3c or 257.4g		brown rice (cooked	8oz or 228g	baked sweet potato	6tbp or	66.8g	cream of wheat (dry)

Meal 5

7oz or 98.45g		grilled halibut/tilapi	7oz or 98.45g	grilled LEAN sirloin/fille	7oz or 98.45g		grilled chicken breast
25each or	37.5g	walnut halves	5tsp or 22.5g	Olive/Enova Oil	5oz or 41.75g		avocado
4 1/2c or	495g	chopped lettuce	1 1/2c or 187.5g	steamed green beans	12oz or	339g	steamed asparagus
3/4c or	270g	chopped tomato					
1 1/3c or 257.4g		brown rice (cooked	8oz or 228g	baked yam	1 1/3c or	184g	whole grain pasta

Meal 6

2 sc or	60g	scoops whey protei	1 1/2c or 342g	NON FAT cottage chee	6oz or 170.1g		grilled chicken breast
24each or	34.4g	almonds	8tsp or 42.4g	peanut/almond butter	4oz or 113.4g		avocado
1 1/2c or	234g	steamed broccoli	1 1/2c or 187.5g	steamed green beans	12oz or	339g	steamed asparagus
1 c or 93.05g		brown rice (cooked	6oz or 171g	baked sweet potato	3/4c or	60g	oatmeal (dry)
6oz or	170g	Yoplait Light yogurt	8floz or 237ml	NON FAT milk	6oz or	170g	Plain NON FAT yogurt

Meal 7

2 sc or	60g	scoops whey protei	1 1/2c or 342g	NON FAT cottage chee	6oz or 170.1g		grilled chicken breast
24each or	34.4g	almonds	8tsp or 42.4g	peanut/almond butter	4oz or 113.4g		avocado
1 1/2c or	234g	steamed broccoli	1 1/2c or 187.5g	steamed green beans	12oz or	339g	steamed asparagus
1 1/3c or 257.4g		brown rice (cooked	8oz or 228g	baked sweet potato	1 c or	80g	oatmeal (dry)
0oz or	0g	Yoplait Light yogurt	0floz or 0ml	NON FAT milk	0oz or	0g	Plain NON FAT yogurt

CODE:

c = cup/s   oz = ounces
tbp = tablespoon/s   floz = fluid ounces
tsp = teaspoon/s   g = grams
slc = slice/s   sc = scoop/s

Master Meal Plan NON-Workout Days
MASS DIET 5000

Meal 1   75g Carbs,   42g Protein,   25g Fats   **693 Kcals**

5	Serving/s Meat Category	1-Multi
5	Serving/s Fat Category	1-Fish Oil
1	Serving/s Fruit Category	1-Sesamin
3	Serving/s Carbohydrate Category	
1	Serving/s Milk Category *- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*	

Meal 2   75g Carbs,   35g Protein,   25g Fats   **665 Kcals**

5	Serving/s Meat Category	1-Fish Oil
5	Serving/s Fat Category	2-CLA
1	Serving/s Fruit Category	
4	Serving/s Carbohydrate Category	

Meal 3   75g Carbs,   42g Protein,   25g Fats   **693 Kcals**

6	Serving/s Meat Category	1-Fish Oil
5	Serving/s Fat Category	1-Sesamin
3	Serving/s Vegetable Category	
4	Serving/s Carbohydrate Category	

Meal 4   75g Carbs,   42g Protein,   25g Fats   **693 Kcals**

6	Serving/s Meat Category	1-Multi
5	Serving/s Fat Category	1-Fish Oil
3	Serving/s Vegetable Category	2-CLA
4	Serving/s Carbohydrate Category	

Meal 5   60g Carbs,   42g Protein,   20g Fats   **588 Kcals**

6	Serving/s Meat Category	1-Fish Oil
4	Serving/s Fat Category	1-Sesamin
3	Serving/s Vegetable Category	
3	Serving/s Carbohydrate Category	

Meal 6   60g Carbs,   42g Protein,   20g Fats   **588 Kcals**

5	Serving/s Meat Category	1-Fish Oil
4	Serving/s Fat Category	2-CLA
3	Serving/s Vegetable Category	
2	Serving/s Carbohydrate Category	
1	Serving/s Milk Category *- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*	

Meal 7   40g Carbs,   28g Protein,   20g Fats   **452 Kcals**

4	Serving/s Meat Category
4	Serving/s Fat Category
2	Serving/s Vegetable Category
2	Serving/s Carbohydrate Category

Total Carbohydrates	460g
Total Protein	273g
Total Fat	160g
Total Calories	4372g

Example Meal Plan NON-Workout Days
MASS DIET 5000

Meal 1

10each or	335g	egg whites	5oz or 41.75g	LEAN turkey breast	1 1/4c or	285g	NON FAT cottage cheese
30each or	43g	almonds	10tsp or	53g	peanut\almond Butter	5oz or 41.75g	avocado
2tbp or	18g	raisins	6.5oz or	184g	grapefruit	2.25oz or	64g	banana
3/4c or	60g	oatmeal (dry)	1.5slc or	99g	whole grain English mu	3slc or	96g	whole grain toast
6oz or	170g	Yoplait Light yogurt	8floz or	237ml	NON FAT milk	6oz or	170g	Plain NON FAT yogurt

Meal 2

5oz or 41.75g	tuna (canned in H2	5oz or 41.75g	grilled halibut/tilapia	5oz or 41.75g	grilled chicken breast
30each or	43g	almonds	10tsp or	53g	tsp peanut\almond But	5oz or 41.75g	avocado
3.25oz or	92g	apple	3oz or	85g	pear	3.5oz or	99g	orange (peeled)
1 c or	80g	oatmeal (dry)	8oz or	228g	baked sweet potato	1 1/3c or 257.4g	brown rice (cooked)

Meal 3

6oz or 170.1g	grilled chicken brea	6oz or 170.1g	grilled halibut/tilapia	1.5cup or	342g	NON FAT cottage cheese
30each or	43g	almonds	10tsp or	22.5g	tsp Olive/Enova Oil	5oz or 41.75g	oz. avocado
1 1/2c or	234g	steamed broccoli	1 1/2c or 187.5g	steamed green beans	2 c or	375g	steamed spinach
1 1/3c or 257.4g	brown rice (cooked	8oz or	228g	baked sweet potato	1 1/3c or	184g	whole grain pasta

Meal 4

2 sc or	60g	scoops whey protei	6oz or 170.1g	grilled halibut/tilapia	6oz or 170.1g	grilled chicken breast
50each or 46.8g	peanuts	10tsp or	53g	peanut/almond butter	5oz or 41.75g	avocado
1 1/2c or	234g	steamed broccoli	1 1/2c or 187.5g	steamed green beans	12oz or	339g	steamed asparagus
1 1/3c or 257.4g	brown rice (cooked	8oz or	228g	baked sweet potato	6tbp or	66.8g	cream of wheat (dry)

Meal 5

6oz or 170.1g	grilled halibut/tilapi	6oz or 170.1g	grilled LEAN sirloin/fille	6oz or 170.1g	grilled chicken breast
20each or	30g	walnut halves	4tsp or	18g	Olive/Enova Oil	4oz or 113.4g	avocado
4 1/2c or	495g	chopped lettuce	1 1/2c or 187.5g	steamed green beans	12oz or	339g	steamed asparagus
3/4c or	270g	chopped tomato					
1 c or 93.05g	brown rice (cooked	6oz or	171g	baked yam	1 c or	138g	whole grain pasta

Meal 6

1 2/3sc or	50g	scoops whey protei	1 1/4c or	285g	NON FAT cottage chee	5oz or 41.75g	grilled chicken breast
24each or 34.4g	almonds	8tsp or	42.4g	peanut/almond butter	4oz or 113.4g	avocado
1 1/2c or	234g	steamed broccoli	1 1/2c or 187.5g	steamed green beans	12oz or	339g	steamed asparagus
2/3c or 128.7g	brown rice (cooked	4oz or	114g	baked sweet potato	1/2c or	40g	oatmeal (dry)
6oz or	170g	Yoplait Light yogurt	8floz or	237ml	NON FAT milk	6oz or	170g	Plain NON FAT yogurt

Meal 7

1 1/3sc or	40g	scoops whey protei	1 c or	228g	NON FAT cottage chee	4oz or 113.4g	grilled chicken breast
24each or 34.4g	almonds	8tsp or	42.4g	peanut/almond butter	4oz or 113.4g	avocado
1 c or	156g	steamed broccoli	1 c or	125g	steamed green beans	8oz or	226g	steamed asparagus
2/3c or 128.7g	brown rice (cooked	4oz or	114g	baked sweet potato	0.5c or	40g	oatmeal (dry)
0oz or	0g	Yoplait Light yogurt	0floz or	0ml	NON FAT milk	0oz or	0g	Plain NON FAT yogurt

CODE:

c = cup/s	oz = ounces
tbp = tablespoon/s	floz = fluid ounces
tsp = teaspoon/s	g = grams
slc = slice/s	sc = scoop/s

Master Meal Plan Workout Days
MASS DIET 5500

Pre-WO Supplements - 2 scoops Vaso-Charge in 16 Oz water 25 minutes prior to workout

Workout Nutrition - 4-8 scoops Xtend + 1 scoop Primal EAA/14-21g WPI during weights/cardio

Pre-WO Meal - This can be any meal listed below just have last bite 75-90 minutes before training.

POST-WO Meal - Next meal in line and should be eaten 30-45 minutes after your training

Meal 1   90g Carbs,   49g Protein,   30g Fats   826 Kcals
6	Serving/s Meat Category	1-Multi
6	Serving/s Fat Category	1-Fish Oil
1	Serving/s Fruit Category	1-Sesamin
4	Serving/s Carbohydrate Category	
1	Serving/s Milk Category *- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*	

Meal 2   90g Carbs,   49g Protein,   30g Fats   826 Kcals
7	Serving/s Meat Category	1-Fish Oil
6	Serving/s Fat Category	2-CLA
1	Serving/s Fruit Category	
5	Serving/s Carbohydrate Category	

Meal 3   90g Carbs,   49g Protein,   30g Fats   826 Kcals
7	Serving/s Meat Category	1-Fish Oil
6	Serving/s Fat Category	1-Sesamin
3	Serving/s Vegetable Category	
5	Serving/s Carbohydrate Category	

Meal 4   90g Carbs,   42g Protein,   25g Fats   753 Kcals
6	Serving/s Meat Category	1-Multi
5	Serving/s Fat Category	1-Fish Oil
3	Serving/s Vegetable Category	2-CLA
5	Serving/s Carbohydrate Category	

Meal 5   90g Carbs,   49g Protein,   25g Fats   781 Kcals
7	Serving/s Meat Category	1-Fish Oil
5	Serving/s Fat Category	1-Sesamin
3	Serving/s Vegetable Category	
5	Serving/s Carbohydrate Category	

Meal 6   75g Carbs,   56g Protein,   25g Fats   749 Kcals
7	Serving/s Meat Category	1-Fish Oil
5	Serving/s Fat Category	2-CLA
3	Serving/s Vegetable Category	
3	Serving/s Carbohydrate Category	
1	Serving/s Milk Category *- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*	

Meal 7   75g Carbs,   49g Protein,   25g Fats   721 Kcals
7	Serving/s Meat Category	1-Fish Oil
5	Serving/s Fat Category	
3	Serving/s Vegetable Category	
4	Serving/s Carbohydrate Category	

Total Carbohydrates	600g
Total Protein	343g
Total Fat	190g
Total Calories	5482g

Example Meal Plan Workout Days
MASS DIET 5500

Meal 1

12each or 402g egg whites	6oz or 170.1g LEAN turkey breast	1 1/2c or 342g NON FAT cottage cheese
36each or 51.6g almonds	12tsp or 63.6g peanut\almond Butter	6oz or 170.1g avocado
2tbp or 18g raisins	6.5oz or 184g grapefruit	2.25oz or 64g banana
1 c or 80g oatmeal (dry)	2slc or 132g whole grain English mu	4slc or 128g whole grain toast
6oz or 170g Yoplait Light yogurt	8floz or 237ml NON FAT milk	6oz or 170g Plain NON FAT yogurt

Meal 2

7oz or 98.45g tuna (canned in H2	7oz or 98.45g grilled halibut/tilapia	7oz or 98.45g grilled chicken breast
36each or 51.6g almonds	12tsp or 63.6g peanut\almond Butter	6oz or 170.1g avocado
3.25oz or 92g apple	3oz or 85g pear	3.5oz or 99g orange (peeled)
1 1/4c or 100g oatmeal (dry)	10oz or 285g baked sweet potato	1 2/3c or 21.75g brown rice (cooked)

Meal 3

7oz or 98.45g grilled chicken brea	7oz or 98.45g grilled halibut/tilapia	1 3/4 399g NON FAT cottage cheese
36each or 51.6g almonds	12tsp or 27g Olive/Enova Oil	6oz or 170.1g avocado
1 1/2c or 234g steamed broccoli	1 1/2c or 187.5g steamed green beans	2 c or 375g steamed spinach
1 2/3c or 21.75g brown rice (cooked	10oz or 285g baked sweet potato	1 2/3c or 230g whole grain pasta

Meal 4

2 sc or 60g scoops whey protei	6oz or 170.1g grilled halibut/tilapia	6oz or 170.1g grilled chicken breast
50each or 46.8g peanuts	10tsp or 53g peanut/almond butter	5oz or 41.75g avocado
1 1/2c or 234g steamed broccoli	1 1/2c or 187.5g steamed green beans	12oz or 339g steamed asparagus
1 2/3c or 21.75g brown rice (cooked	10oz or 285g baked sweet potato	7.5tbp or 83.5g cream of wheat (dry)

Meal 5

7oz or 98.45g grilled halibut/tilapi	7oz or 98.45g grilled LEAN sirloin/fille	7oz or 98.45g grilled chicken breast
25each or 37.5g walnut halves	5tsp or 22.5g Olive/Enova Oil	5oz or 41.75g avocado
4 1/2c or 495g chopped lettuce	1 1/2c or 187.5g steamed green beans	12oz or 339g steamed asparagus
3/4c or 270g chopped tomato		
1 2/3c or 21.75g brown rice (cooked	10oz or 285g baked yam	1 2/3c or 230g whole grain pasta

Meal 6

2 1/3sc or 70g scoops whey protei	1 3/4c or 399g NON FAT cottage chee	7oz or 98.45g grilled chicken breast
30each or 43g almonds	10tsp or 53g peanut/almond butter	5oz or 41.75g avocado
1 1/2c or 234g steamed broccoli	1 1/2c or 187.5g steamed green beans	12oz or 339g steamed asparagus
1 c or 93.05g brown rice (cooked	6oz or 171g baked sweet potato	3/4c or 60g oatmeal (dry)
6oz or 170g Yoplait Light yogurt	8floz or 237ml NON FAT milk	6oz or 170g Plain NON FAT yogurt

Meal 7

2 1/3sc or 70g scoops whey protei	1 3/4c or 399g NON FAT cottage chee	7oz or 98.45g grilled chicken breast
30each or 43g almonds	10tsp or 53g peanut/almond butter	5oz or 41.75g avocado
1 1/2c or 234g steamed broccoli	1 1/2c or 187.5g steamed green beans	12oz or 339g steamed asparagus
1 1/3c or 257.4g brown rice (cooked	8oz or 228g baked sweet potato	1 c or 80g oatmeal (dry)

CODE:

c = cup/s	oz = ounces
tbp = tablespoon/s	floz = fluid ounces
tsp = teaspoon/s	g = grams
slc = slice/s	sc = scoop/s

Master Meal Plan NON-Workout Days
MASS DIET 5500

Meal 1   90g Carbs,   42g Protein,   25g Fats   **753 Kcals**

5	Serving/s Meat Category	1-Multi
5	Serving/s Fat Category	1-Fish Oil
1	Serving/s Fruit Category	1-Sesamin
4	Serving/s Carbohydrate Category	
1	Serving/s Milk Category *- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*	

Meal 2   75g Carbs,   42g Protein,   25g Fats   **693 Kcals**

6	Serving/s Meat Category	1-Fish Oil
5	Serving/s Fat Category	2-CLA
1	Serving/s Fruit Category	
4	Serving/s Carbohydrate Category	

Meal 3   90g Carbs,   49g Protein,   25g Fats   **781 Kcals**

7	Serving/s Meat Category	1-Fish Oil
5	Serving/s Fat Category	1-Sesamin
3	Serving/s Vegetable Category	
5	Serving/s Carbohydrate Category	

Meal 4   75g Carbs,   42g Protein,   25g Fats   **693 Kcals**

6	Serving/s Meat Category	1-Multi
5	Serving/s Fat Category	1-Fish Oil
3	Serving/s Vegetable Category	2-CLA
4	Serving/s Carbohydrate Category	

Meal 5   60g Carbs,   49g Protein,   25g Fats   **661 Kcals**

7	Serving/s Meat Category	1-Fish Oil
5	Serving/s Fat Category	1-Sesamin
3	Serving/s Vegetable Category	
3	Serving/s Carbohydrate Category	

Meal 6   60g Carbs,   49g Protein,   25g Fats   **661 Kcals**

6	Serving/s Meat Category	1-Fish Oil
5	Serving/s Fat Category	2-CLA
3	Serving/s Vegetable Category	
2	Serving/s Carbohydrate Category	
1	Serving/s Milk Category *- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*	

Meal 7   45g Carbs,   42g Protein,   25g Fats   **573 Kcals**

6	Serving/s Meat Category
5	Serving/s Fat Category
3	Serving/s Vegetable Category
2	Serving/s Carbohydrate Category

Total Carbohydrates	495g
Total Protein	315g
Total Fat	175g
Total Calories	4815g

Example Meal Plan NON-Workout Days
MASS DIET 5500

Meal 1

10each or	335g	egg whites	5oz or 41.75g	LEAN turkey breast	1 1/4c or	285g	NON FAT cottage cheese
30each or	43g	almonds	10tsp or 53g	peanut\almond Butter	5oz or 41.75g		avocado
2tbp or	18g	raisins	6.5oz or 184g	grapefruit	2.25oz or	64g	banana
1 c or	80g	oatmeal (dry)	2slc or 132g	whole grain English mu	4slc or	128g	whole grain toast
6oz or	170g	Yoplait Light yogurt	8floz or 237ml	NON FAT milk	6oz or	170g	Plain NON FAT yogurt

Meal 2

6oz or 170.1g	tuna (canned in H2	6oz or 170.1g	grilled halibut/tilapia	6oz or 170.1g	grilled chicken breast
30each or 43g	almonds	10tsp or 53g	peanut\almond Butter	5oz or 41.75g	avocado
3.25oz or 92g	apple	3oz or 85g	pear	3.5oz or 99g	orange (peeled)
1 c or 80g	oatmeal (dry)	8oz or 228g	baked sweet potato	1 1/3c or 257.4g	brown rice (cooked)

Meal 3

7oz or 98.45g	grilled chicken brea	7oz or 98.45g	grilled halibut/tilapia	1.75cup or 399g	NON FAT cottage cheese
30each or 43g	almonds	10tsp or 22.5g	tsp Olive/Enova Oil	5oz or 41.75g	avocado
1 1/2c or 234g	steamed broccoli	1 1/2c or 187.5g	steamed green beans	2 c or 375g	steamed spinach
1 2/3c or 21.75g	brown rice (cooked	10oz or 285g	baked sweet potato	1 2/3c or 230g	whole grain pasta

Meal 4

2 sc or 60g	scoops whey protei	6oz or 170.1g	grilled halibut/tilapia	6oz or 170.1g	grilled chicken breast
50each or 46.8g	peanuts	10tsp or 53g	peanut/almond butter	5oz or 41.75g	avocado
1 1/2c or 234g	steamed broccoli	1 1/2c or 187.5g	steamed green beans	12oz or 339g	steamed asparagus
1 1/3c or 257.4g	brown rice (cooked	8oz or 228g	baked sweet potato	6tbp or 66.8g	cream of wheat (dry)

Meal 5

7oz or 98.45g	grilled halibut/tilapi	7oz or 98.45g	grilled LEAN sirloin/fille	7oz or 98.45g	grilled chicken breast
25each or 37.5g	walnut halves	5tsp or 22.5g	Olive/Enova Oil	5oz or 41.75g	avocado
4 1/2c or 495g	chopped lettuce	1 1/2c or 187.5g	steamed green beans	12oz or 339g	steamed asparagus
3/4c or 270g	chopped tomato				
1 c or 93.05g	brown rice (cooked	6oz or 171g	baked yam	1 c or 138g	whole grain pasta

Meal 6

2 sc or 60g	scoops whey protei	1 1/2c or 342g	NON FAT cottage chee	6oz or 170.1g	grilled chicken breast
30each or 43g	almonds	10tsp or 53g	peanut/almond butter	5oz or 41.75g	avocado
1 1/2c or 234g	steamed broccoli	1 1/2c or 187.5g	steamed green beans	12oz or 339g	steamed asparagus
2/3c or 128.7g	brown rice (cooked	4oz or 114g	baked sweet potato	1/2c or 40g	oatmeal (dry)
6oz or 170g	Yoplait Light yogurt	8floz or 237ml	NON FAT milk	6oz or 170g	Plain NON FAT yogurt

Meal 7

2 sc or 60g	scoops whey protei	1 1/2c or 342g	NON FAT cottage chee	6oz or 170.1g	grilled chicken breast
30each or 43g	almonds	10tsp or 53g	peanut/almond butter	5oz or 41.75g	avocado
1 1/2c or 234g	steamed broccoli	1 1/2c or 187.5g	steamed green beans	12oz or 339g	steamed asparagus
2/3c or 128.7g	brown rice (cooked	4oz or 114g	baked sweet potato	0.5c or 40g	oatmeal (dry)
0oz or 0g	Yoplait Light yogurt	0floz or 0ml	NON FAT milk	0oz or 0g	Plain NON FAT yogurt

CODE:

c = cup/s	oz = ounces
tbp = tablespoon/s	floz = fluid ounces
tsp = teaspoon/s	g = grams
slc = slice/s	sc = scoop/s

Master Meal Plan Workout Days
MASS DIET 6000

Pre-WO Supplements - 2 scoops Vaso-Charge in 16 Oz water 25 minutes prior to workout

Workout Nutrition - 4-8 scoops Xtend + 1 scoop Primal EAA/14-21g WPI during weights/cardio

Pre-WO Meal - This can be any meal listed below just have last bite 75-90 minutes before training.

POST-WO Meal - Next meal in line and should be eaten 30-45 minutes after your training

Meal 1   105g Carbs,   49g Protein,   30g Fats   886 Kcals

6	Serving/s Meat Category	1-Multi
6	Serving/s Fat Category	1-Fish Oil
1	Serving/s Fruit Category	1-Sesamin
5	Serving/s Carbohydrate Category	
1	Serving/s Milk Category	*- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Meal 2   90g Carbs,   49g Protein,   30g Fats   826 Kcals

7	Serving/s Meat Category	1-Fish Oil
6	Serving/s Fat Category	2-CLA
1	Serving/s Fruit Category	
5	Serving/s Carbohydrate Category	

Meal 3   90g Carbs,   56g Protein,   30g Fats   854 Kcals

8	Serving/s Meat Category	1-Fish Oil
6	Serving/s Fat Category	1-Sesamin
3	Serving/s Vegetable Category	
5	Serving/s Carbohydrate Category	

Meal 4   90g Carbs,   56g Protein,   30g Fats   854 Kcals

7	Serving/s Meat Category	1-Multi
6	Serving/s Fat Category	1-Fish Oil
3	Serving/s Vegetable Category	2-CLA
4	Serving/s Carbohydrate Category	
1	Serving/s Milk Category	*- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Meal 5   90g Carbs,   56g Protein,   30g Fats   854 Kcals

8	Serving/s Meat Category	1-Fish Oil
6	Serving/s Fat Category	1-Sesamin
3	Serving/s Vegetable Category	
5	Serving/s Carbohydrate Category	

Meal 6   105g Carbs,   49g Protein,   30g Fats   886 Kcals

6	Serving/s Meat Category	1-Fish Oil
6	Serving/s Fat Category	2-CLA
3	Serving/s Vegetable Category	
5	Serving/s Carbohydrate Category	
1	Serving/s Milk Category	*- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Meal 7   90g Carbs,   49g Protein,   30g Fats   826 Kcals

7	Serving/s Meat Category	1-Fish Oil
6	Serving/s Fat Category	
3	Serving/s Vegetable Category	
5	Serving/s Carbohydrate Category	

Total Carbohydrates	660g
Total Protein	364g
Total Fat	210g
Total Calories	5986g

Example Meal Plan Workout Days
MASS DIET 6000

Meal 1

12each or	402g	egg whites	6oz or 170.1g	LEAN turkey breast	1 1/2c or	342g	NON FAT cottage cheese
36each or	51.6g	almonds	12tsp or 63.6g	peanut\almond Butter	6oz or 170.1g		avocado
2tbp or	18g	raisins	6.5oz or 184g	grapefruit	2.25oz or	64g	banana
1 1/4c or	100g	oatmeal (dry)	2.5slc or 165g	whole grain English mu	5slc or	160g	whole grain toast
6oz or	170g	Yoplait Light yogurt	8floz or 237ml	NON FAT milk	6oz or	170g	Plain NON FAT yogurt

Meal 2

7oz or 98.45g	tuna (canned in H2	7oz or 98.45g	grilled halibut/tilapia	7oz or 98.45g	grilled chicken breast
36each or 51.6g	almonds	12tsp or 63.6g	peanut\almond Butter	6oz or 170.1g	avocado
3.25oz or 92g	apple	3oz or 85g	pear	3.5oz or 99g	orange (peeled)
1 1/4c or 100g	oatmeal (dry)	10oz or 285g	baked sweet potato	1 2/3c or 21.75g	brown rice (cooked)

Meal 3

8oz or 226.8g	grilled chicken brea	8oz or 226.8g	grilled halibut/tilapia	2	456g	NON FAT cottage cheese
36each or 51.6g	almonds	12tsp or 27g	Olive/Enova Oil	6oz or 170.1g	avocado
1 1/2c or 234g	steamed broccoli	1 1/2c or 187.5g	steamed green beans	2 c or 375g	steamed spinach
1 2/3c or 21.75g	brown rice (cooked	10oz or 285g	baked sweet potato	1 2/3c or 230g	whole grain pasta

Meal 4

2 1/3sc or 70g	scoops whey protei	7oz or 98.45g	grilled halibut/tilapia	7oz or 98.45g	grilled chicken breast
60each or 56.16g	peanuts	12tsp or 63.6g	peanut/almond butter	6oz or 170.1g	avocado
1 1/2c or 234g	steamed broccoli	1 1/2c or 187.5g	steamed green beans	12oz or 339g	steamed asparagus
1 1/3c or 257.4g	brown rice (cooked	8oz or 228g	baked sweet potato	6tbp or 66.8g	cream of wheat (dry)
6oz or 28.35g	Yoplait Light yogurt	8floz or 237ml	NON FAT milk	6oz or 170g	Plain NON FAT yogurt

Meal 5

8oz or 226.8g	grilled halibut/tilapi	8oz or 226.8g	grilled LEAN sirloin/fille	8oz or 226.8g	grilled chicken breast
30each or 45g	walnut halves	6tsp or 27g	Olive/Enova Oil	6oz or 170.1g	avocado
4 1/2c or 495g	chopped lettuce	1 1/2c or 187.5g	steamed green beans	12oz or 339g	steamed asparagus
3/4c or 270g	chopped tomato				
1 2/3c or 21.75g	brown rice (cooked	10oz or 285g	baked yam	1 2/3c or 230g	whole grain pasta

Meal 6

2 sc or 60g	scoops whey protei	1 1/2c or 342g	NON FAT cottage chees	6oz or 170.1g	grilled chicken breast
36each or 51.6g	almonds	12tsp or 63.6g	peanut/almond butter	6oz or 170.1g	avocado
1 1/2c or 234g	steamed broccoli	1 1/2c or 187.5g	steamed green beans	12oz or 339g	steamed asparagus
1 2/3c or 21.75g	brown rice (cooked	10oz or 285g	baked sweet potato	1 1/4c or 100g	oatmeal (dry)
6oz or 170g	Yoplait Light yogurt	8floz or 237ml	NON FAT milk	6oz or 170g	Plain NON FAT yogurt

Meal 7

2 1/3sc or 70g	scoops whey protei	1 3/4c or 399g	NON FAT cottage chees	7oz or 98.45g	grilled chicken breast
36each or 51.6g	almonds	12tsp or 63.6g	peanut/almond butter	6oz or 170.1g	avocado
1 1/2c or 234g	steamed broccoli	1 1/2c or 187.5g	steamed green beans	12oz or 339g	steamed asparagus
1 2/3c or 21.75g	brown rice (cooked	10oz or 285g	baked sweet potato	1 1/4c or 100g	oatmeal (dry)

CODE:

c = cup/s oz = ounces
tbp = tablespoon/s floz = fluid ounces
tsp = teaspoon/s g = grams
slc = slice/s sc = scoop/s

Master Meal Plan NON-Workout Days
MASS DIET 6000

Meal 1   90g Carbs,   42g Protein,   30g Fats   **798 Kcals**

5	Serving/s Meat Category 1-Multi
6	Serving/s Fat Category 1-Fish Oil
1	Serving/s Fruit Category 1-Sesamin
4	Serving/s Carbohydrate Category
1	Serving/s Milk Category *- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Meal 2   90g Carbs,   42g Protein,   30g Fats   **798 Kcals**

6	Serving/s Meat Category 1-Fish Oil
6	Serving/s Fat Category 2-CLA
1	Serving/s Fruit Category
5	Serving/s Carbohydrate Category

Meal 3   75g Carbs,   49g Protein,   30g Fats   **766 Kcals**

7	Serving/s Meat Category 1-Fish Oil
6	Serving/s Fat Category 1-Sesamin
3	Serving/s Vegetable Category
4	Serving/s Carbohydrate Category

Meal 4   90g Carbs,   49g Protein,   25g Fats   **781 Kcals**

7	Serving/s Meat Category 1-Multi
5	Serving/s Fat Category 1-Fish Oil
3	Serving/s Vegetable Category 2-CLA
5	Serving/s Carbohydrate Category

Meal 5   75g Carbs,   42g Protein,   25g Fats   **693 Kcals**

6	Serving/s Meat Category 1-Fish Oil
5	Serving/s Fat Category 1-Sesamin
3	Serving/s Vegetable Category
4	Serving/s Carbohydrate Category

Meal 6   75g Carbs,   49g Protein,   25g Fats   **721 Kcals**

6	Serving/s Meat Category 1-Fish Oil
5	Serving/s Fat Category 2-CLA
3	Serving/s Vegetable Category
3	Serving/s Carbohydrate Category
1	Serving/s Milk Category *- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Meal 7   60g Carbs,   49g Protein,   25g Fats   **661 Kcals**

6	Serving/s Meat Category
5	Serving/s Fat Category
3	Serving/s Vegetable Category
2	Serving/s Carbohydrate Category
1	Serving/s Milk Category *- If allergic to or dislike milk you can add to this Meal 1 additional meat and carbohydrate*

Total Carbohydrates	555g
Total Protein	322g
Total Fat	190g
Total Calories	5218g

Example Meal Plan NON-Workout Days
MASS DIET 6000

Meal 1

10each or	335g	egg whites	5oz or	41.75g	LEAN turkey breast	1 1/4c or	285g	NON FAT cottage cheese
36each or	51.6g	almonds	12tsp or	63.6g	peanut\almond Butter	6oz or	170.1g	avocado
2tbp or	18g	raisins	6.5oz or	184g	grapefruit	2.25oz or	64g	banana
1 c or	80g	oatmeal (dry)	2slc or	132g	whole grain English mu	4slc or	128g	whole grain toast
6oz or	170g	Yoplait Light yogurt	8floz or	237ml	NON FAT milk	6oz or	170g	Plain NON FAT yogurt

Meal 2

6oz or	170.1g	tuna (canned in H2	6oz or	170.1g	grilled halibut/tilapia	6oz or	170.1g	grilled chicken breast
36each or	51.6g	almonds	12tsp or	63.6g	peanut\almond Butter	6oz or	170.1g	avocado
3.25oz or	92g	apple	3oz or	85g	pear	3.5oz or	99g	orange (peeled)
1 1/4c or	100g	oatmeal (dry)	10oz or	285g	baked sweet potato	1 2/3c or 21.75g		brown rice (cooked)

Meal 3

7oz or	98.45g	grilled chicken brea	7oz or	98.45g	grilled halibut/tilapia	1.75cup or	399g	NON FAT cottage cheese
36each or	51.6g	almonds	12tsp or	27g	Olive/Enova Oil	6oz or	170.1g	avocado
1 1/2c or	234g	steamed broccoli	1 1/2c or 187.5g		steamed green beans	2 c or	375g	steamed spinach
1 1/3c or 257.4g		brown rice (cooked	8oz or	228g	baked sweet potato	1 1/3c or	184g	whole grain pasta

Meal 4

2 1/3sc or	70g	scoops whey protei	7oz or	98.45g	grilled halibut/tilapia	7oz or	98.45g	grilled chicken breast
50each or	46.8g	peanuts	10tsp or	53g	peanut/almond butter	5oz or	41.75g	avocado
1 1/2c or	234g	steamed broccoli	1 1/2c or 187.5g		steamed green beans	12oz or	339g	steamed asparagus
1 2/3c or 21.75g		brown rice (cooked	10oz or	285g	baked sweet potato	7.5tbp or	83.5g	cream of wheat (dry)

Meal 5

6oz or	170.1g	grilled halibut/tilapi	6oz or	170.1g	grilled LEAN sirloin/fille	6oz or	170.1g	grilled chicken breast
25each or	37.5g	walnut halves	5tsp or	22.5g	Olive/Enova Oil	5oz or	41.75g	avocado
4 1/2c or	495g	chopped lettuce	1 1/2c or 187.5g		steamed green beans	12oz or	339g	steamed asparagus
3/4c or	270g	chopped tomato						
1 1/3c or 257.4g		brown rice (cooked	8oz or	228g	baked yam	1 1/3c or	184g	whole grain pasta

Meal 6

2 sc or	60g	scoops whey protei	1 1/2c or	342g	NON FAT cottage chees	6oz or	170.1g	grilled chicken breast
30each or	43g	almonds	10tsp or	53g	peanut/almond butter	5oz or	41.75g	avocado
1 1/2c or	234g	steamed broccoli	1 1/2c or 187.5g		steamed green beans	12oz or	339g	steamed asparagus
1 c or 93.05g		brown rice (cooked	6oz or	171g	baked sweet potato	3/4c or	60g	oatmeal (dry)
6oz or	170g	Yoplait Light yogurt	8floz or	237ml	NON FAT milk	6oz or	170g	Plain NON FAT yogurt

Meal 7

2 sc or	60g	scoops whey protei	1 1/2c or	342g	NON FAT cottage chees	6oz or	170.1g	grilled chicken breast
30each or	43g	almonds	10tsp or	53g	peanut/almond butter	5oz or	41.75g	avocado
1 1/2c or	234g	steamed broccoli	1 1/2c or 187.5g		steamed green beans	12oz or	339g	steamed asparagus
2/3c or 128.7g		brown rice (cooked	4oz or	114g	baked sweet potato	1/2c or	40g	oatmeal (dry)
6oz or	170g	Yoplait Light yogurt	8floz or	237ml	NON FAT milk	6oz or	170g	Plain NON FAT yogurt

CODE:

c = cup/s	oz = ounces
tbp = tablespoon/s	floz = fluid ounces
tsp = teaspoon/s	g = grams

Chapter 8:
Ending The Game

When to Start The Cut Diet

When you start the Cut Diet depends on the goal you have in mind. When dieting for a show, we recommend starting the Cut Diet at 12-13% bodyfat max. Prior to starting the Lean Mass Diet, you should have decided what percent bodyfat you want to be at when dieted down (at the end of the 16 week Cut Diet). You should then allow for 2-3% increase during the gain phase over the 10-14 weeks of the Lean Mass Diet Program. When starting the Cut Diet, err on the side of higher calories. What this means is that if you do the calorie calculation and it has you at 3,200 calories per day, start with Cut Diet 3,500 rather than Cut Diet 3,000. The Cut Diet can be found at www.cutdiet.com.

About Us:

Chuck Rudolph MEd, RD

Chuck Rudolph is a Registered Dietitian and holds a Masters degree in Nutrition Education with concentration in Biochemistry. Chuck is a Nutritional Research Investigator and Nutritional Product Developer for Scivation/PrimaForce - an elite nutritional research and supplement company. At Scivation/PrimaForce, Chuck is currently involved with the research and the development of innovative nutritional supplements directed at utilizing cutting edge nutrients for enhanced wellness and performance. Chuck is also the Nutrition Advisor for The CortiSlim Lifestyle, Nutrition Consultant/Lifestyle Dietitian for OCFitnessBootCamp.com, Director of Sports Nutrition at the Cutting Edge Athletics training facility in Lake Forest, CA and the founder of DietsByChuck.com

Being a former college athlete, Chuck Rudolph's expertise is directed at enhancing sports performance through superior nutrition planning and sufficient supplementation. He has developed successful meal plans for various professional, college and high school athletes. Chuck has authored and co-authored various published scientific articles that are written for health care practitioners and consumers. Currently, his personal interests involve novelty formulations for sports fitness and recovery, weight management, cardiovascular and liver health and antioxidant protection.

Through his efforts, Chuck Rudolph MEd, RD has acquired an excellent reputation for his ability to assess and implement nutritional excellence. His years of practical and clinical experience have given him a unique ability in connecting together the disparity between nutrition science and its application for optimal physical wellness and performance.

Marc Lobliner

Marc Lobliner is the President of Scivation, Inc. He is a Certified Personal Trainer with over eight years of experience in the Health and Fitness Industry-- including over four years with Weider Publications.

Marc's education is in Marketing having attended college at California Lutheran University in Thousand Oaks, CA. as a Marketing Communications major and also graduating Cum Laude with a BS in Marketing.

Derek Charlebois

Derek Charlebois is an ACE certified personal trainer, competitive bodybuilder, and holds a Bachelor's degree in Exercise Science from The University of Michigan. Derek is the Promotions Coordinator/R&D at Scivation/Primaforce and is involved in coordinating promotions, research and development and advertising. Derek is an accomplished author with articles on such websites as Bodybuilding.com and Bulknutrition.com.