

The Ultimate Bodybuilding Diet, Nutrition and Workout Plan for Men and Women

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Smashwords Edition

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Introduction

Lifting heavy weights is not a new phenomenon, even the cavemen began to lift rocks. Apart from the cavemen, the ancient warriors also show us how important lifting weights can be for building muscle strength. Throwing spear to a far off distance was the name of the game at that time, and carrying heavy shields and swords was only possible because of lifting heavy weights. This signifies the fact that lifting heavy weights can help you gain strength. When you look at the lifestyle of the Greek Warriors, it is evident that they lifted heavy swords and shields, for which their endurance level increased manifolds.

Power lifting and Olympic lifting are the two types of weight lifting measures there for the taking. To participate in the Olympic Games, especially the wrestling and boxing matches, one has to focus on the Olympic weight lifting training techniques. The competition as to who can lift more weights can be ideal between two competitors, primarily when it comes to lifting weights the right way.

Weight lifting isn't just about winning or losing the weight lifting competition, rather muscle strength is something that can help you live a healthy life. If you are intending for such a lifestyle, then you need to look forward to lifting weights, which can increase your level of endurance, resulting in muscle strength which you can look forward to. For someone looking to stay fit all the time, body building should be the way to go.

Before you go any further, make sure you've watched the following free video that shows you the 3 bodybuilding mistakes that are killing your muscle growth.

Important Video: The 3 biggest bodybuilding mistakes

<http://www.formulatedfitness.com/go/musclemaximizer>

You need to watch that free video because it will show you what you are doing wrong and how to fix it to maximize your muscle growth!

Modern Bodybuilding Techniques

When it comes to bodybuilding, nutrition is the fundamental you need to look forward to. Even the earliest bodybuilders had a keen eye on the nutrition, which plays a key role in the development of body muscle and strength. Without the intake of proper food, you cannot expect the desired bodybuilding results, irrespective of how hard you train. Your muscle needs to regain the energy they lose during the workout, and this can only be achieved by having a proper diet along with training. If you want to get big, then you need to concentrate on your diet as well. If you don't, you can end up coming across unfavorable results, rather than building any muscle strength.

If you look into the past, the bodybuilders at that time had everything extreme. From extreme training to extreme diet was their way to go, and this was the reason they managed to achieve the required bodybuilding results without much effort. Speaking of the earlier bodybuilders, they used to take a day off during a week to ensure their muscles had enough to recover and grow as desired. During the late and early fifties, the use of steroids became common, and the bodybuilders used to rely on these artificial growth stimulators whose efficiency and productivity is still a question mark.

Ideal Time for Working Out

To achieve the required results, you need to train during the hours you think will be perfect for your body. Many people prefer working out in the morning or the evening when they come back from work. However, if you have a gym nearby your office, then you can train during the lunch break and then eat healthy. There are several options you can rely on, and you need to keep an eye on the daily work schedule you are faced with before setting yourself a time to work out.

Exercises

A modern bodybuilder might consider the following weekly routine:

Monday is Chest Day – On Monday you should conduct multiple sets for your chest exercises.

Bench Presses – do one warm-up set and then get progressively heavier. Once this is reached revert to lighter weights. Do ten sets in total.

Decline Barbell Presses – do one warm-up, then do heavier sets and close with one final set. You should do five total sets.

Push-Ups – conduct three rep-out sets in total.

Tuesday – is core and cardio day – On Tuesday you should conduct multiple sets of exercises that strengthen your core. This might include twists as well as leg raises and crunches followed by running a track or doing a stair master.

Wednesday – is back and shoulders day – On Wednesday you should do multiple sets of exercises that target your back and shoulders.

Pull-Ups – Conduct three sets of wide grip pull ups with bodyweight. Then add a weight belt and additional weights to increase for heavy sets.

Lat Machine Pull-Downs – Conduct five sets by pulling to the chest.

Bent Over Rowing – Conduct five sets using either dumbbells or a barbell.

Seated Rowing – Conduct five high reps by using weight sets and the cable-and-pulley machine.

Military Press – Conduct one warm-up set and four heavy sets using a barbell.

Alternate Dumbbell Press – Conduct alternate presses with moderate weights and then progress to heavy weights.

Upright Rowing – Conduct five sets with moderate weights.

Lateral Dumbbell Raises – Perform these raises to the front or to the side. Be sure to use light weights and progress to moderate weights.

Thursday – is core and cardio day – On Thursday you should repeat the set for Tuesday.

Friday – is arms day – On Friday you should focus on your biceps, triceps and forearms.

Dumbbell Curls – Conduct these curls either sitting down or standing up. They should be done with alternate arm curls using heavy dumbbells.

Reverse Grip Pull Downs – You should conduct these with the lat machine and perform five sets of these.

Press Downs for Triceps – Conduct these with a lat machine and perform five sets.

Supine French Presses – Conduct these with a barbell and do five sets.

Dumbbell Press – Conduct this with a heavy dumbbell with five reps.

Cardio workouts

Cardio workouts, sometimes known as aerobic workouts or aerobic exercises, are one of the best ways to start improving your overall health and your fitness level. Cardio workouts (cardiovascular, in full) are those that raise your heart and breathing rate, getting the blood moving faster around your body. This will help you to burn off more calories, since the more active you are, the more energy you will use. Aerobic exercise increases your metabolic rate on a long term basis, which means that even when you are sitting still, you will be burning more calories than before you started your exercise program.

If you have only just begun to think about exercise, then it is highly likely that your fitness level will be quite low. This is perfectly normal, but it does mean that you will need to start slowly. Bringing in any additional movement, within your daily routine, will be an excellent start.

Think about simple changes that you can make, such as walking up the stairs instead of taking the elevator. This may not sound like much, but if it is done on a regular basis, you will soon notice an improvement in your fitness.

You will be able to climb the stairs faster, without being out of breath, and walking up stairs is actually a brilliant method of toning the muscles in your legs.

Other easy ways of getting more exercise into your daily routine include parking further away from your destination and walking the last part of the journey. This could be as simple as parking the car at the far end of the parking lot, instead of near to the doors. Do this both at work and when you go shopping, and the extra distance will soon start to add up.

What are the benefits of cardio exercise?

Cardiovascular exercise offers a wide range of benefits, when it is carried out on a regular basis. It is recommended that every adult does some form of it at least three times a week, for approximately thirty minutes at a time, though fitting this in can be difficult with the busy lives that most women now lead. This is why it is so important to stay active throughout the day, as even short bursts of activity will add up and you will start to see the benefits.

Weight loss.

So many women are trying to lose weight through dieting, but if this is the case for you, then your efforts will be much more effective if you also take part in regular exercise. In order to lose weight, you need to use up more calories than you take in, and this is easiest to address using both diet and exercise in combination. Every time you move, you are using up calories, so staying on your feet as much as possible will soon show benefits. Even if you have a desk job, you can stand up and move when you are on the phone, for example, which will keep you active. Even just walking slightly faster than your usual pace will use some extra calories and help you to achieve your weight loss goal.

Exercise can reduce your risk of disease.

Many lifestyle diseases, such as heart attack, obesity, stroke and more, can be prevented by undertaking regular exercise. Cardio exercise improves the flow of blood around your body, which reduces the strain on your heart and makes the pumping more efficient. This will have the effect of reducing your blood pressure, and this is a major risk factor for heart disease, including heart attack.

Exercise also greatly reduces the risk of obesity, as active people are less likely to gain excess weight. It can also lead to a reduction in the “bad cholesterol”, or LDLs, which lead to heart disease by clogging the arteries that supply your heart with blood. It will also increase the level of “good cholesterol”, or HDLs, which offer even more protection against lifestyle diseases.

Exercise can reduce stress and boost your mood.

It has long been recognised that aerobic activity can help to reduce stress levels by helping you to work off some of the tension you are feeling. It provides a physical outlet for your emotions, and is a healthy way of dealing with stress – much better than turning to alcohol or cigarettes, which are other common coping methods that people sometimes use.

Exercise also boosts the amount of endorphins which your body produces. Endorphins are natural chemicals that act as both painkillers and antidepressants, boosting your mood and helping you to feel better, even if you have only been exercising for a short time.

Improved energy levels.

If you often find that you are short of energy after carrying out your everyday tasks, then this suggests that you would benefit considerably from a regular exercise routine. Improving your fitness by participating in an exercise program will mean that your heart and lungs are working more efficiently. This will increase the amount of oxygen getting into your bloodstream, and then it will be transported to where it is needed more quickly, along with all of the other nutrients that your muscles need in order to work. This will mean that your energy levels will increase and you will not be as tired when completing various tasks.

Better sleep.

If you have been struggling to sleep at night, or you wake up on a regular basis, then you may find that exercise will help to reduce your symptoms. It is important that you don't exercise immediately before going to bed, as this can lead to the adrenaline from the activity still being present in your body, which will keep you awake and make sleeping even more difficult. However, as long as the activity is carried out at least three hours before you go to bed, you should notice the benefit. In the middle of the afternoon is the ideal time to exercise as far as your body is concerned, but this is rarely practical in today's world.

Exercise can help to prevent osteoporosis.

Osteoporosis is something that is generally associated with older women, and it is the thinning of the bones, leading to an increased risk of fractures. However, you can help to reduce your risk of developing this debilitating condition in the future by participating in exercise now. It is important that it is a weight-bearing form of exercise, in order to have this effect, so consider something like running or a dance class.

How to exercise safely

If you are completely new to aerobic exercise, then it is important that you start slowly. There are some tips you should follow in order to prevent injury, and these are particularly important for beginners, though should always be taken into consideration, however experienced you are.

You will need suitable footwear for your activity. If you are taking up running, or have joined a gym, then this will probably be a pair of running shoes. Get these fitted properly at a specialist shop, where they will be able to advise you on suitable shoes. They may also offer to analyze your gait when you run, as this can affect the style of shoe that you need.

If you are using the gym, you should make sure that you have a complete induction first. This will show you how to use all of the equipment correctly, which is important to help prevent injuries. It will also be extremely beneficial to plan an exercise program with one of the instructors. If you tell them what you are trying to achieve as a result of your exercise, they will be able to advise you of the best workout to help you reach your goals. As a busy woman with limited time, as most of us are, the workout routine they give you should be reasonably short. Make a point of asking about this, if time is one of your biggest concerns.

You may be surprised to find that some weights routines are also incorporated into your planned workout. This is actually extremely beneficial, especially if your goal is weight loss. You will find that combining cardiovascular exercise and weight training will lead to even more fat being burned than cardio would manage alone, so even if you are sceptical, give it a try. The results after just a few weeks may surprise you.

Regardless of whether you are new to exercise or not, you absolutely must warm up before you begin the main part of your workout routine. Taking five minutes to prepare your body for exercise is absolutely essential, every time, so don't ever be tempted to skip this part. The warm up helps to prevent injury such as muscle strain, by slowly increasing the amount of work that is being done, rather than shocking the system by jumping straight into a high intensity routine. A brisk walk, or moving through the motions of your normal routine at a slower pace, would be suitable.

Once you have done your initial warm up, stop and stretch. Stretching increases your flexibility, while also ensuring that blood is flowing through your muscles properly. Having a good blood supply in the muscles while you exercise will help to prevent cramps, meaning that you can continue for longer before getting tired and sore.

After your workout, you should do a brief cool down. Again, five minutes will be long enough. An activity similar to that of your warm up will be suitable, for example, a walk. This time, however, instead of picking up your pace as you go through the time, you should slow down. This helps your muscles to relax and return to their usual level of activity. You should also repeat your stretching sequence. This is particularly important after you have exercised. Activity can cause your muscles to shorten, and you will notice this if they feel tighter than usual. Stretching lengthens the muscle fibers again, helping to restore them to their usual position, which will mean that you ache less the following day.

Starting slowly

If you are new to the idea of exercising, and going to the gym is just too intimidating at the moment, then there are ways you can get a cardio workout and begin to both lose weight and increase your fitness. Go for a brisk walk once a day. If you work, you still have time to do this because you can fit it into your lunch hour. Walk for twenty minutes, and then eat your lunch. This will help even more with those weight loss efforts because after exercising, your metabolism will be faster than it was before. This means that more calories from your food will be used for energy, and the amount stored as fat will be reduced. For this reason, after exercise is one of the best times to eat.

As your body becomes accustomed to this level of exercise, pick it up even more by increasing the pace and walking for thirty minutes instead. If you can persuade a friend to join you, it will feel like less of a chore and more of an enjoyable activity, meaning that you are more likely to do it every day. If this isn't an option, put a pair of headphones on and listen to music. This will act as a distraction and stop you from focusing so much on the exercise.

What if I don't take a lunch break, some of you might ask. You are entitled to do so, whatever your job is, so make sure you do. Getting away from your desk and moving around, even if it is only for

a short time, is extremely healthy. Eating at your desk and sitting still all day, after all, will have contributed to the weight gain which you may now be trying to combat.

Quick cardio workouts to do at home

When finding time to exercise is difficult, what you really need are some simple routines that you can do at home, in just a few minutes and without needing much in the way of equipment.

Firstly, get yourself a skipping rope. Yes, this may take you back to your days at school, but it is excellent exercise, and will get your heart pumping quickly. The rope should just skin the floor as you turn it, and you don't need to jump too high – just enough to allow the rope to pass under your feet. Skip as fast as you can for one minute, rest for a minute, and then repeat. Do this five or six times, which provides a good workout and will only take around ten minutes, including resting.

Star jumps, or jumping jacks, can also be done just about anywhere, as long as you have space to lift your arms. As with the skipping, do as many as you can in one minute, and then rest for the same length of time. Repeat several times.

Squat jumps are another easy cardio exercise. Squat down, with your hands by your knees. Jump up, reaching up to the ceiling with your arms. When you land (and try to do it softly, to avoid injury), immediately squat down and repeat. Do as many as you can in a minute.

Jogging can also be a good option. Jog on the spot, but make sure you lift your knees high. This is actually more difficult to maintain than you might initially think, and you should keep going for an entire minute, if you can.

Finally, do some lunges. Stand up straight, with your feet hip-width apart, then step forward and lower your body. Hold for a couple of seconds, then return to the start and repeat with the other leg.

To introduce some variety into your workout, do each of these for one minute, with a minute's rest in between. When this feels as though it is becoming too easy, then stick to the same exercises, but cut out the rest periods. This increases the intensity of the exercise, but shortens the time to just five minutes, plus your warm up and cool down, which should never be ignored. Finally, do the entire circuit twice without the rest breaks. This gives you a high intensity ten minute exercise routine, all of which can be done at home. All you need is a skipping rope and something to time your exercise with, and even if you don't have a stopwatch, most phones now have this feature.

Nutrition

Basic Nutrition

Not all of the weight lifters intend to be professional bodybuilders, but still, nutrition is important to ensure you enjoy a sound life. Nutrition can serve as a make or break factor, therefore, you need to keep that in mind. If you work out regularly, then you cannot achieve the desired outcomes, without following a proper diet plan. If you are looking for a clear cut and precise formula, then you need to follow this. You should go for 20% of calories intake of protein foods, 40% from the complex type of carbs and the rest of calories from fibers and fats. If you follow such diet along with working out in the gym, then achieving the desired bodybuilding outcomes wouldn't be an issue for you.

When it comes to muscle strength, protein intake and gym training are essential. With a perfect blend of both the two factors, building muscles can become an easy task for you. To work out hard in the gym, you need to have enough proteins in your body. Without proper intake of proteins after work out, your existing muscle may get fatigued out, therefore, in order to gain muscle mass, you need to give thorough consideration to your diet.

If you are concerned about various carbohydrates that substantial amount of time to breakdown, then you need to work that out and look to go with the carbohydrates that seem to work out well with your body requirements. The intake of carbohydrates is something you need to considerate about, as excess intake can pave the way towards various health illnesses. Therefore, you need to line up the food items you need to eat, keeping your body requirements in front.

Good foods that are low GL and high PI:

- ◇ Tea
- ◇ Herbs
- ◇ Spices
- ◇ Whole brains
- ◇ Seeds
- ◇ Nuts
- ◇ Beans
- ◇ Fruits
- ◇ Vegetables

Bad foods you should avoid that are high GL and low PI:

- ◇ Processed foods
- ◇ Sugar
- ◇ Refined grains like white rice
- ◇ Junk food
- ◇ Starchy potatoes
- ◇ Flour products

There are certain foods you can eat which will increase your metabolism—in other words will burn fat rapidly:

Complex Carbs:

- ◇ Brown rice
- ◇ Whole wheat pasta
- ◇ Wild rice

- ◇ Whole grains
- ◇ Oatmeal
- ◇ Cereal
- ◇ Rye
- ◇ Quinoa
- ◇ Sweet potatoes

Fruits:

- ◇ Berries
- ◇ Papaya
- ◇ Apples
- ◇ Oranges
- ◇ Melons
- ◇ Bananas

Proteins from animals and plants:

- ◇ Fish
- ◇ Lean turkey
- ◇ Lean beef
- ◇ Skinless chicken breasts
- ◇ Lean ham
- ◇ Natural peanut butter
- ◇ Lentils
- ◇ Peas
- ◇ Soybeans
- ◇ Skim milk
- ◇ No-fat milk
- ◇ Cottage cheese
- ◇ Peanuts
- ◇ Walnuts
- ◇ Almonds
- ◇ Dried beans

Vegetables:

- ◇ Broccoli
- ◇ Kale
- ◇ Onions
- ◇ Spinach
- ◇ Bean sprouts
- ◇ Carrots
- ◇ Celery
- ◇ Green peppers
- ◇ Asparagus
- ◇ Carrots
- ◇ Cucumber
- ◇ Mushrooms
- ◇ Zucchini
- ◇ Tomatoes
- ◇ Artichoke

Foods that Help in Muscle Building

Buckwheat Noodles

Not sure of which food items will provide the buckwheat noodles? It is the Japanese Soba, which is rich in buckwheat noodles. If you are fond of it, then you eat it as a thorough dish, otherwise, you can just toss it in the salad. These noodles are 0% fat, which helps you gain muscle mass, without putting on any fat.

Lean Ground Beef

Beef is a source of protein, zinc, vitamin B and iron. If you are looking for all this, then you need not be hesitant in going with the Lean Ground Beef, which can help you build muscle mass comprehensively.

Broccoli

Apart from being excellent in terms of gaining muscle mass, this green vegetable is more than handy when it comes to fighting the cancerous cells.

Cottage Cheese-Fat Free

If you are looking to enjoy all the benefits of whey in a food item, then cottage cheese has to be your way to go. You must go with the fat-free cheese, otherwise, you may end up gaining fat as well, part from muscle mass. You can easily flavor it with hot sauce, soy sauce, fish chives and ground ginger to enjoy a refreshing snack. If you are intending to achieve your bodybuilding goals, then one thing you need to keep in mind is that you should say no to the canned fruits, especially the ones with heavy syrup.

Canned Salmon or Tuna

If you are into bodybuilding big time, then you need to include this oily fish in your diet plan. With Omega 3 fatty acids, Canned Salmon or Tuna or even Sardines can help you achieve your bodybuilding goals ideally. You can directly eat such oily fish from the can or you can mix it with salads. If you are looking for a healthy afternoon snack, then Tuna or Salmon mixed with chopped boiled eggs can serve you ideally.

Turkey Breast

If you are looking for a high protein food, then Turkey food can serve you ideally. It can be an ideal post-workout food you can go with. The old-school bodybuilders used to eat it in a large quantity, and this is because of the benefits it can bring about in terms of bodybuilding and muscle growth.

Oatmeal

This is another carb which digests slowly. It can be used as a pre-workout snack as it offers the energy required by the body to endure the muscle fatigue during the workout. If you mix it with a protein powder, the end result could be a fine afternoon snack.

Lean Beef

Small piece of beefsteak can come good anytime. With loads of proteins and fats, you can give your body plenty to cheer about, especial after a workout. If you are looking to have it in higher proportions, then the lean beef can be ideal for a post-workout meal.

Pork Loin

This flavored and tender meat is ideal for those looking for taste coupled with high intake of proteins. Moreover, it is low in fats, which is even better for those looking to grow muscle mass. Pork ribs are famous for the flavor and tenderness they offer.

Chicken Breast

Though, the presence of fat is there, but still, chicken is rated as one of the finest foods in terms of bodybuilding. You can cook it various ways, and this is what adds to its beauty. If you eat chicken regularly while hitting it hard in the gym, then you can achieve your bodybuilding goals without much hassle.

Sprouted Grains

If you are looking for food items that can easily be digested, then sprouted grain bread can be an ideal pick. With zero fats, you can expect the desired outcomes without putting up much fat. If you eat sandwiches a lot, then you should try going with the grain breads. If you are having difficulty in finding these, then you should refer to the natural food stores to buy the grain breads.

Eggs

Eggs are rich in essential fats and proteins. If you are looking for a perfect post-workout meal, then you can include the hardboiled eggs in your list. These were thought of as a food item which can bring about obesity, but the recent research has shown that this isn't the case. Properly cooked/boiled eggs are more than handy in terms of building muscles.

When finalizing the foods you need to go with, ensure you consider the foods that can boost your metabolic rate. High protein and high fiber foods can be ideal in that regard, but mustard, chilies. Water and green tea can also serve the purpose greatly.

You also need to consider fruit intake, which can help you immensely. You should look to go for the fruits that are rich in Vitamin C, and Citrus is one of them. It helps your body to release the unnecessary fats from your body. Lemon, Lime, Grapefruit and Orange are other fruit types which you need to consider. Apart from these, Apple is another fruit which you should eat a lot, primarily when you are in the process of building muscles.

According to a modern research, it is established that the calcium present in the dairy products can be an excellent fat burner, and this is what people need when they train hard in the gym. Calcium is essential for the body and instead of going with the calcium supplements; you should opt for the natural products, i.e. the dairy products.

When you do heavy weight lifting and strenuous workout, you need to ensure your body is never deprived of energy. For this reason, the intake of carbohydrates and proteins become essential. The following is a list of foods that will help you increase your energy levels, which can help during workout sessions.

Oatmeal

It can serve as a great midmorning snack or a superb breakfast. As Oats offer plenty of energy, you should not be hesitant in going with these. The energy you get from oats tends to stay for a long period of time.

Coffee

When it comes to beverages, it is second on the list of most popular beverages there for the taking in the US. The presence of caffeine gives you the required boost which is something you need to look forward to. Over usage of coffee isn't a wise thing to do, as it can bring about fatigue.

Chick Beans, Lentils and Navy Beans

As these legumes are low in fat, so you can count on these without any second thoughts. If you aren't used to beans, then you need to start with small portions to ensure your metabolism isn't affected in any manner.

Water

Without proper intake of water, your body cannot absorb the vital nutrients and get rid of the ones the body doesn't need. Water helps you generate energy by allowing for digestion. Being dehydrated doesn't help, so you need to keep this aspect in mind.

Bananas

It is a muscle boosting snack which can be an ideal post-workout food. As these are easily digested and offer ample energy, you should eat bananas more often than not, primarily if you train hard in the gym.

Sardines

These fish are high in energy and can boost your energy level big time. With substantial quantity of amino acid, sardines can help you with the required muscle growth goals. Moreover, brain functioning can also be enhanced by eating sardines.

Chocolate

The sugars present in chocolates not only help you increase the energy levels, but there are other characteristics as well. Chocolates help in digestion and the increase in sexual appetite is also inked with chocolates.

Steak

This red meat can be ideal for those looking for mouth-watering meal which can also help in gaining muscle strength. If you are looking for ideal results, then you should go for smaller portions of steak, rather than one large meal.

Healthy Fats

Avocados, almonds, nuts and seeds offer the healthy fats you can look forward to. These include the essential Omega 3 and Omega 6, which can help you immensely.

Yogurt

It is an energy booster, and the presence of magnesium can help you ideally. Other than yogurt, other dairy foods like cheese, cottage, skim milk etc are essential for your body, especially when it comes to bodybuilding.

To achieve the weight loss goals, you need to eat foods which are high on phytonutrient index, referred as PI. Along with that, foods that are low in glycemic load, (GL) must be given preference. These are the words of **Mark Hyman, MD**, pointed out in the book, **Ultra Metabolism- A Simple Plan for Automatic Weight Loss**. This gives a clear picture of how to do it, and how to achieve the weight loss goals, which can be difficult, but if you follow these guidelines, then you can enjoy a smooth journey.

Dietary Supplements

With attention grabbing advertisements, you cannot really tell if a particular supplement would work or not. When you see the stars of bodybuilding world endorsing a dietary supplement, you tend to go for it more often than not. But you need to keep in mind the fact that the bodybuilders who appear in the ads are all paid for to advertise the supplement, so you better go with a sound thought process before actually buying a dietary supplement.

On the other hand, there are several reputable companies that come up with their own dietary supplements. Before going with any of these, you need to ensure there are no side-effects. Moreover, you also need to consider your body requirements before jumping to any conclusions and buying the dietary supplements. Met-Rx is one of the reputable companies that produce supplements for bodybuilders. When it comes to supplements, there are several factors you need to consider. The supplement you are intending to buy should be all protein, without any fillers, no sugar, no carbohydrates and no syrup. If you keep these aspects in mind, then you can certainly come across an ideal dietary supplement that can cater to your body requirements ideally.

There are several types of supplements

Protein Powder

It is composed of pure protein, which is extremely handy for your body. For athletes and bodybuilders, they need to double their intake of protein as compared to average people. This is because of the fact that the body of bodybuilders is subject to extreme training, therefore, the protein requirements are enhanced as well.

Meal Replacements

These are the meal replacements which are actually a powder which is to be mixed with whole milk or water. If you want, you also blend fruits into the mixture, which makes it extremely tasty and full of energy. Apples, bananas, blueberries and peaches are the most common fruits you can blend into the mixture. Peanut butter is another option you can consider. These meal replacements are high-protein which can cater to your diet requirements serenely.

Fat Burners

If you are looking to overcome the excess fat from your body, then these fat burners can be handy. These compounds increase the body temperature, which helps in achieving the metabolic rate that can be handy in overcoming body fat. There are a number of trade names and brand names under which these burner supplements are projected and marketed. Before buying, you should check the ECA stock, which can give you an indication of the content there in the supplements. These fat burners are helpful in increasing the metabolism, resultantly; you can get rid of the excess body fats.

L-Glutamine

Amino acids are essential for your body, and when you train extensively, you should look for appropriate intake of amino acids. When you train hard, more than 50% L-Glutamine in your body is consumed. Therefore, it becomes essential for you to regain the lost amino acids, and the best way to do it is to use the L-glutamine supplements. Regular intake of this amino acid ensures that your body muscles don't deteriorate after the workout session.

Green Tea

If you are following a weight loss program, then you need to add green tea in your diet plan. Though, green tea alone doesn't help in reducing weight, yet an overall combination of low-caloric food can help you get the job done. If you cut down your calories and eat green tea daily, then the chances of you achieving your weight loss goals are increased. It is essential that you do not rely on green tea alone; rather a complete diet low in calories should accompany green tea.

Facts you need to consider- 3,500 calories daily corresponds to one pound of body fat. If you are looking to lose one pound of body weight, then you need to keep these figures in mind. If you are looking to lose one pound every week, then you should cut down your daily calories by 500.

According to a Japanese research, drinking five cups of green tea daily can help you get rid of 70-80 calories per day, which can be helpful in weight loss goals. If you persist with it and don't change the rest of your diet, then you can lose 8 pounds of your body fat in one year. If you reduce the calorie intake, then the results can even be better. The phenomenon that helps you get rid of excess fat by drinking green tea is known as thermogenesis.

Caffeine is the major player in terms of thermogenesis. The Japanese scientists are, however, of the view that the aromatic brew also helps in the mentioned process and it is not just caffeine which does the trick. Green tea has several other benefits as well; therefore, you need to consider all these to enjoy a healthy lifestyle.

Diet

Many people refer to the word “diet” as something related to weight loss. In reality, diet simply refers to the intake of food you go with. It is just the urge to lose weight by many people for which the word diet seems to be associated with weight loss.

Low Carbohydrate Diets

It is a misconception that people refer to all carbohydrates as equal. This is not the case, as different carbs have varying effects on human health, and this is something which needs to be kept into account.

The simple carbohydrates are just like refined sugars and starches. Other than these, there are complex carbohydrates which are mostly found in vegetables and fruits. For bodybuilding purposes, the use of simple carbohydrates must be limited. On the other hand, the complex carbohydrates are extremely important for your body, particularly when you train hard in the gym.

For over-weight people, low-carb diet is important. The need for carbs by our body is always there, but the intake of carbohydrates should be according to our body requirements, and the body building goals we have set for ourselves. To achieve the muscle building goals, it is imperative that you consider the right type of carbohydrates, which really play a key role.

Whether you are a bodybuilder looking to gain muscle strength or you are looking to lose weight, appropriate intake of carbohydrates is essential for you to consider. Your body should never be low on energy, and for this, the intake of carbs play a pivotal role.

Bodybuilders who have to take part in various bodybuilding competitions look for low carb diet at least couple of weeks before the competition. This is to ensure they get rid of the excess body fat. Care should be taken that low carb diet should not be persisted with, as it can result in the loss of muscle strength, size and density, and all your effort can go in vain. Therefore, you need to get it right in terms of the diet you need to go with.

For bodybuilders, the pre-contest diet should be something like this. You should eat high protein and zero (as low as possible) carb diet for 3-4 days. Every fifth day, you can eat what you wish so, provided the food is high in protein. The next four days should again be high protein-low-carb, and this cycle should continue for 4-6 weeks. If you are looking for optimal results, then it is imperative for you to follow the diet plan to a tee.

Along with that, you need to supplement your diet with kelp tablets, lipotropic compounds (3 amino acids) and wheat germ oil, cold pressed. One thing to take care of is that you need to say no to caffeine or alcohol during the diet period. Moreover, you need to drink plenty of water to ensure there are no hindrances in terms of digestion of food. If you aren't sure of a competition diet, then there are many you can follow over the diet. The following is a competition diet taken from bodybuilding website.

Competition Diet

When it comes to contest preparation for bodybuilders, this may seem to be the most difficult part you need to deal with. You need to train for 1-2 hours a day, but you need to stick to a particular diet for the entire day, and for this reason, it can be difficult. Furthermore, following a particular can be more expensive, which adds to the level of difficulty. Expensive vitamins, expensive food and expensive supplements become the way to go. But when you are into bodybuilding, you have to cope with all that.

This diet enables you to lose the maximum body fat, without disturbing your muscle mass. This may seem to be a tough ask, but if you persist with this diet along with training, then you wouldn't find any difficult getting the job done. To ensure you do not lose the muscle mass during this diet, proper intake of supplement should be the way to go.

The amount of body fat determines the term you need to persist with the mentioned diet. If you have ample body fat, then you need to follow the diet for 8-12 weeks. For others, 6-8 weeks would serve the purpose ideally. In order to come across the desired weight loss goals, increased cardio workouts can help ideally. The best time to do cardio is when your stomach is empty, as it will be helpful in overcoming stored fat.

You should eat six small meals during the day, and all the carbohydrates must be consumed till 2PM, and after that, only protein rich food must be eaten. Along with that, approx 2 gallons of water must be drunk each.

You should avoid eating refined sugars, and should concentrate on celery, green vegetables and carrot. When you are left with a week or so before the competition, you should look to limit the intake of carbohydrates, which can help you achieve your ideal physique before the competition day. In addition, 5 grams of K-glutamine and potassium supplements to be taken four times a day can be helpful.

The day before the competition is critical. You need to divide the meals into very small ones, and ensure you eat water only when you feel the need of doing so. It is imperative that you implement these factors the day before the actual competition day. Many individuals take peanut butter or raw honey which acts as an energy booster.

Getting it Right

Originally, bodybuilding was to enhance the athletic and warrior skills. As the time has gone by, people no longer need to learn the warriors skills, but art of bodybuilding is up and running. Being fit can bring about a peace of mind in your life, therefore, you need not take that for granted. It is not only men who look for physical fitness; rather women also train hard to get their ideal body.

Physical appeal isn't the only reason men and women work hard in the gym. Self satisfaction and enhanced personal performance are other reasons which prompt people to hit it hard in the gym. In addition, athletes need to be fit to ensure they achieve the required sporting goals. Staying healthy is another reason for which people undergo intense workout sessions.

A typical fitness program involves weight training, cardio, running, walking and playing various sports. These exercises need not be intense, but if you are looking to build muscle strength and gain muscle mass, then resultantly, you need to train accordingly. Physical fit people can enjoy a healthy lifestyle which can lead towards prosperous life. If you are looking to achieve health and wellness, there are several methods of doing so.

Exercise

It is the key when it comes to health. You need to exercise regularly to ensure the body is in the best of shape. You don't need to follow an intense training program, rather walking and running on a daily basis can help you ideally.

Diet

Diet is of paramount importance, not just for the bodybuilders, but also for average people who want to live a healthy life. There is no rocket science associated with staying healthy. You need to

eat healthy and should look for minimum intake of junk food. Always look for natural food items that can help you live a healthy lifestyle.

Lifestyle Matters

Lifestyles have a significant impact on the health of a person. If someone is mentally fatigued, then it starts to show on the body as well. It signifies the fact that mind and body has a considerable relationship with each other. Therefore, you should look for a peace of mind in order to stay physically fit.

Bodybuilding is a natural phenomenon and you should keep it that way. If you train hard and complement the training with proper and natural diet, then your body will definitely react to it. Therefore, you need to consider bodybuilding as a natural process, and avoid expecting overnight results.

Important videos for you to watch ASAP:

Hot to get the perfect physique using the Adonis Golden Ratio:

<http://www.formulatedfitness.com/go/adonisgoldenratio>

How “hardgainers” can build more muscle. This is really useful for getting six pack abs, because the more muscle you build the less fat you have to lose:

<http://www.formulatedfitness.com/go/vincedelmonte>

The strange truth about abs:

<http://www.formulatedfitness.com/go/truthaboutabs>

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- **How To Get 6 Pack Abs** – Discover the REAL reason why you don't have six-pack abs and how to whip that midsection into shape once and for all.
- **7 Secrets to your Ideal Body** - Learn how these *unbelievable* bodybuilding secrets can be applied to every aspect of your workout to help you take that final leap to the perfect body.
- **13 Lean Muscle Hacks** – A 'cheat sheet' for sculpting a lean, sexy beach body no matter what your body type.
- **The ABC's of Bodybuilding, Diet and Fitness** – Learn how to use the secrets of the fittest bodybuilders in the world to condition your body for optimum health.

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