



JAMIE'S MUSCLE BUILDING GUIDE

YOUR QUICK GUIDE TO BUILDING MUSCLE

INTRODUCTION & OVERVIEW

Muscle building requires not only physical effort but also a solid nutritional foundation. To maximize results, understanding how muscles grow and what fuels this process is important!

How Muscles Grow



Muscle hypertrophy, or **muscle growth**, occurs when muscle fibers are damaged during resistance training, and then repaired by the body with added strength and size. This requires consistent training, proper nutrition, and adequate recovery time. Essentially, your body needs to be able to repair and grow stronger after each workout.

Benefits of Muscle Growth

Building muscle increases your overall strength, boosts your metabolism by burning more calories at rest, and improves body composition by reducing fat and creating a leaner physique.



Training Requirements



Resistance training (such as weightlifting, powerlifting or calisthenics) is essential, with a focus on progressive overload—gradually increasing the weight or intensity over time.

Recovery is equally important because muscles repair and grow during rest, not during the workout itself.

Studies show that Plyometric training that focuses on fast, explosive movements such as jumping, sprinting, punching and throwing also plays a role in muscle building due to the fact that these exercises promote fast twitch muscle fiber growth. This type of muscle fiber is the largest.

Overview of Nutrition Needs

You need a caloric surplus—eating more calories than you burn. But it's not just about quantity; the quality of your intake matters.

Your diet should also include adequate macronutrients: protein (for muscle repair), carbohydrates (for energy), and fats (for hormone regulation and overall health)





NUTRITION

Building muscle is not just about lifting weights. You must fuel your body with the right nutrients in the correct amounts to see significant growth.



Overview of Nutrition for Muscle Building

To build muscle, a caloric surplus is essential. This means eating more calories than your body burns daily. However, these extra calories should come from nutrient-dense foods rather than junk food, ensuring your body gets the necessary building blocks for muscle growth and repair.

MACRONUTRIENT RECOMMENDATIONS



Protein

Protein is the most important macronutrient for muscle growth. Aim for about 1.6 to 2.2 grams of protein per kilogram of body weight daily. Good sources include lean meats, fish, eggs, dairy, and plant-based options like lentils and tofu. Protein supports muscle repair and helps build new tissue after workouts.



Carbohydrates

Carbs provide the energy needed for intense workouts and muscle recovery. They also help replenish glycogen stores after exercise, aiding recovery and preparation for the next workout. Whole grains, fruits, vegetables, and legumes are great carbohydrate sources.



Fats

Healthy fats support hormone production, particularly testosterone, which plays a crucial role in muscle growth. Aim for fats from sources like avocados, nuts, seeds, olive oil, and fatty fish. Around 20-30% of your daily calorie intake should come from fats.



SUPPLEMENTS

While not essential, some supplements can support muscle-building efforts.



Protein powders (like whey or plant-based) can help you meet daily protein goals, especially if you're busy.

Creatine is another popular supplement that helps improve strength and performance. However, supplements should complement—not replace—a nutritious diet.

SAMPLE MEAL PLAN

Here's a basic meal plan designed to support muscle building.
Adjust portion sizes based on your specific calorie and macronutrient needs.

Breakfast

Scrambled eggs (3 large), 1 slice of whole grain toast, and avocado (1/2)



Macros:

- Calories: ~400-450
- Protein: ~18g
- Carbs: ~35g
- Fats: ~24g

Post-Workout Shake

Whey protein shake with a banana and almond milk



Macros:

- Calories: ~255-265
- Protein: ~26g
- Carbs: ~31g
- Fats: ~4g

Lunch

Grilled chicken breast (150g)
with brown rice (1 cup cooked)
and steamed broccoli (1 cup)



Macros:

- Calories: ~550-600
- Protein: ~45g
- Carbs: ~65g
- Fats: ~10g

Snack

Greek yogurt (200g) with
mixed berries (1/2 cup) and
honey (1 tbsp)



Macros:

- Calories: ~200-220
- Protein: ~12g
- Carbs: ~30g
- Fats: ~2g

Dinner

Baked salmon (150g) with quinoa (1 cup cooked) and roasted vegetables (1 cup)



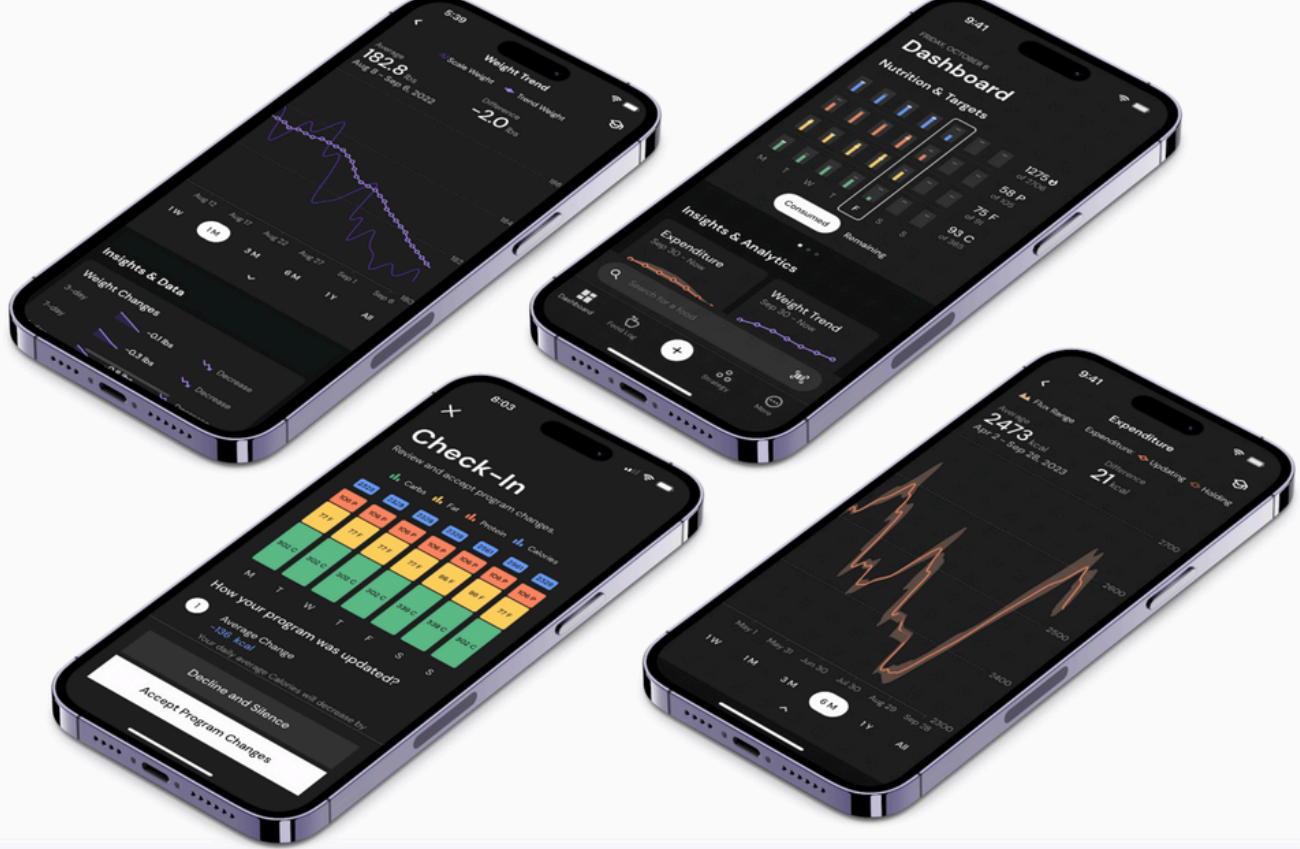
Macros:

- Calories: ~600-650
- Protein: ~40g
- Carbs: ~50g
- Fats: ~30g

Total Daily Estimate:

- Calories: ~2,000-2,185
- Protein: ~141g
- Carbs: ~211g
- Fats: ~70g

This plan supports muscle growth by providing a caloric surplus focusing on high protein intake for muscle repair and development.



MacroFactor

If you need help calculating your macros to support muscle growth, I highly recommend using the **MacroFactor** app.

It simplifies tracking your intake, ensuring you're getting the right balance of protein, carbs, and fats to fuel your gains.

[Learn more](#)

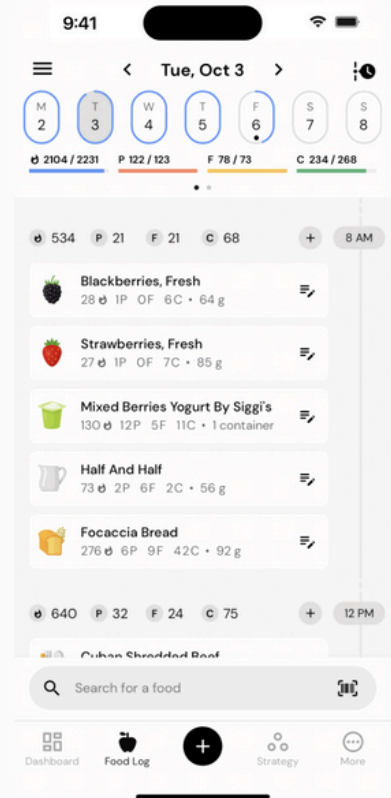
MacroFactor

The fastest food logger on the market

Track your meals quickly and easily with ultra-fast food logging utilities.

Plus, all items in MacroFactor's food search database have been verified, so you can trust the accuracy of the foods you log.

[Learn more](#)

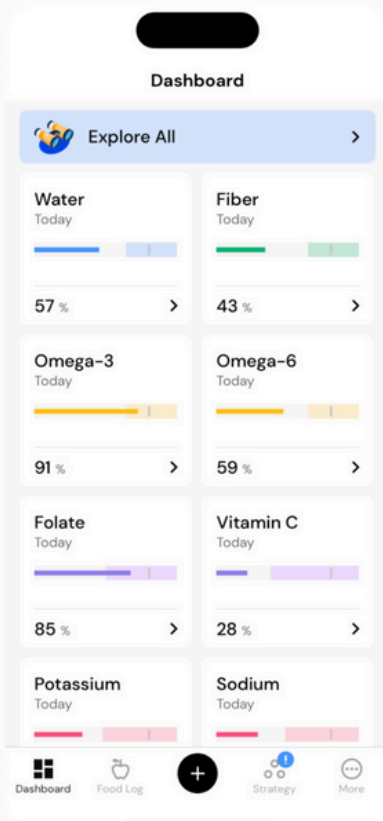


Micronutrient tracker

Enhance your nutrition by tracking the vitamins and minerals that are important to you.

MacroFactor's comprehensive three-part nutrient goal management lets you set your own floor, target, and ceiling. Plus, beautiful charts and data reporting help you visualize insights on intake timing and dietary habits.

[Learn more](#)





BONUS TIPS



Discipline

Building muscle requires a disciplined approach. Creating a consistent routine for both training and nutrition helps build habits that lead to long-term success. Sticking to this routine, even on days when motivation is low, will keep you on track.

Plateaus

Hitting a plateau is a normal part of the muscle-building journey. To break through, you can change up your workout routine by increasing intensity, adding new exercises, or adjusting your diet to ensure your body gets what it needs to keep progressing.

Patience

Muscle growth doesn't happen overnight. It's a gradual process that requires patience. You may not see significant changes week to week, but over months of consistent effort, the results will be clear. Focus on the process, not just the outcome.

Consistency

Showing up regularly, whether for training or proper nutrition, is more important than perfection. Small, consistent efforts compound over time and lead to greater progress than trying to be flawless for a short period.