

Off Season mass gaining diet

To succeed in creating a muscular physique whether you are a competitive bodybuilder or not you need to apply certain nutrition and dietary rules.

The importance of diet cannot be emphasised enough. Without a planned diet you will be fighting a losing battle.

Your nutrition falls into three categories:

Protein (1 gram = 4 calories)

Carbohydrates (1 gram = 4 calories)

Fats (1 gram = 9 calories)

The basic rules for constructing muscle tissue are as follows. Your protein requirements should be approximately 1 ½ grams of protein per pound of bodyweight. In order to allow protein to repair and construct muscle tissue, you must consume enough energy foods mainly from complex carbohydrates (only consume simple sugars immediately after a workout i.e. Pro Recover) and essential fats. If you do not eat enough energy foods then your body will not use protein for repair and growth as your body requires calories for energy to keep you going, thus converting protein into energy.

Carbohydrates are protein sparing and are an important part of your nutritional plan. Start off at 2 grams of carbohydrates per pound of bodyweight. Fats should make up 20% of your daily calorie intake, these should mainly be in the form of essential fats i.e. - fish oils, CLA, Flax seed, but your saturated fat should be kept to a minimum. Aim to increase your bodyweight around ½-1 lb a week, large increases in bodyweight will more than likely be in the form of body fat. If you do not gain weight as mentioned above just increase your daily food intake by 400-500 calories, mainly from complex carbohydrates.

For example someone who weighs 200 lbs incorporating the dietary rules as mentioned above would breakdown as follows:

Protein = 300 grams

Carbohydrates = 400 grams

Fats = 40 grams

The above should be divided into 6 meals and each meal spaced every 3 hours so that the body can

utilize the nutrition. If you eat too much in one meal then your body will take what it requires but any excess will be converted to body fat for future use, which is not what you want. This is why bodybuilders need to eat at least 6 meals a day and not the standard 3 meals that the normal everyday person eats.

Example Diet for 200lb Bodybuilder

8.30am 100 grams oats

1 banana

2 Scoops Propeptide

Pro Vital AM formula

11.00am 100 grams brown rice

Vegetables

180 grams cooked chicken or turkey

1.30pm 100 grams oats

1 sachet Pro MR

4.00pm 100 grams brown rice

Vegetables

180 grams cooked chicken or turkey

Post Workout Drink

7.00pm 2 scoops Pro Recover

1 Banana

8.00pm 400grams sweet potato

Vegetables

200 grams cooked steak

10.30pm Pro Vital PM formula

11.00pm Pro MR

2 pieces of brown bread with peanut butter

Use Pro G.F first thing in the morning before breakfast on an empty stomach and have a second serving later in the day away from any meals. On training days take your second serving 30-40 minutes before training.

Take up to 20g of Pro Glutamine in divided doses in a glass of cold water on an empty stomach.

The following are the supplements you can take instead of the meals listed above. Mix the following in

water not milk.

1) 2 scoops Pro Peptide with 3 scoops of Pro Fuel.

2) 1 sachet Pro M.R. with 2 scoops of Pro Fuel.

3) 4-5 scoops of Pro Mass.

Any time you fancy a small snack just have either a Pro Flapjack Bar or Pro Bar II.