



Too often when we want to gain size, we do so without a proper strategy and end up putting on size and strength but lose our speed and agility in turn decreasing our performance potential in the process. This protocol is designed to give you the right type of energy at specific times throughout the day to maximize caloric absorption and muscle refeed. This is important because you want your **MUSCLES** to gain, not your waistline.

To accomplish this, this protocol strategically utilizes different metabolic pathways to keep your body in a fat-burning state while keeping your muscles fueled but not over fueled (which creates fat storage) and regulates hormones so you don't feel tired from insulin dumps. One of the staples is to drink water...at least one gallon per day. If you haven't drank a gallon of water in a single day before, it may be difficult at first so I recommend pacing yourself throughout the day. I also recommend drinking straight from a gallon jug so you know exactly how much water you're getting in without having to estimate.

This nutrition protocol contains food lists for each meal, and the food lists contain parts. For each meal, choose 1 food option from each part (except for vegetables, eat as much as you like!) For example, a lunch could be 7 oz of chicken (from Part 1) stuffed with peppers (from Part 3) on a bed of spinach (from part 3), ½ cup of brown rice (from Part 2), and a side of broccoli (from Part 3). If you are using condiments and sauces, *always* measure. Read the labels and make sure you aren't getting more carbs, fats, or sodium than you want!

Finally, because I have NEVER supported diet plans that don't allow for freedom, this protocol *REQUIRES* you to have 1 cheat meal per weekend. This cheat meal is a single sit-down eating time to eat whatever you want. **THIS DOES NOT MEAN THE WHOLE DAY**, just one single meal. Remember, your food's purpose is to fuel your body towards accomplishing your goals.

Breakfast: Protein, Carb, Fat	Lunch: Protein, Carb, Veggies	Dinner: Protein, Carb, Veggies
Timing: Around 6-8 am	Timing: Around 12pm (noon)	Timing: Around 6-8 pm
Part 1: 6-8 oz Chicken, 1 Serving Turkey Sausage, OR 4 oz Ham	Part 1: 6-8 oz Chicken, 6-8 oz Beef/Hamburger, OR 6-8 oz Fish	Part 1: 6-8 oz Chicken, 6-8 oz Turkey, OR Low Carbohydrate Protein Shake
Part 2: 2-3 eggs	Part 2: 1-2 Servings (around 30-50 g) of quinoa, steel cut oats, sweet potato, brown rice, OR whole wheat pasta	Part 2: 1-2 Servings (around 30-50 g) of quinoa, steel cut oats, sweet potato, brown rice, OR whole wheat pasta
Part 3: 1-2 Servings (around 30-50 g) of quinoa, steel cut oats, sweet potato, brown rice, OR whole wheat toast	Part 3: Peppers, Salad Greens, Broccoli, Spinach, Asparagus, Mushrooms, Onions	Part 3: Peppers, Salad Greens, Broccoli, Spinach, Asparagus, Mushrooms, Onions
Part 4: ½ Avocado OR ½ cup of plain Almonds	*Can mix and match *Eat as much as you see fit	*Can mix and match *Eat as much as you see fit
Pre-Workout Meal: Simple Carb & Fat		
Timing: 15 to 30 minutes before main workout		
Part 1: ½ Apple or 1 Banana		
Part 2: 2 Tbsp Peanut Butter OR ½ cup of plain Almonds		

*At either 10am or 2pm, get in a 25g protein low-carb snack

*If using condiments/sauces, **MEASURE**. Read your labels!