# THE CHAOS BULK

a clean bulking strategy for the genetically disadvantaged

**BY ANTHONY MYCHAL**

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And now it's time for the part where I cover my legal behind:



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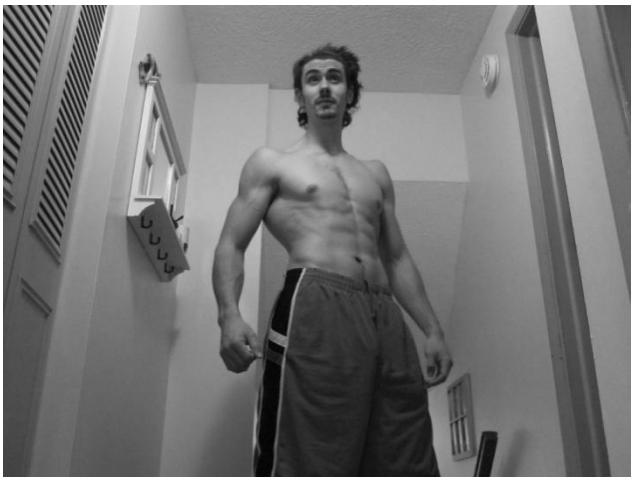
# > WHAT THE CHAOS BULK HAS DONE FOR ME <

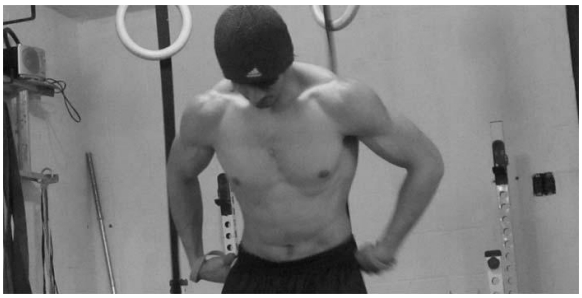
I've been playing around with the Chaos Bulk for over a year. I've made good progress considering my lackluster genetic propensity for muscle building and ease of gaining body fat.

**JANUARY 2012, 192 POUNDS**



**APRIL 2012, 194 POUNDS**

189 POUNDS, JULY 2012



201 POUNDS, DECEMBER 2012

203 POUNDS. FEBRUARY 2013

What you're probably wondering is why I'm so lean and small in July. The answer, quite simply, is **chaos**.

Don't worry. It will all become clear soon enough.

Keep in mind these aren't professional shots. There's no superstar treatment. Just results. Results that are at your fingertips.

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# PREFACE

Our body is quite fond of chaos. Most everything that happens within our skin is rather unpredictable.

Sometimes people do everything "wrong"—smoke, drink—and never see consequences. Then there are those that do everything "right"—floss, eat peas without shoving them into bread to mask the taste—and die young from cancer.

We kinda know the certain physiological processes that make things happen. But that doesn't stop Billy Joe from getting his growth spurt when he's 13 and Jerald Barnes from getting his when he's 15.

There's always some wiggle room. Some *chaos*.

People hate chaos when it comes to fitness. They like predictability. Smart marketers take advantage of the fact that everyone wants to know that they will lose eight pounds in two weeks. Or perhaps gain twenty-eight pounds of muscle in twenty-eight days.

Chaos stops this from happening. Even if someone gained twenty-eight pounds in twenty-eight days, it'd be tough to replicate in others.

Not only is there chaos in the process (will someone follow the program *exactly* as you did?), but there's also chaos in the implementation (will someone be as strict with rest in between sets?) and in the response (will things stimulate the same response within the body in every human being?).

Inuits—those neighborhood arctic inhabitants—eat primarily protein and fat. As a biological adaptation, they use fat for energy better than most. What's ideal for them is different from what's ideal for you or me.

There are a lot of factors that determine whether or not something "works." Anytime you deal with many of factors, you deal with a lot of uncertainty. You're dealing with a lot of *chaos*.

Just talking about chaos is making things chaotic. This is a problem.

## PROBLEMS WITH CHAOS

Chaos paralyzes. It's too complex. There are too many knobs. Too many options. Too many...*everything*.

Dieting, nutrition, or whatever you want to call it, is a *skill*. You *learn* how to like vegetables. You *learn* how to cook. You *learn* how to eat the right things at the right times. You *learn* how to do all of these things.

The more chaotic something is, the tougher it is to learn. That's a problem.

You've experienced this with nutrition already. There's counting calories. Fiddling with numbers. Then there's carbohydrate cycling. Even more numbers. More junk in attempt to better control the chaos.

As you'll soon see, with the Chaos Bulk, everything gets boiled down to **changing one thing every day**. That's it. Just *one* thing. (It really should be called the Anti-Chaos Bulk.)

## MUSCLE BUILDING PROCESS

Building muscle is actually kind of simple when you step back and look the general structure of how it happens:

**1.**

**DO THINGS THAT STIMULATE FOR THE CREATION OF MUSCLE (STRENGTH TRAIN)**

**2.**

**PROVIDE THE BODY WITH AMPLE NUTRIENTS AND RAW MATERIALS TO GIVE THE BODY WHAT IT NEEDS TO BUILD MUSCLE**

**3.**

**STOP ANYTHING THAT MIGHT PREVENT BUILDING MUSCLE (TOXIN BUILD UP, STRESS, ETC...)**

The Chaos Bulk focuses on the second step: shuttling the right nutrients to the body at the right times to build muscle without gaining fat. It recognizes and allows for chaos, but also silently (and easily) regulates many variables.

When it comes to aesthetics and athletic physical fitness, most figureheads live on an extreme end of the “body” spectrum. There are skinny-dudes that don’t gain fat. And then there are the pure genetijacked (cool word, eh?) dudes that are naturally hench (another cool word for being a muscular brick house).

I consider myself to be in the middle of these two extremes. I have shit genetics, I'm skinny-fat, I'm tall, and I'm not meant to be a maze of muscle.

This genetically disadvantaged middle is a "soupy" place. To gain muscle without getting fat, we have to consciously alter the signals we send our body. We have to embrace chaos.

There *is* such a thing as stubborn body fat. Most of the people I consider "genetically disadvantaged" have it.

True skinny dudes just need to ignore their appetite and learn how to eat the house. Genetijacked dudes need to breathe. Either way, they don't have to make their diet very chaotic to see results. Since people naturally draw from their own experience, wisdom of, "Just eat everything in sight," gets passed down to us on the lesser end of the genetic totem pole.

The end result: we get fat and not-so muscular. It's happened with me and many other people I've seen in person, on forums, and through e-mail conversations.

But why does this happen?

Some fat stores in the body don't have the same receptors as others. This is very similar to hitting a fat loss wall when you're around 12-13% body fat. Even though you're following the same exact plan you were before, the last bit of fat around the belly button and love handle area won't budge. What gives?

Stubborn body fat has different receptors and thus responds to hormones differently. The normal hormone cascade stimulated through your nutrition and exercise simply doesn't cut it.

And according to Ori Hofmekler, stubborn body fat also has less circulation and more estrogen receptors. Translation: tougher to lose, more likely to come back.

All in all, that's the modus operandi for stubborn body fat: tough to shed and easy to appear. That's why I recommend people get to a solid base (this will be explained soon) and then Chaos Bulk from there.

Stubborn body fat has been linked to many things, like insulin sensitivity and protein intake. A lot of people combat both of these issues with high protein, low carbohydrate diets. But few genetically disadvantaged people gain muscle without a decent amount of carbs. (Sustained low carb diets can also wreck fat loss pursuits.)

And there's the crux. Eat too much, get fat. Eat too little, never gain muscle. Too many carbs, end back at square one. Not enough carbs, who knows what square you'll land in.

The Chaos Bulk embraces this yin-yang opposition and is created with methods that naturally combat stubborn body fat while simultaneously creating windows that prime for muscle growth. You can't follow the same advice as those on the opposite ends of the genetic spectrum. Don't worry though. There is hope for you.

With the Chaos Bulk, I've achieved a decent physique. I've been able to add muscle without gaining much body fat. And I've used it with personal coaching students and have seen similar success.

I can help you find order amidst the chaos.

## TRAIN DISCLAIMER

This book is written for those that "train." When I talk about "training" within this book, I'm talking about matterful barbell and bodyweight training done with a progressive intent. I often call this "athletic physical fitness."

Bottom line: you should be picking up heavy things, fiddling around on gymnastics rings or pull-up bars, and doing other strength building activities.

## INTERMITTENT FASTING DISCLAIMER

The Chaos Bulk is an advanced nutrition strategy uses intermittent fasting. You can interpret and implement The Chaos Bulk *without* having a *true* intermittent fasting background, as everything you need is here.

The purpose of the Chaos Bulk is to give you an advanced strategy to build muscle while staving off unwanted fat (potentially even building muscle *and* losing fat simultaneously), not answer the question of, "What do I do if I don't like vegetables?"

If you're struggling at a more basic level, I recommend checking out Nate Miyaki's Intermittent Feast. It's really the most lifestyle friendly mesh of all of the intermittent fasting philosophies and is very beginner friendly.

# CHAPTER ONE

# USUAL BODY RECOMPOSITION RECOMMENDATIONS

## WHAT HAPPENS WHEN YOU ASK SOMEONE HOW TO BUILD MUSCLE AND LOSE FAT

You want to look good naked. Face it. Everyone does.

The answer appears simple. Lift some weights, build some muscle, and ride off into the sunset. That's how it goes, right?

Eh, not quite.

Building muscle is tougher than most people expect. Most supplement companies would be out of business if it wasn't.

The common muscle building solution is something called "bulking." Bulking has been around for a long time. The general idea of bulking in the name of muscle building is to eat more and more food until weight is gained regularly.

But there's a side effect of eating more and more. You usually gain some body fat.

Body fat!? What the hell?!

Body fat wasn't part of the original deal! It was all about muscle! No one said anything about *body fat*! Who wants more body fat?

Sadly, traditional bulking comes with some fine print: **body fat gain likely**. But that's OK. Bulking's sister is "cutting." Where bulking adds weight, cutting drops weight. After bulking and fattening up, you cut for a while.

Now, this neglects a few important things. One being the perils of adding fat. Fat cells are nasty buggers. Fill the ones you have, and the body creates new ones.

True, you can just "lose the fat," but the cells don't readily vanish. According to John Kiefer, they take about ten years to truly "die." Talk about "stubborn" body fat.

Next, something other than body fat usually accompanies cutting: muscle.

Muscle!? Blasphemy! Losing muscle wasn't in the original deal!

No, it wasn't. But if it's any consolation, I'll throw in another perk of cutting: hating life from constant energy depletion whacked out hormones. Sounds fun, right?

Life then becomes a bobble between bulking and cutting to reach an ideal body composition.

Bulk: gain muscle and some fat.

Cut: lose fat and some muscle.

There's something terribly inefficient here.

## WHY GET FAT?

One can only bounce between bulking and cutting for so long before asking *the* question: why not gain muscle *without* gaining fat?

*The* answer: because 99% of the people that try gaining muscle without gaining fat fail to gain *any* muscle. This further fuels the widespread advocacy for alternating between cutting and bulking. Seeing *some* results are better than seeing *no* results, even if those results are entrenched within body fat.

## THE FAT FOLLY

Body fat is a side effect of bulking because it's built into the "bulk" mindset. To ensure progress, you have to eat "enough." So every day is optimized for muscle building because muscle can only be built if "enough" nutrients are present to do the job.

There's no way to tell what "enough" is. Everyone has a different metabolic rate. So the bulk mindset always errs on the side of "enough" to ensure a semblance of progress. Gaining body fat just happens to be a side effect of ensuring "enough."

Cutting follows the flip side of that philosophy. Every day is optimized for fat loss. Every day ends in a caloric deficit. Although this doesn't bode well for muscle (you're starving it of energy it needs to survive), it's necessary to ensure fat loss. This is one of the perils of cutting (of which there are many) that natural people face. (Natural in this sense means no use of performance enhancing, hormone altering drugs.)

## BULKING AND CUTTING USER GUIDES

Bulking and cutting cycles usually last at least four weeks, but they typically land somewhere in the eight-to-twelve week range. So for eight straight weeks, depending on whether you're bulking or cutting, you eat the same quantity of food day in and day out.

An often recommended goal for bulking is gaining one pound of body weight per week. The hope is that *some* of the weight ends up as muscle. Remember, fat gain is expected since it's a consequence of ensuring an optimal state of growth. For cutting, the goal is usually losing two pounds per week.

The ratio of muscle gained in comparison to fat gained during a bulk depends on training, nutrition, and genetics, but it almost always ends up less than ideal. (Same goes for the muscle to fat loss ratio during a cut.)

I dare say the majority of natural people will split the muscle and fat 50/50, gaining one pound of muscle per every one pound of fat. This, in my opinion, represents a "successful" bulk. A better ratio is ideal. A poorer ratio is a failure.

## CHAOTIC RELATIONSHIPS

Both bulking and cutting assume linear processes with no chaos. Forcing predictable gains and losses is why bulking adds fat, and why cutting subtracts muscle.

Few bodily processes are linear aside from blowing out candles on a birthday cake. The body rarely does "one thing," or lives in "one mode." It's constantly churning through contradictory processes—building up and tearing down. It's constantly chaotic.

Milo of Kroton is somehow squeezed into almost every athletic physical fitness book. Little ol' Milo was given a baby bull. Milo lifted the bull every day. As the bull grew, Milo's strength grew. But Milo's story doesn't hold up, else we would get stronger on a weekly basis, ad infinitum.

If Milo were "real," his strength wouldn't be able to keep up with the weight of the growing bull. Strength isn't 100% linear. If the human body was capable of lifting more and more with short term consistency—even something as little as a five pound weekly increase—we would lift 2,500 pounds after ten years of regular training.

Strength, at first, is linear. A beginner that starts conservatively can add five pounds to the bar every week on basic barbell exercises for the first few months. This is the premise of Mark Rippetoe and Lon Kilgore's Starting Strength, and a legion of people can attest to its effectiveness. Eventually, however, strength stalls and requires a step backwards.

Fat loss also plateaus. Few people lose the *exact* amount of weight week in and week out. The super obese can lose a lot at first, but, just like with strength, it will stall after a few months of consistent work.

Hell, even normal physiological processes, like growth, happen in spurts. We don't gain a consistent "x" pounds per year. We a hit a tipping point with puberty where most magic happens.

It's the nature of chaos.

## DRAWING LINES IN THE SAND

The bulking and cutting mindset draws a line in the sand: you're **either** building muscle **or** burning fat given an extended timeframe. It **has** to be that way to ensure progress in either direction, or so the thought process goes.

But considering the body is continually tearing itself down and rebuilding back up every second of every day, this mindset is shortsighted.

A hypothetical eight week bulk that splits muscle and fat 50/50 would end in an eight pound weight gain—four pounds muscle, four pounds fat. This wouldn't be *too* bad. But since the body is chaotic, the 50/50 split isn't guaranteed.

It's impossible to distinguish what causes a 75/25 muscle-to-fat gain ratio to one of 25/75. For the people with the latter ratio, the end result is a sloppy body fat induced "pseudo bulk."

People synthesize muscle at different rates. 75/25 people bulk and cut like champions. Forcing linear progress just "works" for them. But for those without ideal genetics, forcing linear progress ends ugly.

## WHY NOT CLEAN BULK?

Few people want to gain body fat, just as few people want to lose muscle mass. This makes the clean bulk—gaining muscle without gaining fat—the holy grail of athletic physical fitness.

Because clean bulks have such a high failure rate, there are whispers of impossibility. A few years ago, I was one of those whispers.

Not anymore.

# CHAPTER TWO

# THE INFAMOUS CLEAN BULK

## WHAT THIRST TELLS US ABOUT MUSCLE GAIN AND FAT LOSS

Say you're watching *The Goonies*, like any self-respecting human being should be doing. You notice your throat is in need of some liquid refreshment. You grab a cup to fill with water. Now, you don't know how much water will quench your thirst. Maybe a half-filled cup? Maybe more? Less?

If you fill the cup half way and you're still thirsty, you've failed. But you can also fill the cup to the top and chug it down. Thirst quenched, problem solved. While the full cup could be *more* than needed, at least your thirst is quenched.

### THE THIRST FOR MUSCLE

Building muscle is like quenching thirst. To ensure quenching thirst, the cup needs to be consistently filled to the top—this is like bulking. You may be regularly drinking more than needed (which is responsible for the extra fat gain), but at least you know you're quenching your thirst.

Cutting is the same thing in reverse. You're consistently filling the cup one-quarter of the way (which doesn't bode well for muscle), even though some days you might need more to quench your thirst.

These examples illustrate the linear behavior behind cutting and bulking. If you're bulking, you're drinking the full cup every day. If you're cutting, you're drinking one-quarter every day. **It's the same thing every day no matter the circumstance**.

Most clean bulk attempts fail because they're approached with the same mindset.  Where bulking consistently overfills the cup and cutting consistently underfills the cup, failed clean bulks attempt to fill the cup half-way every day.

The half-way strategy sucks because sometimes your body needs more when you're delivering less. Sometimes the body needs less when you're delivering more.

## CLEAN BULKS AREN'T LINEAR

There's one thing consistent with the fattening bulk, the emaciating cut, and the failed clean bulk: **they don't account for chaos**. It's the *same* thing daily. As if the body never changes.

Trite but true, we're looking to fit a square peg into a round hole. There's no "money" caloric intake and accompanying master training program that, when combined, create the holy grail for clean bulking. Things aren't that predictable.

Some days you're *really* thirsty. Other days, not so much. Filling the glass to the same place daily is nonsense. You won't see results that way.

**INSANITY IS DOING THE SAME THING, OVER AND OVER AGAIN, BUT EXPECTING DIFFERENT RESULTS.**

**–ALBERT EINSTEIN**

### CLEAN BULKS ARE ACTIVE

Nutrition for successful clean bulking is active. It *needs* to be active. Every day *must* have a different goal. Every day becomes its own "mini-bulk" or "mini-cut." You don't bulk for eight weeks. *You can't bulk for eight weeks.*

Nutrients must be fluctuated on a daily basis to best accomplish the individual goal on the individual day. Not accounting for chaos makes bulking and cutting terribly inefficient.

Some days you're "thirstier." Other days, you aren't. Drinking a full cup of water when you only need one-quarter means you have three-quarters of "extra" water floating about. What do you think happens to this "extra?"

It doesn't make sense to quench the thirst when it's not there. Yet traditional bulking and cutting do this consistently because their philosophy is that it's better to ensure *some* kind of progress. But, ideally, the cup would be filled to the perfect level according to thirst on a consistent basis.

# BUT HOW FAR DO YOU FILL THE CUP?

In truth, we don't know. What we do know is that the body responds certain ways in certain situations, and that in these situations the body will likely have a certain thirst level.

With some experimentation and **paying more attention**, we will also know round-about how thirsty we will be at any given time. While we never know the *true* level, we can approximate a level based upon *factors we can control*, and *how we feel*.

In other words: Do things that make us really thirsty, determine that we're really thirsty, and then drink the full cup. Do things that make us slightly parched, determine that we're slightly parched, and then drink one-quarter.

And, of course, hope for the best.

This is the essence of the clean bulk and chaotic nutrition.

## CLEAN BULK STRATEGY

The water analogy works on a crude level, but it only captures one factor of quenching thirst. What if orange juice quenched thirst better? Where a full cup of water is needed, maybe only one-quarter cup of orange juice is needed?

There's more than one variable to consider outside of total food volume for a successful clean bulk. Therefore, the best strategy will be the one that controls as many "thirst" variables as possible.

## SUMMARY

THE ANSWER TO THE CLEAN BULK LIES WITHIN FLUCTUATING NUTRIENT INTAKE ON A DAILY BASIS DEPENDING ON MOOD, FEEL, TRAINING, AND LIFE. DIFFERENT MEALS, FOODS, AND QUANTITIES SHOULD BE EATEN UNDER DIFFERENT CIRCUMSTANCES AND AT DIFFERENT TIMES. NUTRITION INTAKE SHOULD NEVER STAGNATE. THIS IS CHAOS. THIS IS THE CLEAN BULK. THIS IS THE FUTURE.

# CHAPTER THREE

## CHAOS AND TRENDING

### EMBRACING UPS AND DOWNS IN THE NAME OF CONTINUED PROGRESSION

Bulking and cutting have their merits. But they're founded on predicting two things that *aren't* linear (and thus difficult to predict): performance and physiology. Remember, the body is breaking down, building, and running a host of contradictory processes every hour of the day.

Consider distance running versus lifting weights. Both are forms of "exercise." Both burn calories. Most times, however, the term "burning calories" is immediately associated with weight loss. Yet strength training, a calorie burning activity, also signals for the growth of muscle. So we have this calorie *burning* activity that *creates* muscle.

The unidirectional mindset associated with bulking and cutting brings trouble to those less-than-optimal muscle building days. You shovel down a huge caloric load even though your body isn't "in the mood" to build muscle. What do you think happens with the extra caloric load?

The body is chaotic. Some days you won't build muscle. Other days you will. Same can be said of losing fat.

## CHAOS AND VIEW

The body is unpredictable when looked at finely. But looked at generally, it becomes more predictable. I call this the **microscope and telescope effect**. In other words, you don't know if you're going to be stronger tomorrow. Or if you lost weight in the past hour. But if you continue certain trends over time, certain things *will* happen.

Find a way to get into the gym four days every week, pick up heavy things, press heavy stuff overhead, squat subjectively heavy, and I'm pretty sure that you will get somewhat stronger every year. I *think* you would get stronger every month. But I'm not so sure about getting stronger every week. And every day is fuzzier yet.

Looking through a microscope makes predictions difficult. Looking through a telescope makes predictions easier. You can't do microscopic predictions because of chaos.

To clean bulk, you have to have the trend mindset, and you have to be willing to embrace the ups and downs associated with the strategy.

Trends hint of long term potential. Fads are one hit wonders—they quickly peak interest, but die before anyone realizes what happened.

Clean bulking is more of a trend. Results really aren't as noticeable in the short term. They increase, sure, but not drastically enough to pop eye balls. They are more sustainable because they don't require big shifts. Changes are small and subtle, gradually increasing in momentum over time.

## TRENDS AND TRAINING

When it comes to athletic physical fitness, people don't like trends. Trends take too much time to transpire. People want immediate results. They want the fad. **But the fad often fails**.

Martin Berkhan—high priest of intermittent fasting and founder of Leangains—advocates a "clean" weight gain of around one pound every month for veterans, and two pounds every month for beginners. ("Clean" refers to adding muscle without adding fat.)

So the hypothetical eight week, eight pound bulk hinted at earlier won't always end with a four pound muscle gain. According to Berkhan's standard, two pounds of muscle is a more realistic estimate dropping the muscle-to-fat gain ratio below 50/50.

## WHAT THIS STANDARD MEANS

Adding muscle at a clip of one pound per month (as per Berkhan's recommendation—even though this in itself is subject to chaos) means that it will take a few months—if not longer—before visible progress is had.

Following Berkhan's logic, you can expect to gain twelve pounds of muscle in one year (more if you're inexperienced). That's all. Twelve pounds. Break that down into the sections of your body. Between the upper leg, lower leg, upper arm, forearm, shoulders, pecs, abs, and all of the intricate sections of the back, you're looking at little noticeable gain across the entire frame after the clothes go over the naked body.

But if you add up a second year. And then a third year. Suddenly you have close to 40 pounds of solid, dry, lean muscle on your frame.

**LAST SUMMER, I WAS WORKING WITH A COLLEGE LACROSSE PLAYER WHO WANTED TO PUT ON SOME SIZE IN THE OFF SEASONS. (AT 6′2′′ AND 180 POUNDS, I DIDN′T BLAME HIM.)**

**BETWEEN SOME TWEAKS TO HIS DIET AND SOME CHANGES TO HIS PROGRAM, WE PACKED 15 POUNDS ON HIM DURING THE SUMMER, AND WHEN HE WALKED IN THE DOOR THE COACH LOOKED AT HIM AND SAID, "I THOUGHT I TOLD YOU TO GAIN SOME WEIGHT?"**

**...AND TO BE HONEST...HE REALLY DIDN′T LOOK ALL THAT DIFFERENT. HE DIDN′T EVEN MEASURE THAT DIFFERENT. HIS CHEST CIRCUMFERENCE INCREASED BY ABOUT HALF AN INCH, AND HIS ARMS BARELY GREW. IN SHORT, HE INCREASED HIS OVERALL BODY WEIGHT BY NEARLY 10%, AND HE LOOKED THE SAME.**

**–JOHN ROMANIELLO**

Even twelve pounds per year becomes farfetched. Of course, because of chaos. If you could gain twelve pounds of dry muscle per every training year, you'd add 100 pounds of solid muscle in eight years of training. That means I'd be a 280 block of granite muscle by now. But it doesn't happen that way.

Most people opt for the fad. They try gaining all forty pounds in one year. It never works, of course.

If you bulk and cut (trying to gain more than the one pound per month), you'll probably end up at the same finish line when it's all said and done. But you moved mountains to get there, created unnecessary fat cells (bad news), and hated life during cutting.

### NOTHING FAST HAPPENS IN THE BODY

The body is motivated by survival. If it's forced to its extremes, it will either adapt or die. Train too heavy too many consecutive days and you'll get injured. This is your body's way of saying: "I can't keep up given the circumstances. I can't adapt."

This happens with nutrition too. Even though the body prefers glycogen as its main energy source, it finds a way to survive without it via ketosis. The body doesn't think, "This is going to get me jacked." It thinks, "This is going to help me survive."

The body needs a pretty good reason to do something, and it takes a lot of convincing to change.

**NOTHING ABOUT TRAINING YOUR BODY IS FAST. IN FACT, WHEN IT COMES TO THE HUMAN BODY ONLY BAD THINGS HAPPEN QUICKLY.**

**–COACH STEVO**

### IT IS A LIFESTYLE, NOT A CYCLE

The clean bulk isn't really something you stop doing. It isn't something that has a timetable. It's a lifestyle.

There are a lot of training programs designed for "bulking." Eight-or-so week stints that include higher volume exercise and demanding training strategies that assume you're going to be eating above what's necessary to recover and survive.

If you want to go on these short term stints with programs designed to add as much muscle as possible in a short time frame, then you have to bulk. You can't clean bulk your way through them.

The Chaos Bulk is a long term card. So your training program also has to be a long term card. If you go on one of those ones that's going to push you to the brink of your existence (Smolov squat routine, for instance), you won't last long.

## SUMMARY

**THE CLEAN BULK IS A LONG TERM STRATEGY. YOU HAVE TO BE WILLING TO EMBRACE THE JOURNEY. MUSCLE IS NOT BUILT OVERNIGHT. GAINING TEN POUNDS OF SOLID MUSCLE IN ONE YEAR IS DAMN GOOD PROGRESS. TO DO THIS, YOU SHOULD REGULATE YOUR NUTRITION. EAT BASED UPON MOOD, FEEL, AND QUALITY OF TRAINING FOR THE DAY.**

# CHAPTER FOUR

# DECONSTRUCTING THE LINEAR MINDSET

## SAY BYE TO BULK AND CUT CYCLES AND HELLO TO BULK AND CUT DAYS

One hand on your drink. The other in your pocket. Elbow resting on the bar. Right foot crossed over left. A relaxed lean going on. You're putting out the vibe. Letting everyone know you're ready to mingle and have a good time. **You're signaling**.

The internal workings of the body aren't much different. They rely on signals to enhance communication and start processes. The stronger the signal, the likelier something will happen.

As someone into athletic physical fitness, you send signals to the body. You lift weights, and you train hard. This trips processes that build muscle in order to protect from future encounters with mean ol' mister barbell.

You artificially create situations in which the body is "ready" to build muscle after every time you train.  The body takes action and does a bunch of things to repair damaged tissue and bring itself back to baseline.

This signaling process happens on a much finer schedule than traditional bulking and cutting would have you believe. Signals are sent hourly let alone daily.

You send multiple signals *per day* that are in the name of losing fat and building muscle. You want to send strong signals at the right time when muscle recovery is needed—put the body in building mode. And then you want to decrease these signals when recovery isn't needed as "building mode" is also responsible for fat storage.

Contrary to popular belief, these signals can be optimized on a much smaller time table. You can have "days" you want to build muscle and "days" you want minimize fat gain. Within those days you have hours you want to build muscle and hours you want to minimize fat gain (perhaps even *lose* fat).

None of that eight to twelve week garbage. There are small ups and downs; strides in one direction. Each day must be seen as its own entity that requires its own care.

There are things we can do on a daily basis that optimize *either* muscle building or fat loss. We have to optimize the hours within each day for the intended goal—provide the body with what it needs at the right time and hope for the best.

Traditional bulking does that to the extreme by *over providing* to ensure progress. But as with any clean bulk hopeful, chronic *over providing* isn't useful because it leads to fat gain.

Fill the cup as much as it needs to be filled.

Optimize muscle building on the days and within the hours you want to build and recover muscles. Optimize fat loss on the days and within the hours you know muscle recovery isn't as much of a need. And then hope the body takes care of things amidst the chaos.

Don't try to do both at once.

### THE IMPORTANCE OF THE SWITCH

Think of these two processes as a light switch. When one is on the other is off. Don't try to turn the light switch on "half-way." That's a failed clean bulk in the works.

SUMMARY

**INSTEAD OF BREAKING OBJECTIVES INTO WEEKLY GOALS, OBJECTIVES SHOULD BE DAILY AND SOMETIMES HOURLY. THE BODY IS CAPABLE OF SWITCHING PROCESSES IN A FAST TIME PERIOD AS LONG AS YOU COMPLETELY SHIFT THE PISTONS. YOU DO NOT WANT TO GET CAUGHT WITH EACH PISTON IN THE MIDDLE. KEEP ONE UP AND THE OTHER DOWN.**

# CHAPTER FIVE

# ENTER CHAOS

## MANIPULATING THE VARIABLES FOR SUCCESSFUL CLEAN BULKING

More than one thing "flips the switch" between muscle building and fat loss.

**Food quantity** is one. At the base, the amount of food eaten on a daily basis generally determines if you're going to lose weight or gain weight. Take note that "weight" is different than muscle. It's still a good general rule though

**Food type** is another. Certain foods stimulate certain hormonal responses in the body. These hormones then provoke processes inside of the body.

**Food timing** is the creamy whipped topping. Since different foods are assimilated different ways and cause different hormone responses, you can eat certain foods at certain times to accomplish certain goals.

It's like hacking the body.

These three things translate into five different strategies to add muscle while putting fat gain on the backburner.

- **Calorie cycling**: adjusting the *quantity* of food via portion sizes and total caloric load.
- **Carbohydrate cycling**: adjusting the *amount of starchy carbohydrates and fats* eaten on a day-to-day basis.
- **Long fasting**: *eliminating regularly scheduled meals* to adjust caloric intake. (The difference between long fasting and calorie cycling is that long fasting eliminates meals. Calorie cycling reduces portions.)
- **Intermittent fasting**: blocking off certain times of the day for both feeding and fasting.
- **Nutrient timing**: *eating certain foods at certain times*. (Most intermittent fasting schemes also fall under this category.)

Remember, clean bulking is about seeing every day as a separate entity. Some days are "bulks," other days are "cuts." On any given day, portion sizes, macronutrients, and meal frequency are regulated to best accomplish the goal at hand.

### A NOTE ON "FASTING"

Long fasting in this instance means skipping meals, which shouldn't be confused with *intermittent fasting*. While intermittent fasting does involve skipping meals (breakfast, in most instances), the overall calories are just condensed into larger meals later in the day.

Keep in mind, however, that you absolutely can *intermittent fast* with the Chaos Bulk. (It's recommended and explained shortly.)

Just remember that intermittent fasting eliminates meals and alters *timing* of nutrient intake. **It does *not* reduce caloric intake**. Whereas long fasting eliminates meals *and* calories.

This technical jargon can get confusing, but it's important to keep these five concepts separate to understand the unfolding of the Chaos Bulk.

## SIGNALING QUESTIONS

These methods impact the signals sent to our body—we're controlling our level of thirst. It's just like training. Bench pressing signals the need for strong shoulders, strong pecs, and strong triceps. Spend enough time bench pressing, and the specific muscles stressed get stronger to better handle the load.

Calorie cycling, carbohydrate cycling, long fasting, intermittent fasting, and nutrient timing ask the body the following three questions:

1. What does the quantity of food consumed tell me?
2. What does the type (macronutrient) of food consumed tell me?
3. What does the timing of consuming (or not consuming) specific nutrients tell me?

The most sophisticated and most effective plans include all five nutrient regulation methods: long fasting, calorie cycling, carbohydrate cycling, intermittent fasting, and nutrient timing.

Control more variables, make better predictions. Better predictions means better signaling for more muscle and less fat. For instance, controlling thirst level during exercises is easier if we can control temperature, humidity, clothing, type of activity, and any other variable imaginable.

Stop thinking about food as a bundle of calories or certain macronutrients. Think of food as a *signal* asks a question.

# CHAPTER SIX

# WHAT DOES QUANTITY TELL ME?

## EAT MORE, GAIN WEIGHT; EAT LESS, LOSE WEIGHT

The most believed and accepted principle in the diet world revolves around **quantity**. If you eat more than you need, you gain weight. If you eat less than you need, you lose weight. Simple.

There's wiggle room ("What if I ate nothing but butter?"), but there's also truth. No one eats like a bird and gains weight, and no one eats like a hippo and loses weight.

If you want to signal for the creation of muscle, you have to eat more than you need. That's just how it works. You need *something* to build muscle with.

The body uses a base level of calories to handle regular bodily functions (known as basal metabolic rate [BMR]). It's not going use any of this basal metabolic energy for the creation of muscle. You'd die if it did. The body wouldn't maintain normal function. You need to eat "more" to give the body the excess nutrients it needs to create muscle.

On the opposite side of all of this, you have to eat less than you need to signal for the breakdown and use of body fat for energy.

With the clean bulk, every day has its own goal. Some days are muscle building days. Other days are fat loss days. Even within each of those days, you can optimize *hours* for either muscle building or fat loss.

Muscle building days need more calories to ensure adequate nutrients are available for use. Fat loss days need less calories. A nifty symbol system makes this easier to follow.

- (o) represents "breaking even" on your calorie intake.
- (+) represents "coming in above" your calorie goal.
- (-) represents "coming in below" your calorie goal.

**SIDE STORY: WHEN I WAS WORKING WITH A NCAA DIVISION I COLLEGIATE FOOTBALL TEAM, MOST ATHLETES WERE DISGUSTINGLY UNDERFED. MY MENTOR WAS AROUND 230 POUNDS AT THE TIME (MOSTLY MUSCLE) AND HE NEEDED TO EAT 5,000 CALORIES EVERY DAY TO MAINTAIN HIS WEIGHT. SOME ATHLETES, HOWEVER, DIDN'T EAT ANYWHERE CLOSE TO A COMPARABLE LEVEL AND STILL MAINTAINED SICKLY MUSCLE TONE. THIS IS ONE OF THE BENEFITS OF HAVING GREAT GENETICS—THE BODY IS MORE LIKELY TO HANG ONTO MUSCLE IN LESS THAN IDEAL ENVIRONMENTS. FOR MOST OF US "HUMANS," MUSCLE ISN'T AS WILLING TO STICK AROUND IN MALNOURISHED ENVIRONMENTS.**

## THE SYMBOL SYSTEM, CHAOS, AND LINEAR RELATIONSHIPS

Old school bulking and cutting plans aimed to log one symbol every day for an extended period of time. It was very predictable.

The Chaos Bulk is less predictable. You can log a (+), (-), or (o) on any day depending on your goal and how you feel.

## ON TRENDS AND TELESCOPES

You aren't likely to hit an absolute weight goal as fast as possible with the caloric (+) (-) (o) fluctuation.

It's easier to lose 20 pounds with consecutive (-) days. But anytime you throw in the retention or gaining of muscle mass things change. (+) and (o) days maintain muscle mass during cuts and (o) and (-) days prevent fat gain during bulks.

Long term consecutive (-) signals nutrient rarity. The body functions differently under these conditions. It "senses" what raw materials will be available and whether or not to make strides in muscle building or fat loss.

The biggest faux pas among skinny-fat* people is dropping calories to an absurdly low level every day. It's nearly impossible to not only build, but also retain muscle under this circumstance.

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*For more on skinny-fatness, see here.

Respect total caloric intake in relation to your daily goal.

Eat to gain if you want to gain. Eat to lose if you want to lose. The trick is to make sure you do “either or” of these at the right place and right time.

For now, just remember: there is power in calorie intake.

SUMMARY

**THERE IS POWER IN CALORIE INTAKE. EAT MORE IF YOU WANT TO GAIN, LESS IF YOU WANT TO LOSE. ALSO BE MINDFUL OF THE EFFECT BOTH CONSECUTIVE DAYS OF OVERFEEDING AND CONSECUTIVE DAYS OF UNDERFEEDING HAVE ON THE BODY. NEITHER ARE CONDUCIVE TO GAINING MUSCLE AND MINIMIZING BODY FAT GAIN. EVEN DRASTIC FAT LOSS ENDEAVORS SHOULD INCLUDE SOME HIGHER CALORIE DAYS TO BRING THE BODY BACK IN HORMONE BALANCE AND SIGNAL THAT THE BODY IS NOT HEADED TOWARDS DEATHLY STARVATION.**

# CHAPTER SEVEN

# WHAT DO MACRONUTRIENTS TELL ME?

## CARBOHYDRATE CYCLING AND STORAGE WARS

Carbohydrate cycling makes the nutrition-phobic pee their pants. From the outside, only Sheldon Cooper is smart enough to handle its complexity. But from the inside, even a caveman can do it.

Carbohydrate cycling is exactly what it sounds: shifting between days of high carbohydrate intake and days of low carbohydrate intake.

Fat intake works in opposition to carbohydrate intake to compensate for the loss of calories on low carbohydrate days. Think of fats and carbohydrates as alternating pistons. If carbohydrates increase, fats decrease. If fats increase, carbohydrates decrease.

**High carbohydrate days** usually have a lower fat intake and a *decent* protein intake. They're better for stimulating storage, repair, and building within the body.

**Low carbohydrate days** usually have a higher fat intake and either a *higher* or *lower* protein intake. (The protein bit will be explained shortly.) They're better for fat loss and fat utilization.

### WHY "DECENT," "HIGH," AND "LOW?"

The highs, lows, and decents—in relation to the amount of macronutrients in the section before—deal with the signaling response each macronutrient has.

The accepted theory is that a high carbohydrate intake (high carbohydrate intake is synonymous with high *starchy* carbohydrate intake, at least in the way I use the phrase) raises insulin levels. Insulin is "storage" hormone. It trips a cascade of events that make the body's cells prone to nutrient storage.

Fat is then kept to a minimum when carbohydrate intake is high and insulin is roaring. (Who wants to store fat? And both starchy carbs and fat are fuel sources, too much fuel isn't a good thing for keeping body fat in check.) Protein intake simply needs to be "enough" because the increased storage via insulin means the protein is utilized more efficiently.

### HOW DOES THIS INTERTWINE WITH CALORIE CYCLING?

Carbohydrate cycling coincides with calorie cycling nicely.

**High calorie days** are better for muscle building. They ensure adequate nutrient intake. **High starchy carbohydrate days** are also better for muscle building because they promote storage and growth potential via insulin and are the preferred macronutrient to refill muscle glucose.

(High intensity muscle contractions use glucose for energy. Carbohydrates are the ideal glycogen replenisher. You can even go further here, as Nate Miyaki does in his Intermittent Feasting resource, and decipher the *types* (specific foods) of carbohydrates that *best* go towards refilling glycogen stores. Not all carbohydrates are created equally.)

**Low calorie days** are better for fat loss. The reduced nutrient intake lets the body use stored energy for fuel. **Low carbohydrate days** are also better for fat loss because of the reduced potential for storage and growth via less insulin.

See how convenient that works out?

SUMMARY

**HIGH CARBOHYDRATE DAYS USUALLY INCLUDE MORE CALORIES AND HAVE A GREATER POTENTIAL FOR MUSCLE GROWTH.**

**LOW CARBOHYDRATE DAYS USUALLY INCLUDE LESS CALORIES AND ARE MORE SUITED TO FAT UTILIZATION OR FAT LOSS.**

# CHAPTER EIGHT

# WHAT DOES TIMING TELL ME?

## EATING (OR NOT EATING) THE RIGHT THINGS AT THE RIGHT TIME

For the majority of the population, nutrient timing is moot. But those that live a lifestyle of athletic physical fitness are a different breed with different concerns. Strength training throws a wrench in the wheel.

Lifting heavy things—a defining characteristic of athletic physical fitness and my ethos*—does funky things to muscle cells. Intense muscular contractions make the muscle cells more "insulin sensitive" for a little while—they respond better to insulin, which enhances potential for growth and nutrient storage. In everyday terms: more of what you eat goes to growing big and strong muscles, less of what you eat goes to growing big and strong love handles. (This is known as *partitioning*, and is detailed later.)

This makes not only *what* we eat, but also *when* we eat—and even *when* we eat *what*—important. It also makes *not eating* an equally powerful tactic.

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*You can capture my ethos with these eight essential exercises.

## LONG FASTING - THE ANTITHESIS

Eating the right stuff at the right time is great for muscle building. *Not eating* can be equally as great.

Fasting is "in style." Especially intermittent fasting. Despite claims of past generations, people see amazing results foregoing food. Some reasons are rooted in science. Fasting secretes growth hormone, increases insulin sensitivity, and increases catecholamines.

Other reasons are rooted in reason. Like this one:

Reducing portion sizes to reduce caloric intake is common for weight loss. The problem with this is that you have to have a caloric deficit most days of the week in order to lose weight. Reducing portion sizes is like "nickel and diming" your way to fat loss.

It's more beneficial to skip meals—long fast—to reduce caloric intake. The answer as to why goes back to both signaling and having separate daily goals.

Here's a hypothetical situation to get a better look at this.

Say you usually eat three meals per day at 700 calories a pop. That's 2100 calories daily. You can...

**A)** Take 100 calories away from each of your meals every day. This is a reduction of 2100 calories every week.

**B)** Forego two of your three meals on two days of the week. (This is a long fast and is explained below). This is a reduction of 2800 calories every week.

The biggest difference up front is that the long fast is a bigger caloric reduction. But there's more. A lot more.

On the daily deficit, the body is always operating in the hole. This doesn't bode well for muscle—as mentioned many times before. But with the long fast, only two days of the week operate in a deficit. The remaining five days can then be used for muscle maintenance or even muscle gain. (Muscle gain in this situation is tricky though.)

So long fasting allows for a higher caloric intake throughout the week while also putting you in the hole one or two days. This is better for retention and perhaps creation of muscle.

Now you know why you always lose all of your hard earned muscle during cuts that have you in a deficit every second of every day.

## HOW TO LONG FAST

I distinguish between long fasting and intermittent fasting to avoid complication. Long fasting as described above is credited to Brad Pilon and his ideas in Eat Stop Eat.

Long fasting is rather simple: skip meals until you hit a twenty-four hour period without food. If you're used to eating three meals per day, skip two consecutive meals once or twice per week. Could be breakfast and lunch. Or lunch and dinner.

If you eat more than three meals, use your brain and skip consecutive meals to reach a twenty-four hour long fast.

Be sure you skip meals you can survive without. Skip breakfast and lunch if you have trouble going to bed on an empty stomach. Skip lunch and dinner if you can't survive without breakfast.

Long fasting naturally drops protein intake for the day. Protein intake is important but don't worry about compensating for it. Twenty-four hour long fasting once or twice per week won't kill you. It might actually *help* as protein absorption increases after a deficit. Better protein uptake on a training day is never a bad thing.

The body tends to respond less and less to the same amount of *anything* over time. One cup of coffee becomes two cups of coffee. Two cups become three cups.

Cycling your protein intake isn't all that bad of an idea. Long fasting does it naturally for you.

## LONG FASTING TIPS:

The best way to forget about hunger is to literally put yourself in a position to forget about hunger. Keep active during your fasting window and put yourself in a situation where you can't eat. Hell, sleep in if you have to.

Before I truly began intermittent fasting, I was student-teaching under a teacher that didn't eat lunch. So I got used to eating a big breakfast, having nothing but an apple for lunch, coming home and lifting, and then having a bigger dinner. I didn't have a choice. Not exactly intermittent fasting, but I was forced to alter my eating patterns around my schedule.

So if there's a way — if even for a day — you can force yourself to go without eating during your fasting window, you'll see that it's not so bad. It makes future fasts easier.

In this same line, schedule a ton of things to do. The day of my first ever 24+ hour fast went like this: I slept in, golfed, and then went to batting practice. It was 7:00PM before I even thought about food. A cup of herbal tea went down the hatch, a few episodes of The Office entertained my brain, my head hit the pillow, and food never glitched my radar.

Coffees, teas, and no calorie chewing gums can also blunt hunger. (As can chewing on ice cubes.)

But the best way to break into 24 hour fasts has nothing to do with coffees, teas, cheat meals, or any "special" modality. No, the best way is to simply adjust your feeding schedule.

The wrong way to handle a 24 hour fast is to have your last meal at 8:00PM the night prior. This means you have to survive all morning, all afternoon, and into the evening without food. That's a long day. Fix it with these two tweaks.

First, eat your last meal at 3:00PM – 5:00PM the day prior to the fast. You will spend more waking hours full. Eating at 8:00PM means sleeping on a full stomach. Sleeping on a full stomach wastes waking hours of satiety. By moving the meal to 5:00PM, hunger is moot for the rest of the day and the fast is broken earlier the following day.

Second, make that 3:00PM – 5:00PM around *half* of the total calories (or total amount of food if you don't count calories) that you'd normally eat in a day.

## INTERMITTENT FASTING

Intermittent fasting has become the go-to eating philosophy for a lot of athletic physical fitness enthusiasts, as of late.

Intermittent fasting is a *lifestyle* more than a *strategy*. There are many types, but they all involve blocking off certain times of eating (called the feeding window) and certain times of not eating (called the fasting window).

Martin Berkhan pioneered Leangains, one of the most popular intermittent fasting schemes. Leangains is often referred to as a "16/8 fast" because there is a 16 hour fasting window followed by an 8 hour feeding window. The time of each window is kept consistent on a daily basis.

Most Leangains followers forego breakfast and have their first meal at noon, their second meal around 3-5PM, and their final meal around 8PM.

Another common intermittent fasting scheme is 20/4 thanks to Ori Hofmekler's Warrior Diet.

## INTERMITTENT FASTING WORKINGS

Intermittent fasting allows different signals to be sent to the body at different *hours* of the day. In the latter part of the fast, the body is using primarily fat as fuel.

Fat is the primary fuel source during low intensity activities (can't get much lower in intensity than resting). So after your last meal is digested and stored away, your body settles into a primarily fat-burning mode.

By blocking off an extended period of time with *no* food, you're going to be using fat as a fuel source *more* when compared to the majority of diets that have you eating from sunrise to sunset. (No food, no storage signaling.) Then whenever eating commences, the body would be more prone to be in storage and growth mode.

So during the fast you're churning through fat stores. During the feeding window you're promoting growth and recovery. So much for needing "weeks" to bulk and cut.

### THE SECOND INTERMITTENT FASTING LEVEL

With intermittent fasting we create times of "fat burning" and times of growth, repair, and storage simply by manipulating when we eat.

The second "layer" coincides these times with training so that we're pounding growth when it needs pounded and pounding fat utilization when growth isn't as necessary.

Matterful training—not Zumba or Yoga—creates a sort of rebound effect in the muscle cells. After depleting the muscle cells and body's energy reserves, the body makes it a priority to replenish the nutrients and substances that were *lost* during a training session.

So muscle cells, not fat cells, are more receptive to signals for a while after training. This means more of what you eat is going to go towards muscle growth and repair and not so much towards fat creation (something known as nutrient partitioning).

All that's left is eating what's going to best repair and replenish the muscles at the right time.

Most intermittent fasting protocols take advantage of the post workout window for muscle building. Ori Hofmekler recommends "recovery meals" after training sessions. Martin Berkhan recommends eating the biggest starchy carbohydrate and calorie meal after training sessions. This makes most intermittent fasting schemes very beneficial from a nutrient timing standpoint.

There's more to all of this than simply eating within a certain time period. There a "flipping of the switch" between fat mobilization and muscle growth at different hours of the day to best maximize what the body needs. It tackles nutrient timing like a champion.

The length of this post workout window of magicalness where the muscle cells are more sensitive is up for debate. Ori Hofmekler in *Maximum Muscle, Minimum Fat* mentions that it can last up to four hours. Others believe it goes longer—maybe 24 hours. Others, less—30 minutes to one hour.

But when this window opens, it's obviously important to maximize the body's natural instinct to replenish its energy stores. It's important to "flick the switch." But *precisely* when to flick the switch depends on your current lifestyle and what's actually feasible given your situation.

## THE THIRD INTERMITTENT FASTING LEVEL

Intermittent fasting creates two different modes and makes it easy to have times of fat use and times of growth all in the same day. It alters the signals we send our body. We can add another layer of complexity on top with carbohydrate and calorie cycling.

Carbohydrate cycling further enables you to control the "growth" signals by regulating insulin (whenever you hear insulin, think growth and storage). Calorie cycling does the same by nature of meal size.

So the synthesis thus far:

- At minimum, you want to break your day into parts. One part optimized for fat utilization. The other part optimized for growth and storage.
- You want these intense growth and storage signals to be kept to a minimum throughout most of the day to keep fat burning high and so you can create a "flip switching effect."
- On training days, you want to "save" these intense growth and storage signals for when the muscle cells are going to be doing the storing, not the fat cells. This means starchy, insulin inducing carbohydrates, should be saved for sometime post workout.
- On days you don't train, you can still get this flip switching effect. But if you didn't want to, you could carbohydrate cycle in conjunction with intermittent fasting.

## DOWNSIDES OF INTERMITTENT FASTING

Although intermittent fasting is a perfect plan for flicking the fat burning and muscle building switch, it's not always ideal.

A lot of people rarely eat enough, and can't sustain meaningful muscular progress because of the limited eating window. This differs for every person though. If you can't intermittent fast (or aren't a big fan of it) you can still get some similar benefits by controlling *when* you eat *what*.

## FOR THE NON INTERMITTENT FASTERS

If you don't intermittent fast (or aren't training on a particular day), controlling the signals sent to your body via food is important.

If you don't intermittent fast—or can't train in a fasted state—you can still reap most of the benefits by limiting starchy carbohydrate intake in any pre-workout meal and keeping the meals small enough to just stave off hunger. (Paying respect to the power of both starchy carbohydrates and overall caloric intake.)

So in any meal pre-training, stick to small portions non-starchy cruciferous vegetables and thin skinned berries. Maybe a few pieces of broccoli. Something that's *just enough* and doesn't put you too far into growth and storage land. This is very "Warrior Diet" like.

You can also have small rations of protein, but as Ori Hofmekler explains, you want the bulk of the "fasting" (used here to simply mean a period of time when not a lot of food is eaten) to go towards natural cleansing.

In order to do that, you can't give the digestive system something too intense to handle. A hardboiled egg here and there in this time period, along with either non-starchy veggies or thin skinned berries is fine.

This is something Nate Miyaki beautifully describes as an "evolutionary meal structure." Both the Warrior Diet and Intermittent Feasting philosophy are based off of this concept: humans were usually scavenging on little to no food during the day and "filling up" at night on whatever they caught.

The important lesson in all of this is that your starchy carbohydrate intake on training days should come *sometime post workout*. So if you don't practice intermittent fasting, save your starchy carbohydrate intake for *post workout* meals.

The even *more* important lesson is that you need to break your day into two modes: fat use mode and storage mode. This means that no matter what scheme you're on—even if you don't carbohydrate cycle or intermittent fast—you should probably concentrate the bulk of your carbohydrate and calorie intake into a short window to limit the signal for storage. And when you do slam that signal, you need to make it count.

## THE INTERMITTENT FASTING HICCUP

The toughest past about intermittent fasting isn't foregoing food, it's coinciding training times with proper nutrition to replenish energy stores, promote optimal growth and recovery, and stave off fat gain.

The easiest way to make this happen consistently is to religiously block off a section of your day for "growth." Using Nate's evolutionary meal structure as the compass, this time for growth is best served at night.

Use the day light for churning through fat stores. Use the night time for stocking up your energy reserves.

Depending on the time you train, you might have to use some tactics to make sure your body doesn't turn into an energy deprived muscle wasting factory to make this happen. More on this later.

## THE INTERMITTENT FASTING AND LONG FASTING WARNING

If you think in terms of sending signals, nothing sends a more powerful signal than…well…no signal. This is the benefit of intermittent fasting.

No eating means no signal for growth or storage. This is going to put you into fat-use mode. Keep in mind this mode doesn't last forever. At some point, there's a diminishing return with fasting duration and one of the reasons long fasting should only really go for 24 hours. (Some people say the benefits of intermittent fasting drop off at 16-18 hours, but since most of us operate on a 24 hour clock, it's just easier to use 24 hours.)

Your body goes from calm, cool, and collected fat burning mode into, "holy shit I might die of starvation" mode. The latter isn't great and it causes all of those unfavorable changes in hormone levels. More isn't always better.

What you eat *before* a long fast also has a huge effect on how long the long fast can extend. John Romaniello is popular for his feast-fast method in which people can eat whatever junk they want on "feast" day as long as they follow it by an extended fast (30+ hours).

General rule though: long fasting stops at 24 hours.

## SUMMARY

FASTING IS A GREAT WAY TO REDUCE TOTAL CALORIC CONSUMPTION ONCE OR TWICE PER WEEK TO STILL ALLOW THE BODY AN OPTIMAL MUSCLE BUILDING ENVIRONMENT THE OTHER DAYS OF THE WEEK. SIMILARLY, INTERMITTENT FASTING—ROTATING BETWEEN FEEDING AND FASTING WINDOWS AND TAKING ADVANTAGE OF TIMED NUTRIENT INTAKE—IS A GOOD WAY TO SHIFT THE FAT LOSS AND MUSCLE BUILDING PISTON AT DIFFERENT HOURS OF THE DAY. IF YOU ARE NOT AN INTERMITTENT FASTING FAN—IF IT DOESN'T WORK FOR YOU OR YOU CAN'T HIT THE RIGHT TIMING WINDOWS—YOU CAN GET SIMILAR BENEFIT BY LIMITING STARCHY CARBOHYDRATES IN PRE-WORKOUT MEALS AND FOLLOWING AN EVOLUTIONARY MEAL STRUCTURE.

# THE SYNTHESIS THUSFAR

| TRAINING DAYS | REST DAYS |
| --- | --- |
| OPTIMIZED FOR BUILDING MUSCLE | OPTIMIZED FOR FAT LOSS |
| MORE CALORIES | LESS CALORIES |
| HIGH STARCHY CARBOHYDRATE INTAKE | DECENT FAT INTAKE |
| KEEP FAT TO MINIMUM | KEEP CARBS TO MINIMUM |
| DECENT PROTEIN INTAKE | HIGH PROTEIN INTAKE (WITH THE POTENTIAL TO DROP LOW) |
| SHUNT CARBOHYDRATES TO POST-WORKOUT TIME PERIOD | CONSIDER LONG FASTING IN THE NAME OF FAT LOSS |

# CHAPTER NINE

# CONFIGURING TRAINING AND REST DAYS CORRECTLY

## TRAIN WITH THE OPTIMAL FREQUENCY

We spend a lot of time training to build muscle. Don't handcuff yourself with subpar nutrition.

With the Chaos Bulk, training is closely tied to nutrition. Since we're bulking and cutting on a daily basis, training has to happen at the right frequency so as to not get too "bulk-centric" or too "cut-centric."

Training days are optimized for muscle gain, because intense muscular contraction increases muscle cell insulin sensitivity, meaning they are more receptive to nutrient uptake.

Our muscle building days are our high calorie, high carbohydrate days. Jacking insulin with a host of muscle friendly protein during a time when the muscles are extra receptive to nutrients means more muscular love and less love handle lust.

Rest days are optimized for fat loss, because there's no post-training boost. Out fat loss days are our potential long fasting days and low calorie, low carbohydrate days.

## TRAINING FREQUENCY

Always assume that a training day will be a high calorie, high carbohydrate day. If the training session doesn't go as expected, there's wiggle room. But assume the best unless you have a reason not to.

The more training tips to one end of the spectrum (either too frequently or not frequently enough), the tougher it is to walk the clean bulk line.

The ideal training frequency is three to five days per week, with four being "best." More than that and the majority of your days will be be (+) days. Less and the majority will be (-) days. This brings us back to the old school ideas of logging the same symbol day in and day out.

More aggressive muscle building attempts can have five or six training days. You just have to accept one of two fates:

- You accept the higher calorie intake and err to the "bulking" side of things, even though it makes fat gain likelier.
- You treat a training day with less-than-ideal nutrition.

If you train daily, pick the heaviest days (generally 3-4 for the clean bulk) and tailor your nutrition to muscle building. If you train with a body-part split, use muscle building nutrition when you train the muscle groups you're looking to improve most.

| TRAINING DAYS (3-4 DAYS / WEEK ) | REST DAYS (3-4 DAYS / WEEK) |
|---|---|
| OPTIMIZED FOR BUILDING MUSCLE | OPTIMIZED FOR FAT LOSS |
| MORE CALORIES | LESS CALORIES |
| HIGH STARCHY CARBOHYDRATE INTAKE | DECENT FAT INTAKE |
| KEEP FAT TO MINIMUM | KEEP CARBS TO MINIMUM |
| DECENT PROTEIN INTAKE | HIGH PROTEIN INTAKE (WITH THE POTENTIAL TO DROP LOW) |
| SHUNT CARBOHYDRATES TO POST-WORKOUT TIME PERIOD | CONSIDER LONG FASTING IN THE NAME OF FAT LOSS |

# CHAPTER TEN

## CHAOS AND THE SOLID BASE

### THE IDEAL STARTING POINT FOR NUTRIENT CHAOS

If you're controlling the factors mentioned to this point, you'll have a decent idea of just how "thirsty" you'll be at any given time on any given day.

But there's a wildcard: subjective feeling on a daily basis. This is what truly makes things chaotic. You need to adjust things based on *how you feel*. Sometimes you *know* you need more. Sometimes you *know* you need less.

So you have two flag posts among the chaos: training status and subjective feeling. Below is an example:

**Monday**: Training day, feeling lean = Eat a lot for recovery (+)

**Tuesday**: Rest day, feeling average = Eat average (0)

**Wednesday**: Training day, feeling average = Eat a lot for recovery (+)

**Thursday**: Rest day, feeling less lean = Eat less than normal, fast (-)

**Friday**: Training day, feeling lean = Eat a lot for recovery (+)

**Saturday**: Training day, feeling less lean = Eat average (0)

**Sunday**: Rest day, feeling average = Eat less than normal (-)

Expect to deliver the needed nutrients to your body on training days (+). But it's OK to break even (0) some training days—especially if it's a light training session. Likewise, it's OK to break even (0) or even go above (+) needs on rest days if you need to recover and feel good.

So go into each day with the set plan from the overriding structure, but don't be afraid to deviate if need be. Not everything needs planning in advanced. Give "feel" some freedom. And the only way to do that is if you're at your solid base.

## THE SOLID BASE

What does it mean to feel "average," "lean," or even "a little less lean?"

These descriptors hinge on your body fat level, and something I call the solid base. The solid base is the ideal starting point for the clean bulk and the Chaos Bulk.

The solid base is defined by body fat. Most males start showing a six pack at "rest" at about 10% body fat. Using 10% as the "six-pack benchmark," the solid base is between 10-12% body fat.

(The solid base must be sustainable. Being as lean as a professional bodybuilder on stage *isn't* sustainable. Most consider competition level to be around 3-5% body fat—a point at which the skin is knuckle tight.)

The solid base is sustainable. It ensures you never get out of hand. Detecting daily fluctuations is tough when you get to 13% and above. It's not uncommon for someone at 13% body fat to unexpectedly end up 15-16% body fat.

Don't worry ladies. I didn't forget you. It's just that the projected body fat percentages are different. Women have higher body fat percentages. Blame physiology. (They look sexier in jeans and a tank top though. Win some. Lose some.)

### MALE TO FEMALE BODY FAT CONVERSION ESTIMATES

3% to 5% on a male is about 11% to 13% on a female.

6% to 7% on a male is about 14% to 15% on a female.

9% to 10% on a male is about 16% to 17% on a female.*

11% to 12% on a male is about 18% to 19% on a female*

14% to 15% on a male is about 20% to 22% on a female.

20% to 22% on a male is about 25% to 26% on a female.

*Solid base

### WHY START AT THE SOLID BASE?

The solid base makes daily change in body composition easier to detect. You won't feel or see any short term effects from feasting if you're overly fat.

But at 10-12% you *can* detect these feasting effects. So your abs become less noticeable if you overfeed for a few days. But this doesn't mean you gained fat. Probably that you're holding onto more water and eating over baseline (o)—which is a good thing.

Once you sense these changes, you can begin toning things back on rest days and trying to better balance your intake. (Specific strategies for this ebbing and flowing are coming a bit later.)

You don't have to get your body fat professionally measured. There's a good chance scales or calipers will be wrong anyway. Take a look at the pictures below to get a ballpark of where you're at. The exact number isn't as important as how you look and feel. To get an idea of what certain body fat percentages look like, check out this page on my website.

### NOT YET SOLID

If you aren't at your solid base, that should be your first goal. Use the supplemental fat loss guide to pave your way.

### TOO SOLID

Don't obsess over the six pack. At 10% body fat, your abs will be visible in good lighting, but not all the time. Dropping too low in the body fat column is a recipe for disaster.

There's a study that recently came out about a natural (read: no performance enhancing substances) bodybuilder's quest to 5% body fat.

Needless to say, his life and body went down the tubes. You can see the abstract here.

> **RESULTS:**
> *Heart rate decreased from 53 to 27 bpm during preparation and increased to 46 bpm within one month following competition; brachial blood pressure dropped from 132/69 mmHg to 104/56 mmHg during preparation and returned to 116/64 mmHg at 6 months following competition; percent body fat declined from 14.8% to 4.5% during preparation and returned to 14.6% during recovery; strength decreased during preparation and did not fully recover during 6 months of recovery; testosterone declined from 9.22 ng/mL to 2.27 ng/mL during preparation and returned back to the baseline level, 9.91 ng/mL, following competition; total mood disturbance increased from 6 to 43 units during preparation and recovered to 4 six months following competition.*

If you try dropping too far, you won't grow. Not only will you obsess over keeping the low body fat, but your internal workings won't do you any favors.

## SUMMARY

**EAT MORE IF YOU' RE: FEELING LEAN, NEED TO RECOVER, TRAINING HEAVILY.**

**EAT LESS IF YOU' RE: FEELING PUFFY, NOT TRAINING.**

**GET TO YOUR SOLID BASE, SO THAT YOU CAN CLEAN BULK EFFECTIVELY.**

# INTERMISSION

## LET'S TALK

### JUST SO YOU DON'T FALL OVERBOARD

Carbohydrates are the devil. It's impossible to lose fat after you eat them, no matter what amount. If you don't intermittent fast, you'll never make progress. Combining fat and carbohydrates inches the universe closer to a black hole.

Wait. Sorry. None of that is true. But it probably seems like it. Right?

Don't worry. Thinking like this is common when you really dive into this stuff. But few things are absolute. You *can* lose weight and eat carbohydrates. You don't *always* have to be a slave to carbohydrate cycling. You don't need to intermittent fast.

So before we get any further, let's talk.

## GUIDING PRINCIPLES THUS FAR

The Chaos Bulk has a rather simple framwork.

1. Get to your solid base.

2. Prime training days for muscle building.

    2a. Muscle building day strategies: higher calories, higher starchy carbohydrates, lower fats, shunt starchy carbohydrates to the post workout time frame.

3. Prime rest days for fat utilization.

    3a. Fat utilization strategies: lower calories, lower carbohydrates, higher fats, periodic long fasting.

4. Allow wiggle room for subjective feel.

There are five methods to flip the metabolic switch:

- Calorie cycling
- Carbohydrate cycling
- Nutrient timing
- Long fasting
- Intermittent fasting

The question you should be asking yourself: “Do I need to use *all* of these methods at once?”

No. You don’t. But you can.

The body reacts to food differently when you're at your solid base. As unfair as it seems to those not yet solid, the muscle cells have improved insulin sensitivity when you're lean. This means better partitioning (read: more muscle, less love handle) simply from being lean.

The leaner you get (solid base), the *less* scientific you need to be provided you aren't preparing for any sort of competition. The body will better handle carbohydrates. You might not *have* to carbohydrate cycle. (There's a Chapter later about this if this is you.)

There are a lot of ways the Chaos Bulk can branch off into simpler plans. Some people opt to train five days and have five high starchy carbohydrate days that are combated with two long fast days. This creates a large enough deficit for them to ride into the sunset, gain muscle, and stave off fat gain. Simple and with minor calculations.

Others prefer to *not* long fast and just calorie cycle their way through. No matter how simple you make it, you're going to abide by two things:

1 **You will end up using a combination of methods, one of which will always be nutrient timing. You want to shunt the majority of your carbohydrates to meals post workout on training days. Whether or not you carb cycle, you're going to block off a certain part of your day for fat loss and part for growth and storage. Remember the light switch?**

**2** **You always want to use some method of cycling. This can come through long fasting, calorie cycling, carbohydrate cycling, or all three.**

These two things are set. You might actually be better off *not* carbohydrate cycling. If you're doing intense training four or five days per week, you might always be in need of starchy carbohydrates in the name of recovery and glycogen replenishment.

But from my skinny-fat background, I find incorporating all of the methods into one scheme most of the time to work best.

From here on out, I will assume you want to throw everything together into the framework. If you don't, the modifications are easy.

# CHAPTER EVELEN

# NUMBERS FOR THE NEEDY

JUST FOR REFERENCE

Counting calories and doing calculations sucks. Let's whine together in hopes that a magic fairy grants us the power to be ripped, jacked, strong, and gives us the ability to eat infinite Pop-Tarts.

Knowing specific numbers isn't necessary. I don't count calories anymore. I did in 2006 for about six months. That was enough of that. The Chaos Bulk is structured so that you don't have to count.

This Chapter rounds out the philosophy, making it a little more tangible. If you want numbers, you'll get 'em here.

## THE WILDCARD

The chaos within a clean bulk allows for leeway in just how much or how little we eat on any given day. For simplicity, **only one variable can be up for change**. Twist too many knobs, and you'll lose your mind.

We got a lot of high, low, and decent markers floating within the structure of the Chaos Bulk. It's time to give those descriptors some frame of reference.

| TRAINING DAYS (3-4 DAYS / WEEK ) | REST DAYS (3-4 DAYS / WEEK) |
|---|---|
| OPTIMIZED FOR BUILDING MUSCLE | OPTIMIZED FOR FAT LOSS |
| MORE CALORIES | LESS CALORIES |
| HIGH STARCHY CARBOHYDRATE INTAKE | DECENT FAT INTAKE |
| KEEP FAT TO MINIMUM | KEEP CARBS TO MINIMUM |
| DECENT PROTEIN INTAKE | HIGH PROTEIN INTAKE (WITH THE POTENTIAL TO DROP LOW – LONG FAST) |
| SHUNT CARBOHYDRATES TO POST-WORKOUT TIME PERIOD | CONSIDER LONG FASTING IN THE NAME OF FAT LOSS |

This seems complex, but it's rather simple. On either day only one category is up for chaos.

**ON TRAINING DAYS, FAT AND PROTEIN INTAKE IS SET. CARBOHYDRATE INTAKE IS UP FOR CHAOS.**

**ON REST DAYS, CARBOHYDRATE AND PROTEIN INTAKE IS SET. FAT INTAKE IS UP FOR CHAOS.**

On a training day, if you feel the need for *more* calories or *less* calories, it's simply a matter of adjusting carbohydrates. Fats stay below their threshold. Proteins hit their benchmark.

On rest days, adjust fats. Hit the protein benchmark. Stay under the carbohydrate threshold.

### OVERALL METABOLIC RATE

Overall metabolic rate hints at how many calories are needed to *maintain* weight. Don't confuse it with basal metabolic rate (BMR). BMR estimates calories needed assuming nothing but bed rest. Hopefully you're a bit more active than that.

I prefer using the following super-sophisticated calculation for overall metabolic rate:

**(body weight) x (12-15) = overall metabolic rate**

Use 12 if you work a sedentary job. Use 13-14 if you're slightly active during the day. Use 15 if you're really active. (Being *really* active is more than lifting weights for an hour for exercise. This is for those that are on their feet eight hours every day doing some physical labor.)

It's always better to err on the side of *less* to start. It's not meant to be an ultimate predictor either. You will self adjust your intake a little later on anyway.

## PROTEIN INTAKE

Base protein intake is one gram of protein per pound of bodyweight. Some say it's too much. Others say it's too little. But this recommendation has worked for many people for a long time, as anecdotal as it may be. Protein sources are delicious anyway, so it's not a burden.

Some studies say protein intake should be somewhere in the neighborhood of 0.7-0.8 grams per pound of bodyweight. You can always experiment with different intakes.

But my opinion is that **you're in this to build muscle**. If you're going to do the damn thing, **do the damn thing**. Don't shortcut yourself. You may be able to get away with less, but do you really want to train your ass off and potentially have nutrition limit your muscle growth and all around progress?

On your rest days, protein can creep higher than one gram per pound simply because sources of protein make you feel full. You can eat a chicken breast or a handful of nuts. What's going to sit heavier in your stomach?

Protein isn't often stored as fat. The body finds use for it somewhere. So that extra chicken breast goes a long way in stopping your stomach from rumbling without much of a side effect.

On the opposite side, protein can drop lower than one gram per pound if you long fast. Don't worry about this. There's some evidence that periodic drops boost sensitivity to protein. So when you go back to the normal amount, the body makes better use of it. (With this in mind, feel free to experiment with dropping protein on rest days a bit even if you don't long fast.)

**Hitting your protein intake is an important first step**. Make it the most important part of your meals.

### FAT AND CARBOHYDRATE INTAKE

Think "as little as possible" for the opposing macronutrient within the confines of carbohydrate cycling. So eat as little fat as possible on high carbohydrate days. Eat as little carbohydrates as possible on low carbohydrate days (you could also call these days, "high fat days").

But don't get carried away. Few foods are isolated macronutrients. Some overlap is fine.

**EAT AS LITTLE FAT AS POSSIBLE ON HIGH CARBOHYDRATE (TRAINING) DAYS—AIM FOR LESS THAN 0.3 GRAMS PER POUND OF BODYWEIGHT.**

**EAT AS LITTLE CARBOHYDRATES AS POSSIBLE ON LOW CARBOHYDRATE (REST) DAYS—AIM FOR LESS THAN 100 GRAMS, PERIOD. THE BEST (AND RECOMMENDED) WAY TO DO THIS IS TO FOCUS YOUR INTAKE ON LEAFY GREEN AND CRUCIFEROUS VEGETABLES. A GOOD RULE OF THUMB: INFINITE NON STARCHY VEGGIES AND ONE TO TWO PIECES OF FRUIT PER DAY.**

### FINDING YOUR INTAKE

Settling into an ideal intake is as simple as eating a stable quantity of food and then eating either more or less of the wildcard depending on the results.

If you lose weight after two weeks, you're on the right path if your goal is weight loss. If your goal was weight gain, you'd eat *more* of the wildcard on each specific day. More carbohydrates on high carbohydrate day. More fats on low carbohydrate day.

(*I generally only recommend increasing fats on low carbohydrate "rest" days if you're* ***really*** *struggling to eat enough (low appetite) on high carb training days. And if this is you, there might even be a better way to go about things.*

*Given that replenishing energy stores is a priority, and glucose is the primary energy source for high intensity muscle contractions, you need ample starchy carbs. If you're failing to eat them on training days from a low appetite, you might be better off ditching carbohydrate cycling and sticking to calorie cycling.*

*On the other end, if you're eating aplenty on high carbohydrate days—and giving your body enough carbohydrates—and still not gaining weight, then it's a good idea to up the fat intake on rest days.*)

A little experimentation goes a long way in figuring a roundabout level of food you need to eat.

If you're losing weight, you know you need to eat more if you want to gain weight. But you know what it takes to lose weight.

If you're gaining weight, you know you need to eat less if you want to lose weight. But you know a roundabout level of what it takes to gain weight.

If your weight is stagnant, you know that it's simply about "eating more" to gain weight and "eating less" to lose weight.

Just how much *more* and how much *less* of said foods you need varies from person to person. This is the individual nature of metabolic rate. A widely accepted rule is 500 calories above maintenance for gaining and 500 below for losing.

But it's almost always best to ditch the numbers and get a little crude. Just go for the extra handful of nuts. The extra slab of meat. The extra sweet potato. Don't become a slave to math.

| TRAINING DAYS (3-4 DAYS / WEEK ) | REST DAYS (3-4 DAYS / WEEK) |
|---|---|
| OPTIMIZED FOR BUILDING MUSCLE | OPTIMIZED FOR FAT LOSS |
| MORE CALORIES | LESS CALORIES |
| HIGH STARCHY CARBOHYDRATE INTAKE | DECENT FAT INTAKE |
| KEEP FAT TO MINIMUM | KEEP CARBS TO MINIMUM |
| DECENT PROTEIN INTAKE | HIGH PROTEIN INTAKE (WITH THE POTENTIAL TO DROP LOW – LONG FAST) |
| SHUNT CARBOHYDRATES TO POST-WORKOUT TIME PERIOD | CONSIDER LONG FASTING IN THE NAME OF FAT LOSS |
| METABOLIC RATE: BW X 12-15+<br>PROTEIN: 1 X BW<br>FAT: <0.3 G PER LB<br>CARBOHYDRATE: ? | METABOLIC RATE: BW X 10-15<br>PROTEIN: 1 X BW<br>FAT: ?<br>CARBOHYDRATE: <100G |

# CHAPTER TWELVE

# CARBOHYDRATE CYCLING FOR DUMMIES

## I CAN'T BELIEVE IT'S NOT MORE DIFFICULT

Numbers make things complicated. The less we use the better. That's why I categorize foods instead of counting calories or examining macronutrient breakdown.

Food categorization makes carbohydrate cycling super easy. Calculating out each specific macronutrient on food labels is like freaking out after dropping a penny down a drain. Don't obsess over small things. Losing a penny won't make you poor.

Don't obsess over the five-or-so grams of protein in oatmeal. Just focus on dense protein sources. Let the penny fall down the drain, as long as you still have the $200 in your pocket.

Most people fail because of these tiny calculations. Information overload is at an all time high thanks to the internet. We need *simplicity*. And there's no simplicity in eating oatmeal for protein.

A lot of foods plop nicely into one of the three macronutrient categories: proteins, fats, or carbohydrates. And when they plop into two different categories, it almost always corresponds with carbohydrate cycling principles.

Here are some examples:

- Chicken – predominantly protein
- Potatoes – predominantly carbohydrate
- Fruit – predominantly carbohydrate
- Most cheese – a mix of proteins and fats
- Eggs – a mix of proteins and fats
- Low fat yogurt – a mix of carbohydrates and proteins

Sure, there might be *some* carbohydrates in full-fat cottage cheese. But don't sweat the pennies. Here's a more comprehensive categorization:

| CARBOHYDRATES | FATS | PROTEINS |
|---|---|---|
| OATMEAL | OILS | CHICKEN |
| BEANS | NUTS | LEAN FISH |
| RICE | AVOCADO | LEAN RED MEAT |
| QUINOA | FISH OIL | UNFLAVORED, UNSWEETENED PROTEIN SUPPLEMENTS |
| POTATOES | FLAX SEED | |
| FRUITS | | |
| VEGETABLES | | |

| CARBOHYDRATES & PROTEIN | FAT & PROTEIN | CARBOHYDRATES & FAT & PROTEIN |
|---|---|---|
| FAT FREE PLAIN, UNFLAVORED YOGURT | RED MEAT | FULL FAT PLAIN, UNFLAVORED YOGURT |
| FAT FREE MILK | POULTRY | FULL FAT MILK |
| FAT FREE COTTAGE CHEESE | FATTIER FISH | |
| | CHEESE | |
| | EGGS | |

(This list isn't all encompassing and is rather American-centric. But I'm from America and not cultured enough to experience the cuisine around the world. Do I get bonus points for honesty?

If you eat foods *not* on this list, categorize them the same way. Check out the nutrition facts on the package. See what the dominant macronutrient is. You can also look foods up online.

Greek yogurt, for instance, has a slightly better protein to carbohydrate ratio than traditional yogurt, so you have more leeway. Always be sure to check up on nutrition facts, even if the foods are relatively similar.)

(The biggest reason why I prefer "clean" foods (wholesome and natural) is because they do the body justice from an internal standpoint. And by that I mean they encourage pooping regularly and feeling "better.")

## CARBOHYDRATE CYCLING

Categorizing foods makes diet organization easier and calculations moot.

**HEAVY TRAINING DAYS**

**HIGH STARCHY CARBOHYDRATE INTAKE**

**MEDIUM-HIGH PROTEIN INTAKE**

**LOW FAT INTAKE**

**STICK TO FOODS IN THE CARBOHYDRATE, PROTEIN, OR CARBOHYDRATE+PROTEIN CATEGORIES**

**LIGHT TRAINING OR OFF DAYS**

**LOW CARBOHYDRATE INTAKE (INFINITE NON-STARCHY VEGGIES)**

**HIGH PROTEIN INTAKE**

**MEDIUM-HIGH FAT INTAKE**

**STICK TO FOODS IN THE FATS, PROTEIN, OR FATS+PROTEIN CATEGORIES.**

Including goodies that contain carbohydrates+fats+proteins is at your discretion and depends on how strict you want to approach your diet.

## THREE MORE CATEGORIES

This system can be broken into three more categories based on a concept called ***partitioning***. Partitioning describes what happens to excess calories when they're eaten.

Those with über genetics have *great* partitioning. Most excess nutrients go towards building muscle. The less fortunate, like skinny-fat people, have terrible partitioning. Most of their excess nutrients are stored as fat. (Partitioning isn't solely genetics-dependent. It's influenced by training, sleep, body fat percentage, etc. We have *some* control, but not *total* control.)

The three additional layers categorize foods based on partitioning. Ironically enough (or not ironically enough, depending on how you look at it), these categories mesh very well with carbohydrate cycling. The three categories are **neutrals**, **exclusives**, and **tweeners**.

**Neutral** foods can be eaten whenever and wherever because of their favorable relationship with partitioning.

**Exclusives** alter the bodily processes that effect partitioning. They can't be eaten as freely as neutral foods. It's best to eat them at the right times and with complimentary nutrients.

**Tweeners** are technically exclusives. But this branch category makes system easier to use.

## NEUTRALS

Neutral foods are well partitioned and can be eaten any time on any day. Lean protein foods are partitioned well. White meat chicken, turkey, tuna, lean meat, lean fish. (The key to all of this being *lean*.) All get the green light at any meal.

Leafy green, cruciferous, and non-starchy vegetables are neutral. They have a low caloric load compared to their food volume. Some thin skinned berries also sneak their way in as long as they are eaten in moderation.

Just about anyone can eat a host of lean protein and leafy green vegetables and lose weight. This is particularly why "paleo-esque" diets work well for people looking to lose fat. Protein isn't readily stored as fat, lean protein is rather filling, and green vegetables are disgustingly low in calories for their volume. (That doesn't mean it bests fuels our training needs though. You should know this by now.)

| NEUTRALS |
| --- |
| CHICKEN |
| LEAN FISH |
| LEAN RED MEAT |
| UNFLAVORED, UNSWEETENED PROTEIN SUPPLEMENTS |
| MOST FIBROUS/CRUCIFEROUS VEGETABLES |
| THIN SKINNED BERRIES IN MODERATION (BLUE BERRIES, RASPBERRIES, BOYSENBERRIES) |

## EXCLUSIVES

Exclusive foods are fat-dense or carbohydrate-dense foods best reserved for their specific “high” day.

| EXCLUSIVES | |
|---|---|
| CARBOHYDRATES | FATS |
| OATMEAL | PORK |
| BEANS | FATTIER CHEESE |
| BARLEY | FATTIER FISH |
| RICE | FATTIER RED MEAT |
| QUINOA | OILS |
| POTATOES | NUTS |
| FRUITS | AVOCADO |
| LOW-FAT DAIRY | EGGS |

## TWEENERS

Tweeners have a mixed macronutrient distribution. They can be eaten on either high carbohydrate or low carbohydrate days depending on how strict you are.

Eggs are a great example of a tweener. Some people (like myself) eat them daily because they are a cheap source of protein even though they contain some fat. Remember that high carb days have *some* fat wiggle room.

Six eggs have as much fat as two tablespoons of olive oil. You have to eat a boatload of eggs to hit a noteworthy fat intake. It's much easier to "overdo" the olive oil. That's why eggs are a tweener and oil is an exclusive. (I generally recommend getting most of your fats from whole foods instead of oils anyway.)

*Note: Six eggs equals about thirty grams of fat, which is roundabout 0.25 grams per pound of bodyweight for the average male. Just keep the upper limit at six per day on training days and keep a close eye on fat intake.*

Tweeners have a home but can float neutral as no day completely excludes a specific macronutrient. Strive to eliminate tweeners if you're looking to lean down or are on the high end of the body fat range for clean bulking. Have full fat cottage cheese on low carbohydrate days. Drink skim milk and eat fat free yogurt on high carbohydrate days. (If you're into dairy, that is.)

| TWEENERS |
| --- |
| FULL FAT MILK |
| PLAIN, UNFLAVORED YOGURT |
| EGGS |
| COTTAGE CHEESE |

THE COMPLEXITY OF CARBOHYDRATE CYCLING ISN'T SO COMPLEX ANYMORE. THE IDEA OF EATING "MORE" OR "LESS" ON SPECIFIC DAYS IS NOW A MATTER OF "MORE" OR "LESS" OF CERTAIN FOODS. NOW IT'S MUCH MORE OF AN "EAT THIS, NOT THAT" EXPERIENCE.

**HEAVY TRAINING DAYS**

HIGH STARCHY CARBOHYDRATE INTAKE

MEDIUM-HIGH PROTEIN INTAKE

LOW FAT INTAKE

STICK TO NEUTRAL AND CARBOHYDRATE EXCLUSIVE FOODS.

**LIGHT TRAINING OR OFF DAYS**

LOW CARBOHYDRATE INTAKE (INFINITE NON-STACHY VEGGIE CONSUMPTION)

HIGH PROTEIN INTAKE

MEDIUM-HIGH FAT INTAKE

STICK TO NEUTRAL AND FAT EXCLUSIVE FOODS.

# CHAPTER THIRTEEN

# BASELINES AND THE CLEAN BULK

## SETTING UP THE FRAMEWORK OF MADNESS

The clean bulk starts with **bulking**. You have to intake enough calories on training days for some storage building to take place. **Maintenance won't cut it**. You need to eat at a respectable amount on training days. The term "feast" is applicable here. And I only say this because a huge hitch in most clean bulk attempts is eating like a bird for fear of fat gain. You won't get fat in one day. Embrace experimentation with the high end of your calorie tolerance. Jack up those carbohydrates after your training sessions.

Eat as much as you "feel" like you need on rest days. It's an ambiguous recommendation, but that's part of the chaos. I can't predict this for you. Treat your rest days as fat loss days and your training days as weight gain days.

You're doing things right when you feel ripped and jacked coming off low carbohydrate rest days and when you feel full and dense on high carbohydrate training days.

## THE GAME PLAN

The toughest part about all of this is the chaos. The gray area. People want total control when it comes to dieting. I'm telling you that there's no control. There's only chaos.

You can't predict what the body is going to do. You can only follow a set of principles that hopefully nudge the body in the right direction.

When you do this, life becomes more fun. You aren't totally restricted by what you eat. There's some leeway. You begin to embrace the chaos.

## SETTING BASELINES

The toughest part about the Chaos Bulk is setting baselines. And it's only tough because you have to forego calculations. Pick a baseline level of food and an eating scheme (both of which are explained in detail soon enough). Then just eat. Tough stuff right?

Eat this baseline level of food for a little while and see how your body responds. If you lose weight you know that you need to eat more. If you gain you know you need to eat less. If nothing happens, you have the world at your finger tips.

## ON TRAINING DAYS

Finding the "ideal" intake on training days involves probing the extremes. You need to eat enough so that it results in changes in body composition the following day. This might take some time so be patient.

You have to find a lower level and an upper level. The lower level is the amount of food you can eat while waking up the next day without change. The upper level is the amount of food you can eat while waking up the next day feeling kind of "bigger." Don't worry. It's just water retention, and you shouldn't really feel "fat."

Don't be afraid to experiment. It might be scary to sack up and eat 2000 calories worth of rice in addition to everything else you tank, but that's the name of the game. You have to probe the upper limit.

This will leave you with a "break even" amount and an "upper limit" amount. On the majority of your training days, you have to at least break even. If you pound down a bunch of food and wake up the next day feeling ultra-lean, you need to eat more. It's that simple.

Everything else is chaotic. But you want to find an upper level of food that makes your muscles feel fuller the next day. Not a fat fuller. But a "I'm pretty jacked right now" fuller.

### ON REST DAYS

Rest day experimentation works in tandem with training day experimentation. But now you're looking for a "lower limit" amount and a "break even" amount.

You're looking for an amount that has you waking up the next day feeling ripped and jacked. If you ever feel or look depleted, you're below the lower limit. If you're struggling with energy in the weight room, you're also likely below your lower limit.

The break even limit is the amount that has you waking up the next day relatively unchanged.

## KEEPING A LEVEL HEAD

These daily changes are very subtle, and they take a while to get used to. Remember, the Chaos Bulk is a *lifestyle* not a short-term strategy. All is not lost if you take a month or two and experiment with things if it sets you up for years of success.

Since you don't gain muscle or lose fat in one day, hinging everything on daily feelings can be misleading. They guide things, but they shouldn't *rule* things. It's easy to let this daily evaluation get to your head. Soon you'll freak out every day.

"Oh my gosh, my lower left abdominal muscle isn't showing!"

Calm down. You can't freak out like that on the short term scale, otherwise you're going to crash diet and drop calories absurdly low. Often times cutting calories to maintenance for a few rest days will sort things out. Never get too high or too low.

To safeguard from this (even I succumb to it), I created a philosophy: *never be two weeks away*. At any given time, you don't want to go beyond a body composition that would take more than two weeks to get back to solid base range.

So if you're looking to gain muscle, increase calories on training days consistently over a week or two. If you reach an upper limit of food you feel like you can eat, and you still aren't gaining weight, bump calories up on rest days too.

Keep going if the mirror shows positive things. After a few weeks, you might notice that your abdominal definition isn't exactly what it used to be even though it's still there.

So you can then take a week or two and tone back calorie levels in reverse order until you're back at the lower range of your solid base. (Drop calories from rest days and gauge progress before dropping them on training days.)

So in light of wanting to waiver between 10-12% body fat, never get two weeks away from 10-12ish% body fat. So you can have weeks that err on the side of muscle gain, but never extend beyond being two weeks of work away from dropping down to the solid base. This keeps things in check.

## SUMMARY

**NEVER BE MORE THAN TWO WEEKS AWAY. PROBE THE EXTREMES.**

# CHAPTER FOURTEEN

# THE CLEAN BULK QUICK START GUIDE

JUST ENOUGH TO GET STARTED

**1. TRAIN MATTERFULLY THREE OR FOUR DAYS PER WEEK.**

- Or pick your most intensive 3-4 days if you train daily.

**2. ORIENT DAYS TO CARBOHYDRATE CYCLING PRINCIPLES.**

| TRAINING DAYS (3-4 DAYS / WEEK ) | REST DAYS (3-4 DAYS / WEEK) |
|---|---|
| OPTIMIZED FOR BUILDING MUSCLE | OPTIMIZED FOR FAT LOSS |
| MORE CALORIES | LESS CALORIES |
| HIGH STARCHY CARBOHYDRATE INTAKE | DECENT FAT INTAKE |
| KEEP FAT TO MINIMUM | KEEP STARCHY CARBS TO MINIMUM |
| DECENT PROTEIN INTAKE | HIGH PROTEIN INTAKE (WITH THE POTENTIAL TO DROP LOW – LONG FAST) |
| SHUNT CARBOHYDRATES TO POST-WORKOUT TIME PERIOD | CONSIDER LONG FASTING IN THE NAME OF FAT LOSS |
| METABOLIC RATE: BW X 12-15+<br>PROTEIN: 1 X BW<br>FAT: <0.3 G PER LB<br>CARBOHYDRATE: ? | METABOLIC RATE: BW X 10-15<br>PROTEIN: 1 X BW<br>FAT: ?<br>CARBOHYDRATE: <100G |
| NEUTRAL AND CARB EXCLUSIVE FOODS | NEUTRAL AND FAT EXCLUSIVE FOODS |

### 3. Further maximize partitioning by following an evolutionary feeding structure and using nutrient timing.

- Keep all starchy carbohydrates to *post-workout* meals. Lump the bulk of calories to night time meals.

### 4. Never get more than two weeks away from your solid base.

- My rule of thumb—in light of wanting to waiver between 10-12% body fat—is never being two weeks away from 10% body fat. So you can have weeks that err on the side of muscle gain, but never extend beyond being two weeks of work away from dropping down to the solid base. This keeps things in check and prevents suddenly getting "out of hand" and ending up at 18% body fat.

### 5. On training days, hit your protein goal and complete your intake with carbohydrate dense foods.

- Include some tweeners at your discretion, depending on how strict you want to be. Keep fat intake low.

### 6. On your off days, hit your protein intake, take in less than 100 grams of carbohydrates.

- Do this by revolving carbohydrate consumption around infinite leafy green, non-starchy cruciferous vegetables and one or two pieces of fruit. Complete your intake with foods in the fat exclusive category. Once again, include tweeners at your discretion.

### 7. Putting together #5 and #6, assume a baseline level of food for a few weeks and then adjust to eat either "less" or "more" depending on what happens.

- Clean up tweeners before making drastic changes to food volume.

### 8. TROUBLESHOOT FAT LOSS BY...

- Reducing calories on *rest days*. (Make sure your carbohydrate intake is coming from the neutral category and consisting primarily of leafy green cruciferous vegetables.)
- Cleaning up tweeners on either day.
- Considering long fasting once or twice per week.
- Dropping calories via carbohydrate exclusives on training days. (This is a last resort.)

### 9. TROUBLESHOOT MUSCLE GAIN BY...

- Increasing carbohydrate exclusives on training days. Make sure you're eating them in post workout meals.
- Teetering up calories on rest days, ditching carbohydrate cycling and going more *calorie cycling*, once you're at the top end of your stomach's capacity on training days.

### 10. PUT EVERYTHING INTO A POT TOGETHER AND...

- Jack up calories on training days until you reach the upper limit of comfort. Gauge how you feel the next day. You want to feel fuller and jacked with *slightly* less definition.
- Keep rest day calories at maintenance or slightly below.
- Eat more or less on each day depending on proximity to solid base and the need to recover.
- Repeat until you notice yourself with **consistently** less muscle definition over the course of one or two weeks.
- Further reduce calories on rest days to combat the bloat and puffy feeling. Consider long fasting.
- If you've considerably lowered calories on rest days and you aren't losing, drop training day calories to break even amount for a week or two.
- Repeat the process once you reach your solid base again.

- Ebb and flow between these methods. Slowly push weight and body composition up over 2-4 weeks. Slowly pull the weight back over 1-2 weeks. Never get too high or too low.
- Don't add extra training in an attempt to stay lean. You want your diet to be the sole variable that dictates weight fluctuation. It makes things much simpler. *Note: This means recomposition isn't ideal if you are rather far away from your solid base, in which case you're better off with a fat loss diet.*

## TROUBLESHOOTING MUSCLE GAIN:

- Add calories to your training days
- Replace low carbohydrate (-) days with low carbohydrate (o) days
- Evaluate training effectiveness—are you getting stronger or making progress in the gym? (Hint: You should be.)

## TROUBLESHOOTING FAT LOSS:

- Consider long fasting once or twice per week
- Replace (o) days with low carbohydrate (-) days
- Subtract calories from your training days (last resort)

## EAT MORE IF YOU WANT THE DAY TO...

- Take a "bulk" overtone
- Recover from training

## EAT LESS IF YOU WANT THE DAY TO...

- Take a "cut" overtone

## ON THE DAYS YOU EAT MORE YOU PROBABLY SHOULD...

- Train with some meaning
- Eat more carbohydrates (most sometime post workout), enough protein, and a little bit of fat

## ON THE DAYS YOU EAT LESS YOU PROBABLY SHOULD...

- Eat less carbohydrates, more protein, and more fats
- Consider 24-hour fasting

# CHAPTER FIFTEEN

## THE CHAOS BULK IN FULL

BRINGING CLARITY TO CHAOS

# THE FRAMEWORK

| TRAINING DAYS (3-4 DAYS / WEEK ) | REST DAYS (3-4 DAYS / WEEK) |
|---|---|
| OPTIMIZED FOR BUILDING MUSCLE | OPTIMIZED FOR FAT LOSS |
| MORE CALORIES | LESS CALORIES |
| HIGH STARCHY CARBOHYDRATE INTAKE | DECENT FAT INTAKE |
| KEEP FAT TO MINIMUM | KEEP CARBS TO MINIMUM |
| DECENT PROTEIN INTAKE | HIGH PROTEIN INTAKE (WITH THE POTENTIAL TO DROP LOW – LONG FAST) |
| SHUNT CARBOHYDRATES TO POST-WORKOUT TIME PERIOD | CONSIDER LONG FASTING IN THE NAME OF FAT LOSS |
| METABOLIC RATE: BW X 12-15+<br>PROTEIN: 1 X BW<br>FAT: <0.3 G PER LB<br>CARBOHYDRATE: ? | METABOLIC RATE: BW X 10-15<br>PROTEIN: 1 X BW<br>FAT: ?<br>CARBOHYDRATE: <100G |
| NEUTRAL AND CARB EXCLUSIVE FOODS | NEUTRAL AND FAT EXCLUSIVE FOODS |

The goal is to find a roundabout amount of food that gives you that full, jacked feeling the day after training days, and a roundabout amount of food that gives you that lean, jacked feeling the day after rest days. And then bounce back and forth between the two.

This sounds good, but it lacks substance. What does it mean? Where are the examples? What should you eat?

The more we muck around and change variables, the tougher any diet becomes. An underrated nutritional commodity is *sustainability*. Sustainability is more important than precision.

That's why I like operating from a "base" of food. This "base" is eaten daily. High calorie. Low calorie. Low carb. High carb. Doesn't matter.

When you operate from a base of food, you reduce the moving parts. The base ensures you're hitting certain numbers you need to hit. Then it's all about adjusting the one piece that needs adjusted.

### THE CHAOS CORE

One day my mentor put everything in perspective. He said that the simplest way to eat to fuel muscle gains is to eat one pound of meat, drink three protein shakes, and down six eggs every day. He also mentioned to "fill in the rest with whatever."

I blew him off of course.

"Six eggs? Three protein shakes? One pound of meat? Absurd."

But whenever I started following this oh-so complicated recommendation, I started making good progress.

These three things: one pound of meat, six eggs, and three protein shakes (each shake consisting of one 70cc scoop of plain, unflavored, unsweetened whey protein in water, which is around 25 grams of protein) are going to be referred to as the **Chaos Core**.

The Chaos Core, untouched, works for me because I'm around 190-210 pounds (depending on the season). So to adjust based on your body weight...

### A ~200 POUND MALE'S CHAOS CORE WOULD LOOK LIKE...

- One pound of meat (around 0.45 kg)
- Six eggs
- Three 70cc scoops of whey protein

### A ~150 POUND MALE'S CHAOS CORE WOULD LOOK LIKE...

- One pound of meat (around 0.45 kg)
- Three eggs
- Two 70cc scoops of whey protein

### FOR MOST FEMALES, THE CHAOS CORE LOOKS LIKE...

- Half pound of meat (around 0.22 kg)
- Three eggs
- One or two 70cc scoops

Do the math if you're in between.

"Meat" and "eggs" are a bit ambiguous here. There are different meats and different sized eggs. But let's assume lean white chicken breast and "large" eggs.

**ONE POUND OF CHICKEN ~ 480 CALORIES, 100 GRAMS OF PROTEIN**

**SIX LARGE EGGS ~ 540 CALORIES, 36 GRAMS OF PROTEIN, 40 GRAMS OF FAT**

**THREE 70CC SCOOPS WHEY ~ 350 CALORIES, 75 GRAMS OF PROTEIN**

**TOTALS:**

**1370 CALORIES**

**215 GRAMS OF PROTEIN**

**40 GRAMS OF FAT**

This is on the high end of the protein range in general and fat range recommended on training days. But it works as long as you're already at your solid base.

Eating Chaos Core gets us *close enough* to the earlier numbers. Setting up a "base" diet like this makes calculations moot given our understanding of carbohydrate cycling.

*Note: If your goal is fat loss—or if you're having a cow about the fat in eggs—replace the six eggs with one cup of cottage cheese on training days. Keep the six eggs on rest days.*

## ON TRAINING DAYS

On training days, eat the Chaos Core and add carbohydrate exclusive and neutral foods at your discretion.

Tank twelve sweet potatoes post workout? Having no residual effects in the mirror the next morning? Down more carbohydrate exclusives in your meals that come post workout on your next training day.

Likewise, if tanking twelve sweet potatoes *does* make you feel fuller and jacked overnight, you know you're eating "enough." And if it creates another chub roll within one week, you know you're probably eating "too much." No numbers needed. It's simply a matter of "another potato," or "another cup of rice," or "another bowl of oats."

Use any *lean* meat as a substitute for chicken on training days (turkey, elk). The Chaos Core is *one pound of meat*. The meat is arbitrary as long as it adheres to carbohydrate cycling principles. Fish works too. Tuna, tilapia, and similar lean fish are good substitutes on training days.

Don't be afraid to bend tweeners or add in neutral foods either. Have some low-fat cottage cheese with frozen blue berries. Throw some broccoli, green beans, and cayenne pepper in with your rice. Have fun. Be creative.

## ON EGGS...

I used to tell people to avoid eating all six eggs with the most carbohydrate dense meal. But after experimentation with the Warrior Diet (and eating 2000 calories worth of rice and six eggs in the same sitting), I don't think it's absolutely necessary.

I see why people *don't* want to do it, or advise against it, from a physiological standpoint. But I've personally seen no difference.

You can litter them throughout the day if you're feeling uneasy. Two or three eggs with your carbohydrate dense meal won't hurt much.

**Eggs, when eaten on a regular basis, also have the potential to cause a food allergy. This isn't something a lot of people get, but some people *are* at risk. This is where your doctor is your friend.**

**If you're at risk for an egg allergy, you can rotate between eggs and cottage cheese. Aim for a similar 500 calories worth. You can also rotate between how you *cook* eggs (hardboiled, etc..). This will help with allergies too.**

**And if this is you, don't have any cottage cheese during the day if you're following any Warrior Diet-esque scheme. Save it for the feast time frame**.

## ON REST DAYS

Since rest days have more "fat leeway," you have further meat freedom. Steak, ground chuck, salmon, and other fattier meats and fish are good choices.

The rules don't change: down the pound, eat the eggs, pound the protein. Fill gaps with fat exclusives and neutral foods. Stick to vegetables for your carbohydrate intake. And don't be afraid to add protein dominated fat-based tweeners. Make a spinach salad and top with a few walnuts, a few hardboiled eggs, and some full fat cottage cheese.

*Note: Since I recommend a high consumption of whey, I like making something I call protein pudding. You can find the long version of how to make it here. You can find the short version of how to make it here.*

## TIME TO GET SERIOUS

I've been using some terms loosely. I mention eating starchy carbohydrates *sometime* post workout. But I never really specified *when* or in *what meal*. Yet nutrient timing is an important concept behind the Chaos Bulk.

Let's clear some things up.

If you've made it this far, you can probably set up your own diet and do just fine by synthesizing all of the principles to this point. But I know people want specifics, and I'm here to deliver. Below are examples of the "Chaos Bulk," true to its origins.

What I dislike about most diets and nutrition strategies is that they're either strictly planned or completely unplanned.

You get those strictly planned philosophies that say to eat x, y, and z at q, p, and r time. Anything else is uncivilized. Can't work. Won't work. Worst of all, it usually involves high end food that most people can't afford.

On the other end you get those diets that make a bunch of sense that have no real examples. There's a total **lack** of structure. Or not enough conviction to provide a meaningful trail to follow.

The Chaos Bulk—with the Chaos Core—hopes to bridge that gap. The next two pages have the bigger picture principles. No calculators or calculations needed.

# TRAINING DAYS

=

CHAOS CORE

+

AS MANY CARBOHYDRATE EXCLUSIVE FOODS THAT...

*YOU FEEL LIKE EATING BASED UPON WHAT THE MIRROR TELLS YOU*

*YOU FEEL LIKE YOU NEED BASED UPON TRAINING INTENSITY*

*YOU FEEL LIKE YOU NEED BASED UPON RECOVERY*

*YOU CAN SHOVE DOWN THE CHUTE IF YOU GIVE YOURSELF THE GREEN LIGHT*

++++++++++++++++++++++++++++++++

**IF MORE CALORIES ARE IN THE CARDS:**

➔ EAT MORE STARCHY CARBS

**IF LESS CALORIES ARE IN THE CARDS:**

➔ EAT LESS STARCHY CARBS

# REST DAYS

=

CHAOS CORE

+

AS MANY FAT EXCLUSIVE FOODS THAT...

*YOU FEEL LIKE EATING BASED UPON WHAT THE MIRROR TELLS YOU*

*YOU FEEL LIKE YOU NEED BASED UPON RECOVERY*

++++++++++++++++++++++++++++++++++++

<u>IF MORE CALORIES ARE IN THE CARDS</u>:

➔ ADD AVOCADO OR CHEESE TO EGGS, VEGETABLES

➔ ADD NUTS OR COCONUT TO PROTEIN PUDDING

➔ EAT FATTIER MEATS (RED MEAT, SALMON)

<u>IF LESS CALORIES ARE IN THE CARDS</u>:

➔ EAT LEANER MEATS (CHICKEN, TUNA, TURKEY)

➔ 24-HOUR FAST

## THE CHAOS BULK AND INTERMITTENT FASTING

The Chaos Bulk makes use of intermittent fasting and one-two *main* meals per day that go down in a 2-4 hour *primary* feeding window and a potential overall 8 hour feeding window. This means you go 16-20 hours without food (or little food) provided you stick with the intermittent fasting overtone.

It's important to clarify this idea of *main* meals and *primary* feeding windows. Using the evolutionary feeding windows, the majority of calories are consumed at night time.

The preferred version involves fasting through the morning. After that, it hinges on your hunger tolerance. You can...

- Fast all the way to dinner
- Eat a small lunch a 'la Intermittent Feasting
- Eat lightly throughout the day a 'la Warrior Diet

At night you have two potential dinners. These two dinners fall in the "main feeding window" which generally lasts 2-4 hours.

There aren't a lot of "set in stone" rules here. Yes the "true" Chaos Bulk makes use of two meals and a two-to-four hour main feeding window, but if you can't jam the majority of your calories in that small amount of time you're going to need to extend the feeding window to eight hours or include some of these small feedings throughout the day to accumulate the necessary calories and nutrition to support growth.

### WHY TWO MEALS?

Two primary meals in the limited window works well for me—and *some* of my coaching students—because I enjoy eating bigger meals. I enjoy the concept of feasting. Simply put, I suck at moderation.

From my experience, two meals and the limited feeding window also prevents *over*eating. I've seen a lot of people that eat "normal" throughout the day and "fill up" at night after training sessions. But the high calorie intake during the day limits over all progress.

I also prefer cramming calories into a smaller window (as long as you have the stomach for it), because it limits the time you're in "building mode," save for the increased digestion time. You're not spiking throughout the day.

When you combine this with the evolutionary feeding scheme, you have two nice windows (fat utilization and growth) and flipping the switch between the two is very easy.

It also puts a cap on how much you eat. (This can be good or bad.) But if you have a big appetite, there's only so much you can cram into four hours without feeling awful.

By jamming calories into a small window—especially after training—you're really punching the anabolic response of food and giving the body what it needs to do work. And at the same time, the longer fasting window combats those signals when they aren't wanted or necessary.

*Note: One of the benefits of intermittent fasting is that it also makes the muscle cells more receptive to nutrient uptake. Combine that with training and you're looking at a double whammy for partitioning.*

## FLIPPING THE SWITCH AT THE RIGHT TIME

Thanks to the evolutionary feeding structure, the night times are when the growth magic goes down. But if you train at a non-ideal time, you have to make accommodations so that you don't limit your muscle building potential.

If you train in the evening, your windows are perfectly set-up. You train, deplete your energy, and then restock and refuel with dinner. But if you train in the morning or afternoon, you need to make some accommodations.

Training depletes energy stores, specifically glycogen. The brain and nervous system rely on glycogen from the liver to function. So if training depletes this liver glycogen, the body has nothing to run on.

If you've ever trained and weren't able to eat for a few hours after, you probably become irritable, foggy, and maybe even had jitters. Your liver glycogen was running on E, and your body was in "desperation" mode.

Since the brain is rather important, the body is going to do whatever it can do to create the energy it needs to fuel the brain and nervous system. Remember, the body only cares about survival. How good you look naked is secondary to keeping the brain afloat.

If energy stores are used up and you have nothing coming in, the body can very well break down its existing stored energy supply (muscle tissue potentially) to use for energy.

Since the growth and restocking window is later at night, it's important to give the body something that's quickly digested to prevent muscle tissue breakdown.

Nate Miyaki recommends a piece of fruit because it's quick digesting and doesn't spike insulin and initiate full-out growth mode. Martin Berkhan recommends BCAAs or whey protein. Both of these are rather quick to digest (BCAAs being quicker). Although both of these are "protein" sources, the body can convert them into the glucose it needs without greatly spiking insulin.

Keeping insulin low is good because were "saving" that trump card for the growth and rebuilding "feasting" later on at night. So provoking a huge insulin spike and initiating growth mode insanely soon after training isn't necessary, as long as keeping your liver glycogen at bay.

[Remember, the length of the post workout window of magicalness where the muscle cells are more sensitive to nutrient uptake (more of what you eat goes to muscle maintenance as opposed to fat storage) is up for debate. Ori Hofmekler in *Maximum Muscle, Minimum Fat* mentions that it can last up to four hours. Others believe it goes longer—maybe 24 hours.

And don't forget that muscular repair in itself happens over an even longer duration. So freaking out over eating a gigantic meal *directly* post training isn't necessary. It's perfectly OK to continue on with the evolutionary feeding structure—saving that window until later in the day (which is also much more lifestyle friendly for most people) ].

This way, you can actually continue to have a primarily fat burning dominated body in the daylight even if you train in the morning.

And at the same time the brain and nervous system, in all of their nutrient deprivation, won't be chipping away at your precious muscles.

Most people that want to respect the fasting window a little more strictly will likely go with the BCAAs because they don't see them as breaking the fast (drinking a liquid).

This is kind of a technicality though. Sometimes lifestyle requires some compromises to the structure of intermittent fasting. I wouldn't call it a compromise though. If you really think sipping on 10-20 grams of BCAAs or eating an apple during your fasting window is going to create a black hole in the universe and completely derail your progress, you need to rethink things.

You're training to build muscle. So you need to bend the rules in order to optimally build muscle. This is one of those rules that gets bent. So if you have to work out in the morning (like a lot of people do), follow this modification. Sometimes "life" gets in the way of this whole process. And when that happens, it's important to just do things as best as can be done.

This is as best as can be done. So don't sweat it. There's really no reason to. Don't let your quest for a new body *completely* run your life. This quest has to be sustainable, so make it so. Inconveniencing yourself isn't the answer.

# CHAPTER SIXTEEN

# SPECIFIC EXAMPLES

Training days = Chaos Core + As Many Carbohydrate Exclusive Foods That…

- *You feel like eating based upon what the mirror tells you*
- *You feel like you need based upon training intensity*
- *You feel like you need based upon recovery*
- *You can shove down the chute if you give yourself the green light*

++++++++++++++++++++++++++++++++++

If more calories are in the cards:

- Eat more starchy carbs

If less calories are in the cards:

- Eat less starchy carbs

Rest days = Chaos Core + As Many Fat Exclusive Foods That…

- *You feel like eating based upon what the mirror tells you*
- *You feel like you need based upon recovery*

++++++++++++++++++++++++++++++++++++

If more calories are in the cards:

- Add avocado or cheese to eggs, vegetables
- Add nuts or coconut to protein pudding
- Eat fattier meats (red meat, salmon)

If less calories are in the cards:

- Eat leaner meats (chicken, tuna, turkey)
- 24-hour fast

## COMMON THEMES BELOW

First, you need to have *something* post workout if you train in the midst of your fasting period. Don't neglect food post workout, even if you're in your "fasting window." Play to your muscular needs.

Give yourself an immediate source of energy—something quick to digest that the body can turn into glucose—that doesn't cause a *mega* hit to insulin or throw the body too out of whack. There are two ways to go about this.

1. Eat a piece of fruit. Simple. Consider a piece of fruit to "last" you about five hours. So if you get done training at 7AM and have a piece of fruit post workout, you're good until noon. At noon, you'd have another piece of fruit (with some other things, depending on what kind of scheme you're on) that would last you until dinner time.

2. Sip on 10-20 grams of BCAAs (or ~30 grams of protein via plain, unflavored whey) until your first meal.

Both BCAAs and whey digest quickly and can be turned into glucose. If you're eating a smaller meal at noon, the goal is to once again give your body just enough energy at that noontime meal to last until the dinner feast. A piece of fruit is in order in this lunch snack to continue to provide the body energy.

Both BCAAs and whey spike insulin, but even the smell of food can spike insulin. It's not really that the insulin spike is bad either. What we want to avoid is *chronically* spiked insulin. Also, the spike from the amino acids won't be *gigantic*. (And looking at things from a pure insulin spiking standpoint neglects all other factors that cause fat gain.)

We aren't avoiding insulin because insulin is bad; we're avoiding it to save a more powerful anabolic response for later in the day. This credited to Intermittent Feasting and pulsing the body with just enough energy to get through the day until the real magic can happen.

Second, you won't need anything pre-workout, unless you're running on E in the liver glycogen department. This happens "naturally" over time from fasting. If you work out in the morning or early afternoon, and you're having a PM feast, this shouldn't be an issue. The PM feast keeps glycogen levels at bay.

But if you work out in the late PM, a noontime meal with fruit will be your best ally. Even if you're on more of a Warrior Diet grazing kind of scheme, a noon-time fruit is still a good idea.

## 1) IF YOU TRAIN IN THE EVENING...

### 1A | INTERMITTENT FEASTING CHAOS

*Keep the lunch time meal at least three hours before training time.*

Wake up @ 7AM

- Black Coffee or Unsweetened Tea (optional)

12:00PM – Meal One:

- Small ration of meat (0.3 lbs) **or** hardboiled eggs (3)
- Handful of veggies or one piece of fruit

5:00PM – Train

6:30PM – Meal Two:

- Rest of the meat (if any eaten above)
- Rest of the eggs (if any eaten above)
- All of the protein via protein pudding
- As many carbohydrates that...
    - You feel like eating based upon what the mirror tells you
    - You feel like you need based upon training intensity
    - You feel like you need based upon recovery
    - You can shove down the chute if you give yourself the green light

8:00PM – Optional Meal

- Anything unfinished from the above meal

## 1B | WARRIOR CHAOS

*From wake-up to your true feeding window, have paleo snacks when hunger pangs are unbearable. Here are some good examples of foods to eat: non-starchy veggies (preferably raw), fresh fruits, small rations of meat, one hard boiled egg. Remember, you don't want to throw the body out of whack, which is why it's best to stick to raw veggies or fruits (this is a philosophy taken from The Warrior Diet). Stop these small feedings at around three hours before your training time. Also, don't put a clock on your meals. Eat when you have the painful hunger bouts. For example….*

Wake up @ 7AM

10:13AM - 1 hardboiled egg, 1 handful of broccoli

12:48PM – One apple

2:09PM – 2 carrots || end of snacking

5:00PM – Train

6:30PM – Meal One:

- Remaining meat (if any eaten above)
- Remaining eggs (if any eaten above)
- All of the protein via protein pudding
- As many carbohydrates that…
    - You feel like eating based upon what the mirror tells you
    - You feel like you need based upon training intensity
    - You feel like you need based upon recovery
    - You can shove down the chute if you give yourself the green light

8:00PM – Optional Meal

- Anything unfinished from the above meal

## SOME OVERRIDING PRINCIPLES FOR TRAINING IN THE EVENING...

- Lunch or any meals before the training session should consist of small portions of fresh fruits and vegetables at a “just enough” amount to curb hunger. Small rations of meat or eggs can also be thrown in sparingly.
- Leave around 3-5 hours between your last snack before the workout and the start of the workout.
- Dinner—the meal immediately post-training—is your big starchy carb meal with the remaining portion of the Chaos Core.
    - If you can’t eat your carbohydrate allotment in this meal, add a second meal that finishes the job. Break your protein consumption evenly between meals if you need to add a second. (For instance, eat the meat in the first meal. Save the protein pudding for the second meal. If you only have one meal, however, bundle the protein together.)
- Eat as many carbs as...
    - You feel like eating based upon what the mirror tells you
    - You feel like you need based upon training intensity
    - You feel like you need based upon recovery
    - You can shove down the chute if you give yourself the green light

## 2) IF YOU TRAIN IN THE MORNING...

### 2A | MORNING CHAOS

Wake Up - Train @ 7AM

- Sip on either 10-20 grams BCAAs (lasting until first meal), *or* 20-30 grams of protein via plain, unflavored whey protein starting 30 minutes post training, *or* have a "handful"/piece of fruit 30 minutes post training
- (Black Coffee or Unsweetened Tea before training optional)

12:00PM – Meal One:

- Two thirds of the whey protein *or* small ration of meat *or* a few hardboiled eggs
- Two handfuls of fruit if you went with BCAAs/whey post workout, one handful if you went with fruit

5:30PM – Meal Two:

- Remaining lean meat
- All of the eggs
- Remaining whey protein
- As many carbohydrates that...
    - You feel like eating based upon what the mirror tells you
    - You feel like you need based upon training intensity
    - You feel like you need based upon recovery
    - You can shove down the chute if you give yourself the green light

7:30PM – Optional Meal

- Anything unfinished from the above meal

## SOME OVERRIDING PRINCIPLES FOR TRAINING IN THE MORNING...

- Sip on 15-20 grams of BCAAs from the time training ends to the time of your first meal at noon, *or* one scoop of whey protein, *or* a piece/handful of fruit.
- All of the above choices are fast digesting sources of energy
- Your noon meal should contain some protein via whey or lean meat (0.2-0.3 lbs of lean meat). You also want to send another fast digesting pulse, so have a piece/handful of fruit or two.
- Your dinner should consist of starchy carbohydrates and the remaining Chaos Core.
    - If you can't eat your carbohydrate allotment in this meal, add a second meal that finishes the job. Break your protein consumption evenly between meals if you need to add a second. (For instance, eat the meat in the first meal. Save the protein pudding for the second meal. If you only have one meal, however, bundle the protein together.)
- Eat as many carbs as...
    - You feel like eating based upon what the mirror tells you
    - You feel like you need based upon training intensity
    - You feel like you need based upon recovery
    - You can shove down the chute if you give yourself the green light

## 3) IF YOU TRAIN IN THE AFTERNOON...

### 3A | EVENING CHAOS

Wake up @ 7AM

- Coffee

Train @ 10:30AM

12:00PM – Meal One:

- Two thirds of the whey protein **or** small ration of meat (0.3 lbs)
- Two handfuls of fruit
- Handful of veggies

5:30PM – Meal Two:

- Remaining lean meat
- All of the eggs
- Remaining whey protein
- As many carbohydrates that...
    - You feel like eating based upon what the mirror tells you
    - You feel like you need based upon training intensity
    - You feel like you need based upon recovery
    - You can shove down the chute if you give yourself the green light

7:30PM – Optional Meal

- Anything unfinished from the above meal

## 3B | SNOOZE BUTTON CHAOS

Wake up @ 7AM

- Coffee

Train @ 12:00PM

1:30PM – PWO Snack

- 10-20 grams BCAAs *or* 20-30g protein via whey protein *or* handful/piece of fruit

5:30PM – Meal One:

- Chaos Core
- As many carbohydrates that…
    - You feel like eating based upon what the mirror tells you
    - You feel like you need based upon training intensity
    - You feel like you need based upon recovery
    - You can shove down the chute if you give yourself the green light

7:30PM – Optional Meal

- Anything unfinished from the above meal

## SOME OVERRIDING PRINCIPLES FOR TRAINING IN THE AFTERNOON...

- Your post workout strategy can either be a small meal with a bit of meat, veggies, and fast digesting, non-insulin spiking carbs (like fruit) or one of the "snooze button" tactics: either a piece of fruit or some fast digesting amino acids
- Your dinner should consist of the rest of the Chaos Core and carbohydrate exclusive foods.
    - If you can't eat your carbohydrate allotment in this meal, add a second meal that finishes the job. Break your protein consumption evenly meals if you need to add a second. (For instance, eat the meat in the first meal. Save the protein pudding for the second meal. If you only have one meal, however, bundle the protein together.)
- Eat as many carbs as...
    - You feel like eating based upon what the mirror tells you
    - You feel like you need based upon training intensity
    - You feel like you need based upon recovery
    - You can shove down the chute if you give yourself the green light

# DON'T FORGET

CRUCIFEROUS, LEAFY GREEN VEGETABLES (AND THOSE SIMILAR) ARE GOOD ANYTIME. I DIDN′T REALLY LIST THEM IN THE DINNER PLANS BECAUSE THEY ARE A NEUTRAL FOOD. ANYTIME YOU HAVE A "MEAL" IN THE TRADITIONAL SENSE, HAVE SOME VEGGIES.

## 4) THE REST DAY...

### 4A | REST DAY

Wake up @ 7AM

- Coffee

12:00PM - Snack

- Small ration of meat (0.3 lbs)
- Piece/handful of fruit
- Handful of veggies

5:30PM – Meal One:

- Chaos Core
- As many fat exclusive foods that...
    - You feel like eating based upon what the mirror tells you
    - You feel like you need based upon recovery

7:30PM – Optional Meal

- Anything unfinished from the above meal

## IF YOU WANT THEM...

Setting up this structure takes numbers out of the equation. And that's been the goal since day one. So take the numbers below to heart. But use them as a general guide. Good luck.

| Goal | % above or below maintenance on rest days | % above or below maintenance on training days |
|---|---|---|
| **Beginner Fat Loss** | -20% | 0% |
| **Advanced Fat Loss** | -30% | 0% |
| **Hardcore Fat Loss, No Regard for Muscle** | -20% to -30 % | -10% to -20 % |
| **Return from fat loss phase (to "reset" things and settle into a baseline quantity for maintenance)** | 0% | 0% |
| **Chaos Bulk Gaining Muscle** | -10% to 0% | +10% to +30% |
| **Chaos Bulk Losing Fat** | -20% to -10% | 0% to +10% |
| **Chaos Bulk Recomposition** | -20% | +20% |

**BEGINNER FAT LOSS**: Good starting point for fat loss.

**ADVANCED FAT LOSS**: If beginner fat loss doesn't work.

**HARDCORE FAT LOSS**: I don't even know why you would, but, whatever.

**RETURN PHASE**: Hitting cruise control.

**CHAOS BULK GAINING MUSCLE**: Clean bulking.

**CHAOS BULK FAT LOSS**: Keeping the muscles in tact as best as possible.

**CHAOS BULK RECOMP**: Trying to gain muscle and lose fat. Embark at your own peril.

# NON INTERMITTENT FEASTING

While I think saving your biggest meal for later in the day is the most practical way to orchestrate your nutrition, I realize that not everyone wants to do things that way. And I'd be a fool if I said it was *necessary*.

If you want to move your primary feeding window around, feel free to experiment. In my non-Intermittent Feast days, my window was 2-6PM.

I used this window because I'd get done training at 1:30PM, and I wanted my biggest meal to come directly post workout to maximize the post workout effect of the muscle's sensitivity to nutrients. (Although I think that this "window" extends for a decent period of time [enough for you to save your "feast" for later in the day if you train early], I do think it's most powerful *directly* post workout.)

To maximize the effect of intermittent fasting, and having two different “modes,” regardless of when you train it’s a good idea to “fast” until noon.

So if you train in the early morning, use one of previous strategies directly post workout to keep liver glycogen at bay. (Have either a piece of fruit, or sip on BCAAs/whey.) If you have any strong hunger attacks (some people do if they train and don’t feed for a while), feel free to have a handful of raw veggies or serving of fruit to give your body and mind some relief.

Have your biggest meal at noon with the majority of your calories and carbohydrates (the Chaos Core + as many carbs as…). Finish whatever you don’t eat in this meal within the four-or-so hour window.

If you have to wait until dinner to finish the food, that’s fine too. Extending the feeding window a few hours won’t make the universe flip inside out. Sometimes life demands get in the way of practically and semantics. Just do what can be done given the circumstances rather than stress out. Extending the feeding window from 4 to 6 or 8 hours won’t be the deciding factor in effectiveness.

If you train in the afternoon, have your biggest meal directly post workout. It will probably be around 12:00-2:00PM depending on when you train. Then just have your second meal of unfinished Chaos Core + as many carbs as… at 5:00-6:00PMish

The only glaring downside to this approach is that after a huge meal, the parasympathetic nervous system kicks on like gangbusters. You're probably going to feel a little tired and relaxed, so if you have any mindful task that you want to complete, it won't go well after your first meal.

# CHAPTER SEVENTEEN

## BONUS CHAPTER

# TRAINING

There's a good chance that if I didn't include this Chapter, your clean bulk efforts would fail. So you can thank me later. My PayPal account is always open for donations.

I said this earlier: **the clean bulk starts with "bulking."** You gotta' be willing to experiment with jacking your starchy carbohydrate high on training days.

The biggest mistake people make is playing the clean bulk as more of a cut rather than a bulk. They do this by undercutting their calorie intake ***and doing a bunch of training that they shouldn't be doing***.

In The Skinny-Fat Solution, I talk about the steps that anyone suffering from skinny-fat syndrome should take when on a quest for physical renewal.

1. Get down to your solid base.

2. Clean bulk and never get fat again.

But why those steps? Well, first, because no one wants to get fat. Second, the Chaos Bulk makes clean bulking possible. Third, when you're at your solid base, it only takes nutritional tweaks to lose weight. And fourth, because the rules change once you're down there. You don't have to be "as strict" with things. You can err on the side of more starchy carbohydrates more often and still be one day away from ideal body composition. (You can probably get away with the occasional sweet treat in the post workout window too.)

And if you ever happen to go overboard for a few days, it's only a few days away from being fixed. Hey, that sounds and awful lot like the clean bulk, doesn't it?

Most clean bulk hopefuls do a bunch of extra training like treadmill walking, fasting cardio, and high intensity interval training (HIIT) in an attempt to somehow combat the accumulation of fat while also stimulating for the creation of muscle. Then they go home and try to fill the cup up half way and expect the body to work magic.

But the tremendous amount and various types of activity **send the body different signals, and they send a lot of 'em**. Anytime you're sending a lot of signals, your body has to pick and choose which adaptations would be best for survival.

Since activity level is high and nutrition is at a premium (filling the cup half full), the finished product is a body wandering in a purgatory.

You don't build muscle because the signal for its creation is caught in the rest of the "noise." This noise is created by the other twelve forms of training you're doing. And to top it all off, the nutrition really isn't there to warrant the muscular investment.

Once you're at your solid base you only have one thing in your way from the body you want: muscle. (This is assuming non-performance goals.)

The Chaos Bulk is set up to naturally use fat for fuel. When you're at your solid base, you're already at a desirable body fat. So the only kind of training you should do is the kind of training that's going to stimulate the growth of muscle.

By making this the **only** signal sent, it doesn't get drowned out by any "noise." Since the Chaos Bulk naturally has a "growth window," the only thing needed is a concentrated and strong signal for muscle building. And if this is the only signal the body is getting, it will be more prone to build muscle.

As for the kind of training that sends the best muscle building signal, that depends on how advanced you are. My philosophy on aesthetics training revolves around eight exercises that do 80% of the work for you. You can get a free report about those eight exercises on my blog.

The take home message here is that you're sending too many signals. You only need to ignite the muscle creation signal. Let the Chaos Bulk naturally take care of the signal for fat use.

## GETTING STUCK IN FAT BURNING MODE

You probably have a "fat burning" mentality. You'd sacrifice everything in the name of fat burning. That's why you don't want to eat an apple during your fasting window. You think you're going to gain a sixth love handle.

But you have to get into more of a muscle building mentality. If you're doing the Chaos Bulk, you're going to be fine on the fat burning end of the spectrum.

There's no need to for high intensity interval training (HIIT). It just creates a lot of static. A lot of noise. It's not the ideal training for muscle building signaling.

It also zaps your nervous and energy reserves that take away from the more meaningful strength pursuits—the stuff that *is* going to signal for muscle. Not only are you making it harder for the real muscle building signals to go through, but you're also taking away energy that could be used to make the signals *even stronger*.

Also, if you do this kind of training for "the fun of it," you have to refill in order to recover. Yet this recovery, repair, and growth *isn't* going to be in the name of muscle building.

With the Chaos Bulk you're going to be churning through your fat fuel for **hours** naturally at rest. It's silly to cram more fat burning into a half hour window of "cardio."

Train matterfully. Lift heavy weights. Focus on getting better somehow over time. More reps. More weight. More reps or more weight in less time. Or simple overload from being consistent. That's what's going to matter most.

# CHAPTER EIGHTEEN

## BONUS CHAPTER

# TRAINING LETHARGY

Toying with the Chaos Bulk is tricky at first. Any time you're manipulating macronutrient intake, you're probing the body's comfort zone.

In "car speak," you train (drive the car around) and then eat (fill up the gas tank). With the Chaos Bulk, you might just hit empty a few times.

That's OK though. You're going to get familiar with how your body reacts to foods and nutrient timing on the Chaos Bulk. This is why I enjoy it so much.

One of the "extremes" you're probably going to hit is feeling lethargic going into some training sessions. Now, this all depends on *when* you train but it's mostly for those that train later in the afternoon and into the evening (3-5PM).

This lethargy usually is accompanied by a drop in motivation and a “hazy” feeling. It happens when the liver glycogen drops below tolerable levels. The energy from the previous night’s feast is all but gone. The tank is low.

This happens naturally, even if the previous night’s feast was chock full of starchy carbohydrates—the juicy glycogen precursor. When we avoid carbohydrates—via long fasting or carb cycling—this glycogen depletion is even likelier.

Liver glycogen depletion is troublesome. It’s the preferred energy source of the brain and nervous system. The nervous system is the silent hero behind your training sessions. If it isn’t working to its fullest, your performance will show it. Other personal and physiological things happen when liver glycogen drops low, too. Mood goes out of whack. Irritability increases. Hormones go haywire. Sex drive drops.

Liver glycogen is used naturally at rest. It’s usually restored at regular intervals through feedings. But fasting—especially long fasting—pushes the limits of the stored glycogen.

*Some people* won’t have problems. Others will. The hour range of glycogen depletion is quite wide.

When you combine natural glycogen usage with strength training—another glycogen depleter—you’re going to push your tank to empty at times. Especially if you train in the late stages of a fast.

Certain starchy carbohydrates are better glycogen refillers than other carbohydrates, but in general, carbs are the go-to glycogen refillers. But in times of deprivation, the body finds a way to get by without carbohydrate driven glucose refilling by something called ketosis. Ketosis happens when the body is forced to breakdown fats for glucose.

Ketosis isn't really good news for muscle building. Some people voluntarily drop into ketosis for fat loss as that's what ketosis is: the breakdown of fat for energy.

Even though carbohydrate cycling avoids carbohydrates, you usually don't drop into ketosis as it takes a few days to fully kick in.

Nevertheless, by fasting and training, your body is prone to churn through some glycogen rather quickly, and it's common to dip into a ketosis-like state.

Few genetically disadvantaged people will build muscle when their body is operating in a ketosis-like environment. This is a problem because these days it's all too common to be "carb-o-phobic."

There are a lot of hard training people out there that fail to see any real muscle gains. You might be one of them. These are often the ketosis walkers that avoid carbs like the plague because they're in fat avoidance mode. But remember, you need a mentality shift. You can't be "fat burning" focused anymore. The Chaos Bulk handles that. You have to be "muscle building" focused.

It's important for us to keep our glycogen stores at a respectable level to keep our brain and nervous system happy and for the overall muscular benefit.

Here are some considerations if you're feeling lethargic on training days or experiencing any ketosis-esque (low glycogen) symptoms:

**Make sure you're eating enough starchy carbohydrates on training days**. Don't be afraid to eat carbohydrates.

**Include a few pieces of fruit on your low carbohydrate days**. This will give the glycogen levels a small boost. Thin skinned berries are a good choice, but work with whatever you got.

**If you train in the evening or late afternoon, have a small meal with a piece of fruit 3-5 hours before training**.

**Orient your training so that you don't have two consecutive off days**. This is perhaps the most critical on a carbohydrate cycling template. It's better to go...train-rest-train-rest-train-train-rest...than...train-train-rest-train-train-rest-rest...as those back to back low carbohydrate days don't bode well for restocking and refueling.

**If none of the above help, consider dropping carbohydrate cycling and stick solely to calorie cycling**. For some, the amount of starchy carbs they have the potential to slam down on training days simply isn't enough to cover for the amount of stress they can place upon their body in the gym.

## CALORIE CYCLING

One of the things that makes Intermittent Feasting beautiful is the night time glycogen refuel and "just enough" pulse-fill-ups during the day to keep the glycogen level at bay. This is one of the reasons that Nate's specific intermittent fasting scheme works so well.

But when you add carbohydrate cycling on top of the Intermittent Feasting framework, you're skipping out on this night time glycogen fill up.

When you don't fill up the tank, you won't last as long into the next day. Again, this is individual. Some people can make it, others can't. And even all of this depends on when you have the time to train and how much freedom you have in your lifestyle.

In these instances, the carbohydrate cycling is actually hindering progress. You aren't filling the tank adequately, your energy levels suffer, and your performance suffers. All of these things equal less muscle.

Keep an eye on your performance markers. If you're struggling to recover in the gym, energy levels are low, and progress is tough to come by, consider ditching carbohydrate cycling.

Following the overarching rest day principles, you're still going to eat *less* on rest days—you're still going to *calorie cycle*, you're just going to eat a more balanced macronutrient spread every day.

Start out by eating **half** of the carbohydrates you normally would on training days and being smarter with your fat exclusive foods. You're still going to do the Chaos Core thing, you just are going to split the remainder of your food more sensibly among the exclusives.

So if you normally make and eat two cups of uncooked rice on training days, go for one cup on rest days. If you want to start on the low end, go with 100 grams of starchy carbohydrates—usually the number thrown out there to avoid ketosis.

Beware fat exclusive foods. Without carbohydrate cycling, they are a compliment, not a focal point. Instead of going with a fattier cut of meat and putting a junkload of cheese on your eggs, maybe you only opt for one or the other. Maybe you go for a lean meat and sprinkle a handful of nuts over your protein pudding. You get the idea.

Remember, both fat and carbohydrates are a potential energy source. They are alternating pistons. If one is high, the other is low. One low, other high. If one's in the middle, the other should be in the middle.

*Note: It's totally possible to carbohydrate cycle and still make muscular progress. The pictures at the front of this document (same as the ones in the next Chapter), were all done with "true" Chaos Bulk, carbohydrate cycling. But that's just my experience, and I know everyone is different.*

*In general, I find that carbohydrate cycling is much more relevant and useful to those that want to do more of a recomposition (lose a little fat while gaining muscle). If you're looking to simply build, maybe calorie cycling will do the trick. Play around with it. One thing is for sure: if you're experiencing any glycogen-depletion related problems, calorie cycling is a much more viable and practical option.*

### ON DITCHING (KINDA) INTERMITTENT FASTING

Just as carbohydrate cycling can haunt some people, so can intermittent fasting. It, once again, deals with people being martyrs and feeling like they have to be in ultra diet fat loss mode every second of the day.

You can do just fine with small rations of fresh fruits and vegetables spread throughout the normal "fasting" window. This is the tenant of the Warrior Diet, which I think is a fantastic foundation.

Just adopt the graze and scavenge mentality through the fasting period if hunger isn't your thing. Have a handful of raw veggies. Or one piece of fruit. Keep it small. Just enough to clear your mind from being hungry.

*Note: I usually follow this graze mentality during my fasting window on rest days.*

### DITCHING (KINDA) INTERMITTENT FASTING, NO CARB CYCLING...WHERE' S THE CHAOS?

The foundation of the Chaos Bulk is *the chaos*. It's the rotation of macronutrients, the periods of fasting, the periods of feasting...all of that. It's about *over* signaling to the point of "numbness." This is what happens in those with lifestyle diabetes. Insulin just doesn't do its job anymore.

And yet I'm telling you that, at some point, you might just be able to dial it back to a point where it's OK to have a few hunks of vegetables throughout your normal fasting period. A point where you don't have to obsess over the tick tock of a clock.

That's because the very nature of eating minimally throughout the day (fresh fruits, raw veggies, small rations of meat) and refueling at night is, in itself, chaos. By "scavenging" during your waking hours, you are blunting any severe hormonal responses by the body, saving the one that counts for later on at night. And when you *do* send that signal, the body takes it seriously and does what it needs to do.

The reality is that *all* foods cause an insulin spike. *Total calories* matters in insulin spikes, too. So perhaps the ultimate guiding point here—the lowest common goal of chaos—is to eat minimally throughout the day to negate any *severe* bodily swings, and then to fill up at night.

## CHAPTER NINETEEN

### BONUS CHAPTER

# EXPERIMENTS IN EVOLUTIONARY EXTREMITY

Culture has advanced so rapidly in the past decade. Our ancestral roots are all but forgotten. The majority of people living today only need to be fit enough to type on the computer. But the majority of us interested in athletic physical fitness would rather take a step back to our ancestral and evolutionary past and be "fit" enough to run, jump, and have some physical capabilities.

Although evolution is a tricky topic, I think there is some credence behind an evolutionary approach to life. We should try to live in a way that best replicated a life we "evolved" living. But at the same time we need to realize that we're not cavemen scouring to survive. We're industrialized people that have most of our basic needs met.

Most of this body enhancement is whipped topping. Cavemen likely didn't obsess over their abdominal muscles. So this evolutionary concept is a fine line.

## THE CHAOS BULK AND EVOLUTION

The Chaos Bulk has a lot variables—just take a look at the previous guiding charts. Yet the beauty of the Chaos Bulk lies within the Chaos Core. That's what makes everything so simple.

Eating the Chaos Core is the first part of the "Chaos Bulk." The second part is going through times of nutrient deprivation. The third part is going through times of nutrient excess.

These days, at the time of completing this book, I only eat once per day. I train around 3-5PM. I eat after that. If I can't fit in everything I "need" to eat I'll add a second meal one or two hours later. (Sound familiar?)

On rest days, I'll snack on some fruits of veggies at random times if I'm really feeling hungry. Only a handfuls worth though. Just something to keep me going. Then I'll eat my big meal a 5-6PM.

I embrace hunger. It doesn't bother me. If I have an extreme hunger pang during my "fasting" window, then I'll have some raw veggies. But grumbling is fine with me. From an evolutionary perspective, hunger was an important signal. It's not so very important anymore. We know the fridge is only a few seconds away. We know a store that sells food is right around the block.

But I know not everyone is as "extreme" as I am, and I'm not really saying you have to only eat once per day because I personally saw results otherwise and have gotten results with clients otherwise.

What I'm saying is that feasting and fasting are a part of our evolutionary history. After reading The Social Animal by David Brooks, it would seem as if we still subconsciously thrive on our evolutionary adaptations for a lot of things.

The take home point here is that the body is smart enough to not melt itself into dust during short term periods of calorie deprivation. And in some instances, it can be hugely beneficial. Perhaps even more beneficial when paired with times of caloric excess.

This is the Chaos Bulk. How "extreme" or chaotic you make it up to you. Revolve yourself around the Chaos Core and adapt feeding windows accordingly. Play around with it. And remember: Eating the Chaos Core is the first part of the "Chaos Bulk." The second part is going through times of nutrient deprivation. The third part is going through times of nutrient excess. Do that, and you're on the right path.

## BENEFITS OF CHAOS

One of the things that makes the Chaos Bulk effective is that by nature of things being slightly controlled and slightly chaotic, you get the nutrition you need but at the same time your body has a chance to "breathe."

The body is a very adaptable creature that familiarizes itself to what we throw at it most. By cycling through each macronutrient (carb cycling [alters carbs and fats] and long fasting [alters calories and protein]) you're giving little shots to the body. It doesn't get "as

familiar" as it would when compared to downing the same amount of a nutrient in the same quantity day in and day out.

This means that when we eat, the subsequent targeted effect in our body is as strong and effective as we want it to be.

A good parallel is caffeine. The more caffeine you use, the more *resistant* your body becomes. You need **more** over time with regular use to produce the same results.

Most nutrition plays are "caffeine dependent." Take caffeine every day. Just keep tanking cups of coffee when you feel like you need it most, even if it means drinking ten cups per day.

But the Chaos Bulk turns that around and say, "Why not deprive the body of caffeine when it's less needed and really jam it home when it is needed *most*?" In theory, the effect caffeine has on the body would be much more profound (and with less overall caffeine to boot).

This is what the Chaos Bulk does with insulin. By depriving the body of any meaningful and harsh insulin spikes (via eating only non-starchy veggies and sporadic fruits during non-post workout times), you're "saving" a profound and powerful growth and storage response for when it's needed most.

The only way to do this is to make things chaotic. Deprive your body of things at times. Give your body an over abundance at other times. Always keep your body guessing.

## EXTREMITY IN PUSHING AND PULLING

I can't express how much I believe in the ideas that are presented here. Unlike some other writers, I live this stuff. I don't make things sound fancy to make them sound fancy. I don't really write about anything unless I actually do it myself.

An important part of the Chaos Bulk *is the chaos*. I know you want to build muscle, but you have to trust me on this: it's not going to be linear.

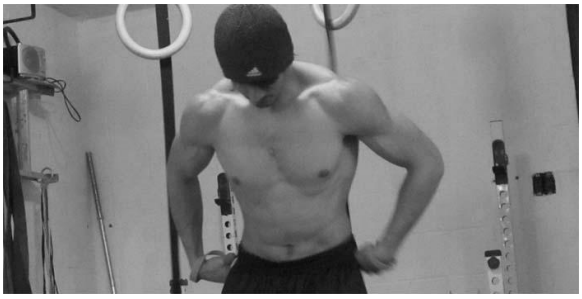
One of the tactics I mentioned is pushing your body weight up over the course of some weeks (never be more than two weeks away) and then bringing it back down. Perhaps even *below* where you were before. This means that you might actually apparently lose some muscle mass in future months when leaning down low, but it will quickly rebound when you push things back up.

Remember: the body isn't linear. Forcing linear gains isn't going to get you anywhere. Here are some pictures of my own journey to illustrate this for you.

**JANUARY 2012, 192 POUNDS**

APRIL 2012, 194 POUNDS

189 POUNDS, JULY 2012



201 POUNDS, DECEMBER 2012

203 POUNDS. FEBRUARY 2013

Note the dip in weight in July.

These little “dips” and times of depletion and deprivation (nature of chaos) help upregulate muscle building when you rebound.

You can think of it like drafting in car racing. You stay behind for a little because you’re going to eventually shotgun forward. Or not drinking caffeine for a month. What happens when you start taking it again? You don’t need much to get you going.

So don’t be afraid to dial back your training, protein, and calorie intake harsher than usual for a little bit. This gives your body time to “reset” and un-familiarize itself with things.

## ONE LAST NOTE

I just wanted to close with one more thought. More so than specific foods and numbers, I use categories. In the example diets above, I use “carbohydrates” as opposed to specific types of carbohydrates like rice, potatoes, pasta, or anything similar.

This resource isn’t married to one specific philosophy. There are “paleo” people. There are “low-fat” people. There are “four hour body” people. There are breakfast people. And there are many, many more “people” out there, all with their own beliefs.

There’s nothing wrong with having a belief system, but results are had on *every* system—regardless of how “different” it may be from another. It’s up to *your body* to decide what works best for *you*. Notice that I said *your body*, not *you*.

Don't believe anything without testing it yourself.  Some people eat pasta and build muscle like a champion. Others can eat oats. Others can drink milk. Maybe you can't though. I can't tell you from this side of the screen. **No one can tell you from this side of the screen**.

Experiment. Do most everything right, first. Eat the Chaos Core. Carb cycle. Time your nutrient intake. After that, if you're still struggling to make progress, then ditch the dairy or grains for two weeks. Four weeks is even better. I'd even go as far as six or eight weeks. If you notice drastic differences in your results, you have your answer. And it's *real*. If something doesn't work, don't be afraid to experiment.

I just have one rule: embrace a little uncertainty.

Find beauty in the chaos.

"IN ALL CHAOS THERE IS A COSMOS, IN ALL DISORDER A SECRET ORDER."

- CARL JUNG

## THANKS AND SOURCES

As weird as this may sound, I don't often cite things. I do this for two reasons.

First, it kills the creative process. One of the things that I always try to do is make everything relatable. If I'm constantly worried about citing this and that, I feel like my writing becomes robotic. (Keep in mind I always reference and cite in line when using a direct phrase or idea.) And since I'm always trying to make concepts easy to understand, this goes against my ethos.

Second, studies are often used as a crutch. And then the studies are often found "wrong" years later.

If I had the fortune of being born ten years ago, I could have cited studies to the moon about low fat diets being the absolute best.

Most of all of the scientific principles here can be found in biology and physiology texts. That's how I prefer to operate. Everything else is up for interpretations.

If this process was absolute, there would only be one way. But we know that's not true. Funny how chaos rears its head once again.

The best I can do is give credit where credit is due. The following people and resources dove into the science, dissected it their own individual way, and created philosophies and methods that just "stuck" with me. (It helps that they all work very well too.)

Biology and physiology are such mucky subjects. Not only is it tough to evaluate what goes on within the body, but it's also so individual.

The best we can do is “guess” and plan…with chaos.

That’s really what it all comes down to: what can you do that’s going to be sustainable yet also effective?

Thanks…

- Martin Berkhan. You have—undeniably—the most comprehensive intermittent fasting resource online. You were my guide when I first started. If you’re looking for research on intermittent fasting, Martin Berkhan has you covered. Visit his website, Leangains.
- Nate Miykai. I think I’ve mentioned you and Intermittent Feasting enough.
- Ori Hofmekler. You’re really the godfather of fasting. Your books, The Warrior Diet and Maximum Muscle, Minimum deserve more credit.
- Brad Pilon. You paved the way for my experimentation with “longer duration fasting.” I recommend your book, Eat Stop Eat, to anyone interested in more of the scientific aspect behind long duration fasting.

# Q&A \ LOOSE ENDS

1. *Why intermittent fasting?*

Clean bulking just seems to work "better" for those that also practice intermittent fasting. I think I talk about this enough throughout the book though.

2. *The old clean bulk vs. the new clean bulk.*

The old clean bulk: Get lean and then gain small amounts of muscle and fat every day.

The new clean bulk: Get lean and then rotate between gaining weight some days of the week and losing fat the other days of the week.

3. *On alcohol, cheat meals.*

You can incorporate "cheat" meals with the Chaos Bulk. While I have a book planned that details my experiences with cheat days (and how they ruined me psychologically), and how to maintain a semblance of a clear mind while incorporating them, let's just say they are better served on a high calorie, high carbohydrate training day. But one meal per week won't be a significant dent.

Remember: cheat **meal**. Don't make it a cheat **day**. I've seen cheat days ruin people psychologically and physically.

4. *Food substitutions.*

The list of foods given in the Carbohydrate Cycling for Dummies Guide isn't meant to be all encompassing. If your country or area is privy to cuisine not mentioned on the list, use your best judgment to slap it in one of the categories. Break it down by macronutrient and pair it with similar foods already on the list.

5. *What supplements should I take?*

The only two supplements mentioned within the Chaos Bulk are whey protein and BCAAs. For whey, go with the plain, unflavored kind. I recommend going through TrueNutrition.com. They have the cheapest whey around.

As for BCAAs, if you want to use them, go with the instantized kind. You've been warned.

While you're there, grab some creatine monohydrate. Take 5 grams on your training days with your biggest carbohydrate meal. BONUS: Use my discount code "anm158" at checkout to get a 5% discount.

Diversify your meal portfolio. Get everything you need from whole foods. I'd rather see you invest in cooking utensils as opposed to supplements.

6. *Why do I lose muscle during a cut?*

When beginning a bulk and using a higher volume strength training template, muscles are prone to store fluid and glycogen. This storage is often mistaken for lean, dry muscle gain because it makes you look "full" and jacked. But when you cut down, the fluid is the first to go.

So the fluid gives you the illusion of being huge, even though you aren't. And when it's gone you look tiny. Very tiny. This is why a lot of people seem to lose a ton of muscle when cutting. But it's not so much losing raw muscle as it is losing fluid. Regardless, it hits the physique hard.

If you plan on losing weight in a short amount of time, you're going to take some muscle with you unless (and this is a big unless) your nutrition and training are 100% spot on.

The faster you try losing fat, the more muscle will go with it. The changes you have to make to lose fifteen pounds in eight weeks will be more drastic than the changes you have to make to lose fifteen pounds in twelve weeks. These are the same changes that sabotage muscle mass.

So the two things that went into building muscle (nutrient intake and training) are changed. What was responsible for all of your progress is suddenly non-existent or altered.

People usually say it takes 500 calories above your maintenance level to build muscle. (I'm not sure this is true, nor do I care to find out as I'm not a fan of exact numbers when it comes to nutrition.) To lose fat, however, the opposite is recommended: 500 calories below maintenance.

If you come off of a 500+ calorie bulk and go on a -500 calorie cut, you're swinging your intake 1000 calories and expecting muscle tissue to maintain the same level of homeostasis. Even without adjusting your training routine (even though most people do), the change in calories is enough to effect levels of muscularity.

So why rush a cut then? Because cutting sucks. No one wants the extra fat. No one wants to starve all day long. The lifestyle it affords is shitty—all the more reason to use the Chaos Bulk.

7. *Why not just bulk and cut?*

Although bulking and cutting have their merits and their place in history, they are antiquated because of the boom in athletic physical fitness. Back in 1970's, when Bill Starr wrote The Strongest Shall Survive, most athletes—let alone normal fitness folk—didn't train with barbells. Now, even "normal fitness folk" are squatting, pressing, and pulling heavy iron objects.

Athletes that are defined by seasons can do a traditional bulk (and probably should), most athletic physical fitness enthusiasts **aren't** defined by seasons or in intense states of sport specific practice and energy depletion nine months out of the year. We just want to lift weights and achieve a better body while retaining our youthful movement exuberance. **We don't want to spend six months with our gut sagging over our belt**. We just want to make sure we're primed to add muscle when we're ready to add muscle. Why let body fat ride shotgun?

8. *Who is a candidate for traditional bulking and cutting as opposed to the clean bulk?*

The biggest benefits of having separate bulking and cutting phases is that it ensures your body is in an optimal state given your goal. They provide **tangible** progress over a short period of time. As mentioned, however, muscle gain isn't exactly a linear process.

This “fixes” the problem of under eating, which hangs a lot of people up on a clean bulk. But how sensible is going on a linear weight gaining binge? Well, depending on your situation, it might make a lot of sense.

Take athletes, for example. Footballers, bodybuilders, powerlifters, and other athletes are defined by seasons of competition. So when you’re a wide receiver that’s twenty pounds underweight and getting manhandled off the line of scrimmage, you need to address this in the **offseason**. You can’t do it **inseason,** as it would be impossible with the amount of sport specific work (practice, games, film sessions, etc.) you’re doing and with the amount of fatigue you’re fighting.

The offseason is when the heaviest, intensive, and most focused strength training happens. Since this is the *only* time athletes can do damage in the weight room, they get after it and force as much muscular adaptation possible. Optimizing muscular growth via bulking makes sense in this case. Linear adaptations are forced because this small window of time is the only chance to make tangible progress. Their body is usually primed to work in such a fashion because of the long phase of nutrient deprivation and fatigue.

Bulking and cutting also deliver the benefit of certainty. When you gain weight, you know you gained weight. No ifs, ands, or buts. And if you’re training consistently, there’s a good chance *some* of the weight will be muscle.

This is usually why bulking and cutting are recommended. They ensure of *something* happening. The alternative—nothing happening—isn't fun. (And, as explained earlier, nothing happening is usually the norm for clean bulk hopefuls.)

Athletes aside, the bulk and cut "unidirectional" mindset is necessary for some. Living in a vacuum of *either* gaining weight *or* losing weight helps keep the eyes on the prize because results are quickly visible. Gaining one pound per week means you can see "something" happening—both on the scale and in the mirror—within one month. Same goes for losing fat.

After all, teetering between muscle gain and fat loss is difficult—certainly more so than overfeeding for a while and underfeeding for a while. Clean bulkers try splitting the difference, and end up on a stagnant nutrition program—they eat the same quantity and type of food day in and day out, and usually less than they need on average. As mentioned, clean bulkers fear fat. This fat fear combined with stagnant nutrition delivers the stunning result of zero progress.

The immediate visual reward of traditional bulking is necessary. Both the scale and mirror are affirmation that *something* is happening. That's fine. But the Chaos Bulk isn't for these people. The Chaos Bulk is ideal for those looking for a clean bulk strategy that works. It's for those looking to gain muscle slowly over time that never want to go through a fat bulking phase.

### *9. Why so much whey?*

The Chaos Core calls for so much whey because it's really really cost effective. One pound of whey from True Nutrition costs $6. One pound of chicken costs $2-3 (and that's non-organic, bottom row chicken).

But the whey will get you 30+ servings. That's less than $1 for 30 grams of protein. You won't find that kind of ratio with food.

## If you enjoyed this product, browse the other products and resources Anthony Mychal has available!

1. The Skinny-Fat Solution //

    - A former skinny-fat ectomorph, Anthony pieced together a hugely comprehensive resource for those that also suffer from skinny-fat syndrome. It caters to the psychological, emotional, and physical issues that skinny-fat sufferers deal with. There are a ton of documents packed in this resource including a long term training program, fat loss plan, lifestyle plan, and training philosophy.

2. An Athlete's Guide to Chronic Knee Pain //

    - Anthony tricks, lifts, and jumps around like a wildebeest. His knees are important to him. He's had nearly every chronic knee problem you could imagine, and he's conquered them all. There's a video floating about YouTube that showcases just how bad his knees are—crunching, popping, cracking, and snapping noises emanate from it as he moves it—yet he's back in action. This resource will either get you back up to speed or prevent knee problems.