

For the first 8 weeks, we will be eating at a slight calorie surplus. Since volume is low and we are focusing on muscle density gains, we don't want to overdo the surplus. That said, this is absolutely not the time to be in a deficit. Strength and muscle gains come much better when eating around maintenance or slightly above.

I recommend creating an average daily surplus of about 170 calories. This works out to being about a 5000 calories surplus over the course of the month... There are 2500 calories in one pounds of muscle.

So that's enough calories to support about two pounds of muscle per month. Even if the last 1000-2000 calories ends up in fat storage. That's only about 1/3 to 1/2 a pound of fat. Hardly anything to worry about. Hell you could burn that off in a few days of eating at a deficit.

You definitely don't want to add lots of fat on a lean bulk. But you can't be scared of adding a couple pounds of fat over a period of three months. That will make you go crazy!

So here's how your calories should be set:

Maintenance Calories = 15 calories per pound of bodyweight.

Lifting Days (3x per week) - 400 calories above maintenance

Rest Days (4x per week) - Maintenance Calories

For someone that is about 170 lbs it should look like this:

Rest Days - 2,550

Lifting Days - 2,950

Here's how your macros should look:

Protein - 25% of total calories

Fat - 35% of total calories

Carbs - 40% of total calories

On your training days your macros will be identical but you'll add an extra 400 calories in the form of primarily carbs. This is because protein and fat will already be very sufficient.

Remember, at just an average calorie surplus of 170 calories per day, there's really no reason to worry about fat gain. The very slight surplus will help support your training and help fill you up.

Intermittent Fasting

Just like the regular Greek God Program, you will be fasting each and everyday. I recommend fasting for the first 4-6 hours of the day and averaging a total fast (sleep included) of about 14-16 hours daily. This, I feel is extremely optimal for muscle growth.

If you're fasting beyond 18-20 hours, everyday, that can be great for fat loss, but it will make it more challenging to hit the appropriate amount of calories to support the lean bulk.

So if you wake up at 8am, you will fast until about 12-2pm and your last meal should be 8-10 hours later (8pm to 12am).. This will ensure the perfect fasting and eating length for maximizing muscle growth.

To make the fast seamless, I recommend drinking sparkling water and black coffee or americano's during the fasting

portion of the day to blunt appetite.

You want to be fasting everyday, even on your lifting days. And on your lifting days, you can perform your workouts in a fasted state or between one of your meals. To get an optimal anabolic response to training, I don't recommend training after your last meal.