

RECOMMENDED SUPPLEMENTATION



NUTRITION PLAN

Supplementation while shredding down and cutting body fat can be crucial if we want to preserve lean muscle mass and gain strength. Here's why:

CONTROLLING HUNGER
KEEPING ENERGY LEVELS HIGH
PRESERVING LEAN MUSCLE MASS WHEN IN A CALORIC
DEFICIT
ENSURING OPTIMAL RECOVERY
IMPROVING SLEEP QUALITY
MAINTAINING/IMPROVING OVERALL HEALTH

Supplementation while packing on lean muscle mass is crucial for a few reasons:

INCREASING CALORIES CONSUMED
KEEPING ENERGY LEVELS HIGH

KEEPING YOU IN AN ANABOLIC STATE
ENSURING OPTIMAL RECOVERY
IMPROVING SLEEP QUALITY
MAINTAINING/IMPROVING OVERALL HEALTH

There isn't a supplement around that will do the work for you. It's all in the training and nutrition, so you should only supplement to help you with training, and more importantly, nutrition.

MULTI-VITAMINS

Multi-Vitamins provide your body with the basic foundation of micronutrients your body needs to sustain a healthy lifestyle. They are even more important when trying to shred fat or build muscle, as your body is trying to adapt to the extreme amounts of stress and wear-n-tear you are putting on it. Taking multi-vitamins help you fill in the missing nutrients from where you lack in your diet.

KRILL OIL

Similar to fish oil but sourced from cleaner sources, Krill Oil is packed with Omega-3 fatty acids that are needed for many of your bodies daily functions. These Omega-3's are packed with antioxidants that help fight inflammation and reduce joint pain. They also substantially improve circulation, cardiovascular health, and brain health. Basically, they're

important for everything. If you are not consuming fatty fish daily, then you need to be supplementing with Krill Oil.

MAGNESIUM

Adding a magnesium supplement to your daily regimen helps keep you calm and suppress cortisol. Keeping our cortisol levels decreases the chance of unwanted muscle breakdown and storing body fat.

MELATONIN

Melatonin is a great supplement to use to help you get your sleep schedule back on track. Melatonin is a natural sleep hormone that can become easily depleted. When it is depleted you will experience trouble falling asleep and staying asleep. The quality and duration of your sleep matters, especially when it comes to recovering fully.

WHEY PROTEIN

Whey protein is a fast digesting protein that is absorbed quickly by the body. Supplementing with whey protein helps you achieve your daily protein requirements and is especially beneficial when you need an on-the-go meal. Some of the benefits include – increasing lean mass, increased strength, and muscle preservation when cutting body fat.

GREENS SUPPLEMENT

Vegetables suck, I know, and that is why most people tend to leave these out of their diets. I do not recommend using a greens supplement to completely remove vegetables from your diet, however, many greens supplements are packed with enough daily vitamins and minerals we need. When we are trying to reach our macronutrient goals, vegetables can be difficult to fit in, so replacing 1 or 2 meals a day with a greens supplement is just fine.

AMINO ACIDS

Amino acids are what protein is broken down into. When training they help reduce feelings of fatigue and decrease muscle damage and soreness. I recommend taking amino acids before, during, and/or after training to increase muscle protein synthesis and preserve muscle mass when cutting body fat. These should be taken as a great recovery tool.

PRE-WORKOUT

Pre-workouts are designed to help you push yourself and keep you operating at 100%. But pre-workouts are more than just an energy booster. The right pre-workout should be used to increase your mental focus and performance in the gym, drive more blood to your muscles (that “pump” sensation), reduce more soreness and fatigue, and initiate quicker muscle recovery. If you struggle to find the energy for the gym, then think about adding a pre-workout to your regiment.

INTRA WORKOUT

The perfect supplement for strenuous training, intra-workout complexes are packed with ingredients that keep you fueled during training. This supplement is absorbed rapidly and contains the necessary ingredients to get stronger, build muscle, and/or burn fat, depending on your goals. A good intra-workout will be packed with creatine, amino acids, and fast-acting carbohydrates. I suggest taking intra-supplements before, or during your training. You'll feel like a beast when training with an intra-workout supplement.