

ULISSES PRESENTS

GET MASS

**TRAINING PROGRAM
SUPPLEMENT LIST
ABS TRAINING
DIET PLAN**

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**MUSCLE MANIA
PRO**

25 PAGES

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DISCLAIMER

You should consult your physician or other health care professional before starting this or any other fitness program as well as making any nutritional changes in order to determine if it is right for your needs. Get Mass by Ulisses and Ulisses World offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on the following material and all subsequent information as a substitute or replacement for professional medical advice, diagnosis, treatment, or rehabilitation. The information distributed and promoted are meant to supplement, not replace, proper exercise training. By engaging in this program, you acknowledge that it is your sole responsibility to consult with your physician regarding both your medical fitness to engage in this exercise program and any medical or physical conditions which might arise during the course of your exercise program. If you have any concerns or questions about your health, you agree to consult with a physician or other health-care professional. You further agree to not disregard, avoid or delay obtaining medical or health related advice from your health-care professional in connection with information or suggestions provided. The use of any information provided, distributed, and promoted are to be used solely at your own risk. Please discuss all nutritional changes with your physician or a registered dietician. Don't perform any exercise without proper instruction. Always perform a warm-up prior to performing any type of physical activity. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately and arrange to be seen and evaluate by a physician. Developments in medical research may impact the health, fitness and nutritional advice that is promoted and distributed. No guarantee can be given that the advice promoted and distributed will always include the most recent findings or developments with respect to that particular subject. All exercise poses possible risk of injury or death, depending upon your underlying medical condition. We advise everyone to take full responsibility for their safety and know their limits. Do not take risks beyond your level of experience, expertise, training and fitness level. Don't perform any exercise unless you have been shown the proper technique by a certified fitness professional (personal trainer or certified strength and conditioning specialist). By enrolling in the program, you agree to consult your physician or other health care professional before starting this fitness program.

INTRODUCTION

Welcome to my most up to date and thorough guide to gaining lean muscle mass, increasing muscle strength and building symmetry in your physique. The following pages will take you through everything you need to know about what foods to eat to support your body in an intense fitness regimen, what exercises you need to do to ensure you have maximum efficiency in the gym and finally the secrets to preventing injury in a tough bodybuilding program. This is the information I have collated from a career of bodybuilding so I hope you enjoy it and I am sure that if you play by the rules, you too can have the physique you desire.

PRE-TRAINING STRETCHES

Foam Rolling The T-spine

It's no secret that posture is one of the biggest predisposing factors to injury in active individuals so it is important to keep your back mobile with no unbalanced apex in your spinal curvature. When we refer to the T-spine this is the area from the very top of your back (but not as high as your neck) down to around the same level as you can feel your very bottom ribs. Isolate this area and spending 5 minutes before every workout rolling back and forth to mobilize the joints and release any trigger points in the muscles on this area and to work on the soft tissue.

TRAINING PROGRAM

Guidelines:

- Weeks 1 to 5
- Main Exercises: 4 Sets, 8-12 reps, 60 seconds rest per set
 - Exercises in **RED** indicate a Super Set
 - Finishers in **BLUE** indicate a Giant Set of 50 reps
- Weeks 6 to 12
- Main Exercises: 5 Sets, 6-10 reps, 90 seconds rest per set
 - Exercises in **RED** indicate a Super Set
 - Finishers in **BLUE** indicate a Giant Set of 30 reps
- Abs and Cardio are provided for a healthy maintenance

MONDAY: CHEST AND TRICEPS

OPENER:

Weighted Push-Ups	1 set	50 reps
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MAIN:

Barbell Bench Press	4 sets	12, 12, 10, 8 reps
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Dumbbell Incline Press	4 sets	12, 12, 10, 8 reps
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Barbell Decline Press	4 sets	12, 12, 10, 8 reps
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Dumbbell Flys	4 sets	12, 12, 10, 8 reps
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Dumbbell Close Press	4 sets	12, 12, 10, 8 reps
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Bodyweight Dips	4 sets	12, 12, 10, 8 reps
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Rope Tricep Press-Downs	4 sets	12, 12, 10, 8 reps
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FINISHER:

Dumbbell Pullovers	1 set	50 reps
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TUESDAY: BACK AND ABS

OPENER:

Lat PullDowns	1 set	50 reps
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MAIN:

Deadlift	4 sets	12, 12, 10, 8 reps
T-Bar Row	4 sets	12, 12, 10, 8 reps
Band/Weighted or Regular Pull-Ups	4 sets	12, 12, 10, 8 reps

One Arm Dumbbell Row	4 sets	12, 12, 10, 8 reps
Double Arm Dumbbell Row	4 sets	12, 12, 10, 8 reps

FINISHER:

Close Grip Reverse Lat Pulldowns	1 set	50 reps
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ABS:

Crunches	4 sets	15, 20, 25, 25 reps
Oblique Crunches	4 sets	15, 20, 25, 25 reps
Plank	4 sets	60 seconds per set
Side Plank	4 sets	60 seconds per set

*If you can, hold the Plank for a longer time

WEDNESDAY: OFF-RECOVERY



"DEDICATION HAS NO LIMITATIONS"

THURSDAY: LEGS AND ABS

OPENER:

Leg Extensions	4 sets	12, 12, 10, 8 reps
Banded Split Squats	4 sets	12, 12, 10, 8 reps

MAIN:

Barbell Squat	4 sets	12, 12, 10, 8 reps
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Leg Press	4 sets	12, 12, 10, 8 reps
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GHR or Stiff-leg Deadlift	4 sets	12, 12, 10, 8 reps
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Lying Leg Curl	4 sets	12, 12, 10, 8 reps
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Smith Machine Calf Raises	4 sets	12, 12, 10, 8 reps
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Seated Calf Raise	4 sets	12, 12, 10, 8 reps
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FINISHER:

Smith Machine Squat Variation	1 set	50 reps
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ABS:

Crunches	4 sets	15, 20, 25, 25 reps
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Oblique Crunches	4 sets	15, 20, 25, 25 reps
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Plank	4 sets	60 seconds per set
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Side Plank	4 sets	60 seconds per set
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*If you can, hold the Plank for a longer time

FRIDAY: SHOULDERS AND BICEPS

OPENER:

Dumbbell Lateral Raise	1 set	100 reps
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*See video on UlissesWorld.com

MAIN:

Standing Barbell Overhead Press	4 sets	12, 12, 10, 8 reps
EZ Bar Front Raise	4 sets	12, 12, 10, 8 reps
Seated Dumbbell Shoulder Press	4 sets	12, 12, 10, 8 reps
Incline Bench Posterior Raise	4 sets	12, 12, 10, 8 reps

FINISHER:

Front Barbell Shrugs	1 set	50 reps
Back Barbell Shrugs (Smith Machine)	1 set	50 reps

BICEPS:

Standing Dumbbell Alternate Curls	4 sets	12, 12, 10, 8 reps
Barbell Curls	4 sets	12, 12, 10, 8 reps
Dumbbell Hammer Curls	4 sets	12, 12, 10, 8 reps
Preacher Bench Dumbbell Curls	4 sets	12, 12, 10, 8 reps

FINISHER:

EZ Bar Curls Variation	1 set	50 reps
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CARDIO PROGRAM

MONDAY AFTER TRAINING: HIIT SESSION

TREADMILL or STAIRMASTER

30 seconds FAST INTENSITY
120 seconds WALK

30 seconds FAST INTENSITY
90 seconds WALK

30 seconds FAST INTENSITY
60 seconds WALK

30 seconds FAST INTENSITY
45 seconds WALK

30 seconds FAST INTENSITY
30 seconds WALK

30 seconds FAST INTENSITY
45 seconds WALK

30 seconds FAST INTENSITY
60 seconds WALK

30 seconds FAST INTENSITY
90 seconds WALK

30 seconds FAST INTENSITY
120 seconds WALK

ALTERNATIVE

FOR THOSE WITH INJURIES AND CANNOT PERFORM ON THE TREADMILL OR STAIRMASTER

ROWING

Beginner:

4 x 100m as 100m steady

4 x 100m as 75m steady, 25m hard

4 x 200m as 50m steady, 50m hard

4 x 200m as 25m steady, 75m hard

4 x 100m as 100m hard

Advanced:

4 x 200m as 200m steady

4 x 200m as 150m steady, 50m hard

4 x 200m as 100m steady, 100m hard

4 x 200m as 50m steady, 150m hard

4 x 200m as 200m hard

POST-TRAINING STRETCHES

Rectus Femoris/Hip Flexor Stretch on Swiss Ball with Torso Side Bending

Most people know how to stretch their hip flexors but this compartment of muscles does not work alone. The connections it has to the trunk musculature are intimate and as such it's a great idea to involve these when you are stretching out. Simply kneel down on one knee as if you were at the bottom of the lunge and lean forward until you feel the stretch in the front of your hip. From there lift your back foot off the floor and rest it on a swiss ball to bring the stretch more so into the front of your thigh. Next up lean your torso to the opposite side as the one that you are feeling the stretch in. This should give you a great stretch of the whole side of your torso, hip and front of your quads.

Pec Minor Stretch with Sternocleidomastoid Stretch

This is another combined stretch and for this one you will need a wall or doorframe to lean on. Hold your arm up so that your upper arm is at a 90-degree angle to your shoulder and that the angle in your elbow is also at 90-degrees. Rest your forearm and elbow onto the wall or doorframe and lean forward until you feel the stretch in your pectoral musculature. Now tilt your head backwards ever so slightly before bending your head to the side opposite to that you are stretching your chest. Lastly, rotate your head away from the chest side you are stretching until you feel a stretch in the side and front of your neck.

DIET PLAN - GUIDELINES

Your starting weight reflects your diet plan

- 70 kg = 70 kg Plan
- If you're 75 kg – Choose which plan (70kg or 80 kg) works best on your current calorie consumption

ZMA is to be taken an hour before your last meal on an empty stomach.

- 90 minutes after meal 7, and well before meal 8 for optimal absorption

Hydration

- Consume a minimum of 3 L of water.

Cheat Meal

- One sensible cheat meal is allowed a week.

Low Sugar Consumption, NO Alcohol Consumption and NO fried foods

- Pop drinks/sodas should be avoided

DIET PLAN - 70 KG

Day 1											
Food	Size/Weight	Calories (kcal)	Protein (g)	Carbohydrate (g)	of which sugars (g)	Fat (g)	saturates (g)	Fibre (g)	Sodium (g)	Salt (g)	
Meal 1											
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525	
Multi-Vitamins											
Meal 2											
Porridge Oats	100g	374	11	60	1.1	8	1.5	9	trace	trace	
Skimmed Milk	300ml	110	10.8	14.7	14.7	0.9	0.3	0	0.1	0.2	
Sunflower Seeds	20g	118	4	3.8	0.4	9.6	1	1.2	trace	trace	
Pumpkin Seeds	20g	124	6.8	3.2	0.2	9.2	1.8	0.8	trace	trace	
Meal 3 - Snack											
Beef Jerky	42.5g	120	16.8	9.7	7	1.6	0.7	0	0.5	1.38	
Crushed Avocado	1/2 Avocado (80g)	160	1.5	1.5	0.4	15.6	3.3	2.7	0.1	0.2	
Oat Cakes	4 Oat Cakes	144	3.2	17.2	0.4	7.2	2.8	2.4	0.24	0.36	
BCAA Capsule	4 Caps										
Meal 4											
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525	
Meal 5											
Turkey Breast	200g	200	44.6	0	0	2.4	1.2	0	0.2	0.6	
Mangetout Peas	80g	26	2.9	3.4	2.7	0.2	trace	1.8	0	0	
Baby New Potatoes	125g	103	2.7	22	0.75	0.25	0.15	1.7	trace	trace	
Meal 6 - Post Workout Shake											
Pear	1 Pear (133g)	62	0.4	13.3	13.3	0.1	trace	2.9	trace	trace	
Brazil Nuts	10 Nuts (50g)	346	7	1.5	1.2	34.1	8.2	2.2	trace	trace	
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525	
Vitargo	75g	280	trace	69	trace	trace	trace	trace			
Glutamine Powder	5g Serving										
Creatine Powder (Crea 8) - EHP Labs	5g Serving										
Meal 7											
Rapeseed Oil	1 Tablespoon (15g)	135	0	0	0	15	1	0	0	0	
Chicken Breast	2 Breasts (130g each)	360	74.8	0	0	6.8	2	0	0.2	0.5	
Beansprouts	100g	34	2.9	3.7	2.1	0.5	0.1	1.5	0.1	0.3	
Courgette	100g	20	1.8	1.8	1.7	0.4	0.1	0.9	trace	trace	
Brown Rice	50g (Uncooked)	178	3.5	37	0.65	1.4	0.4	0.95	trace	trace	
ZMA (take on an empty stomach before meal 8)	1 Serving										
Meal 8											
Casein Protein Powder	32g Serving	114	24.4	3	1.5	0.5	0.2	0.4	0.242	0.6	
Fish Oil Capsules	2 Softgels	20	0	0	0	2		0	0	0	
Daily Total:		3288 kcal	279.1G	268.8G	50.1G	115.8G	25.8G	28.5G	2.1G	5.2G	

Day 2										
Food	Size/Weight	Calories (kcal)	Protein (g)	Carbohydrate (g)	of which sugars (g)	Fat (g)	saturates (g)	Fibre (g)	Sodium (g)	Salt (g)
Meal 1										
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525
Multi-Vitamins										
Meal 2										
Boiled Eggs	4 Medium Eggs	264	25.6	trace	trace	18.4	5.2	0	0.2	0.5
Smoked Salmon	100g	180	23	trace	trace	9.8	1.8	0	1.4	3.2
Cottage Cheese	120g	76	11.4	6	4.2	0.6	0.4	0	0.2	0.6
Meal 3 - Snack										
Beef Jerky	42.5g	120	16.8	9.7	7	1.6	0.7	0	0.5	1.38
Hazelnuts	20g	130	2.8	1.2	0.8	12.8	1	1.4	trace	trace
Pecans	20g	140	1.8	1.2	0.8	14	1.2	1	trace	trace
BCAA Capsule	4 Caps									
Meal 4										
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525
Meal 5										
Turkey Breast	200g	200	44.6	0	0	2.4	1.2	0	0.2	0.6
Sliced Tomato	1 Tomato (80g)	14	0.6	2.5	2.5	0.2	trace	0.8	trace	trace
Green Pepper	1/2 Pepper (50g)	8	0.4	1.3	1.2	0.2	trace	0.8	trace	trace
Mixed Leaf Salad	45g	8	0.4	0.8	0.8	0.2	trace	0.6	trace	trace
Avocado	1 Avocado 160g	320	3	3	0.8	31.2	6.6	5.4	0.2	0.4
Balsamic Vinegar	1 Tablespoon (15ml)	17	0.2	4	4	0	0	trace	trace	trace
Sweet Potato Medium	140g (1 Medium)	133	1.7	29.82	7.98	0.42	0.14	3.36	trace	trace
Meal 6 - Post Workout Shake										
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525
Vitargo	75g	280	trace	69	trace	trace	trace	trace		
Glutamine Powder	5g Serving									
Creatine Powder (Crea 8) - EHP Labs	5g Serving									
Pear	1 Pear (133g)	62	0.4	13.3	13.3	0.1	trace	2.9	trace	trace
Walnuts	20g	134	3	0.6	0.6	13.8	1.2	0.8	trace	trace
Almonds	40g	252	8.4	2.8	1.6	22.4	1.6	2.8	trace	trace
Meal 7										
Chicken Breast	2 Breasts (130g each)	360	74.8	0	0	6.8	2	0	0.2	0.5
Olive Oil	1 Tablespoon (15g)	135	0	0	0	15	2.1	0	0	0
Spinach	100g	29	2.8	1.6	1.5	0.8	0.1	2.1	trace	trace
Carrot	1 Medium (61g)	25	1	6	3	0	0	2	trace	trace
Sugar Snap Peas	80g	30	2.7	3.8	2.8	0.2	trace	1.2	trace	trace
Cous Cous Plain	50g (uncooked)	177	6.8	35	1	1.1	0.25	3.5	trace	trace
ZMA (take on an empty stomach before meal 8)	1 Serving									
Meal 8										
Casein Protein Powder	32g Serving	114	24.4	3	1.5	0.5	0.2	0.4	0.242	0.6
Fish Oil Capsules	2 Softgels	20	0	0	0	2		0	0	0
Total 0% Fat Greek Yogurt	1 Small Pot (170g)	97	17.5	6.8	6.8	0	0	0	0.0646	0.162
Pistachio Nuts	20g	11.4	4.2	3.6	1.6	8.8	1	2	trace	trace
Pecans	20g	140	1.8	1.2	0.8	14	1.2	1	trace	trace
Pumpkin Seeds	20g	124	6.8	3.6	0.2	9.2	1.8	0.8	trace	trace
Daily Total:		3374 kcal	292.2G	195.6G	55.9G	154.0G	26.5G	28.7G	3.3G	8.2G

Day 3

Food	Size/Weight	Calories (kcal)	Protein (g)	Carbohydrate (g)	of which sugars (g)	Fat (g)	saturates (g)	Fibre (g)	Sodium (g)	Salt (g)
Meal 1										
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525
Multi-Vitamins										
Meal 2										
Porridge Oats (Quaker)	100g	374	11	60	1.1	8	1.5	9	trace	trace
Skimmed Milk	300ml	110	10.8	14.7	14.7	0.9	0.3	0	0.1	0.2
Sesame Seeds	20g	126	4.4	0.2	0.08	11.6	1.6	1.6	trace	trace
Meal 3 - Snack										
Peanut Butter Crunchy	20g Serving	123	5.1	3	0.96	11.78	1.88	1.36	0.08	0.2
Oat Cakes	2 Oat Cakes	72	1.6	8.6	0.2	3.6	1.4	1.2	0.12	0.18
Orange	1 Orange (154g)	60	1.7	13.1	13.1	0.2	0	2.6	trace	trace
Pear	1 Pear (133g)	62	0.4	13.3	13.3	0.1	trace	2.9	trace	trace
Kiwi	1 Kiwi (65g)	36	0.7	6.9	6.7	0.3	trace	1.2	trace	trace
BCAA Capsules	4 Caps									
Meal 4										
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525
Meal 5										
Chicken Breast	130g Breast	180	37.4	0	0	3.4	1	0	0.1	0.25
Olive Oil	1 Tablespoon (15g)	135	0	0	0	15	2.1	0	0	0
Olives Black (in brine)	8 Olives (30g)	44	0.4	1	trace	4.4	0.6	1	0.6	1.6
Little Gem Lettuce	45g (Half a lettuce)	7	0.4	0.8	0.8	0.2	trace	0.4	trace	trace
Onion Red	1 Medium (110g)	42	1.3	8.7	6.1	0.2	0	1.5	0	0
Tomato	1 Tomato (80g)	14	0.6	2.5	2.5	0.2	trace	0.8	trace	trace
Baked Sweet Potato	140g (1 Medium)	133	1.7	29.82	7.98	0.42	0.14	3.36	trace	trace
Meal 6 - Post Workout Shake										
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525
Vitargo	75g	280	trace	69	trace	trace	trace	trace		
Glutamine Powder	5g Serving									
Creatine Powder (Crea 8) - EHP Labs	5g Serving									
Total 0% Fat Greek Yogurt	1 Small Pot (170g)	97	17.5	6.8	6.8	0	0	0	0.0646	0.162
Blackberries	100g	43	1	10	5	0	0	5	trace	trace
Meal 7										
Grilled Salmon Fillet	140g	275	27.2	0	0	18.3	3.4	0	0.1	0.4
Beansprouts	100g	34	2.9	3.7	2.1	0.5	0.1	1.5	0.1	0.3
Spinach	100g	29	2.8	1.6	1.5	0.8	0.1	2.1	trace	trace
Bulgar Wheat	50g (uncooked)	185	7.4	36.1	1.4	1.2	0.25	3.7	0.1	0.25
ZMA (take on an empty stomach before meal 8)	1 Serving									
Meal 8										
Casein Protein Powder	32g Serving	114	24.4	3	1.5	0.5	0.2	0.4	0.242	0.6
Fish Oil Capsules	2 Softgels	20	0	0	0	2		0	0	0
Almonds	40g	252	8.4	2.8	1.6	22.4	1.6	2.8	trace	trace
Pumpkin Seeds	20g	124	6.8	3.6	0.2	9.2	1.8	0.8	trace	trace
Sunflower Seeds	20g	118	4	3.8	0.4	9.6	1	1.2	trace	trace
Daily Total:		3369 kcal	239.9G	307.0G	90.0G	126.8G	20.0G	44.4G	2.0G	5.2G

DIET PLAN - 80 KG

Day 1											
Food	Size/Weight	Calories (kcal)	Protein (g)	Carbohydrate (g)	of which sugars (g)	Fat (g)	saturated (g)	Fibre (g)	Sodium (g)	Salt (g)	
Meal 1											
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525	
Multi-Vitamins											
Meal 2											
Porridge Oats (Quaker)	100g	374	11	60	1.1	8	1.5	9	trace	trace	
Skimmed Milk	300ml	110	10.8	14.7	14.7	0.9	0.3	0	0.1	0.2	
Flaxseed (Linwoods)	10g	51	2.2	0.2	0.2	4.6	0.4	2.9	trace	trace	
Meal 3 - Snack											
Brazil Nuts	10 Nuts (50g)	345	7	1.5	1	34	8	2	trace	trace	
Dried Apricots	30g	60	0.6	12.9	7.2	trace	trace	1.7	trace	trace	
BCAA Capsules	4 Caps										
Meal 4											
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525	
Meal 5											
Bean Salad											
Chicken Breast	130g Breast	180	37.4	0	0	3.4	1	0	0.1	0.25	
Bulgar Wheat	50g	40	1.6	7	trace	0.16	trace	2.7	trace	trace	
Edamame Beans	40g	56	4.4	3.9	0.9	2.1	0.24	2.1	trace	trace	
Haricot Beans	40g	25	2.2	3.5	0.2	0.2	0.1	3.1	trace	trace	
Black Olives	15g	22	0.2	0.5	trace	2.2	0.3	0.5	0.1	0.3	
Mild Salsa	40g	13	0.5	2.6	1.6	trace	trace	0.4	0.22	0.56	
Meal 6 - Post Workout Shake											
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525	
Vitargo	75g	280	trace	69	trace	trace	trace	trace			
Glutamine Powder	5g Serving										
Creatine Powder (Crea 8) - EHP Labs	5g Serving										
Pumpkin Seeds	40g	246	13.6	7.2	0.4	18.4	3.6	1.6	trace	trace	
Meal 7											
Chilli Con Carne											
Lean Mince Beef	250g	310	52	0	0	11.2	5	0	0.2	0.8	
Onion Brown	1 Medium (110g)	42	1.4	8.6	6.1	0.2	0	2	0	0	
Kidney Beans (Red)	1/2 Tin (120g)	125	8.3	21.4	4.3	0.7	0.1	7.4	trace	trace	
Tinned Chopped Tomatoes	1/2 Tin (200g)	37	2	6	5.6	0.2	trace	1.4	trace	trace	
Chilli Powder											
Brown Rice	100g (Uncooked)	355	6.9	74	1.3	2.8	0.8	1.9	trace	trace	
Broccoli	100g	38	3.3	2.3	1.4	0.9	0.2	3.6	trace	trace	
Watercress	Half Pack (42.5g)	6	0.8	0.4	trace	trace	trace	0.6	0.1	0.4	
ZMA (take on an empty stomach before meal 8)	1 serving										
Meal 8											
Total 0% Fat Greek Yogurt	1 Small Pot (170g)	97	17.5	6.8	6.8	0	0	0	0.0646	0.162	
Fish Oil Capsules	2 Softgels	20	0	0	0	2		0	0	0	
Sesame Seeds	20g	126	4.4	0.2	0.08	11.6	1.6	1.6	trace	trace	
Daily Total:		3238 kcal	248.1G	306.7G	54.9G	105.6G	24.1G	44.5G	1.3G	3.7G	

Day 2										
Food	Size/Weight	Calories (kcal)	Protein (g)	Carbohydrate (g)	of which sugars (g)	Fat (g)	saturates (g)	Fibre (g)	Sodium (g)	Salt (g)
Meal 1										
Hydrolysed Whey Isolate Multi-Vitamins	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525
Meal 2										
Bread Wholemeal Medium	3 Slice (40g each)	276	12	45.3	4.8	3.3	0.9	8.1	0.48	1.26
Smoked Salmon	100g	180	23	trace	trace	9.8	1.8	0	1.4	3.6
Cottage Cheese	60g	38	5.7	3	2.1	0.3	0.2	0	0.1	0.3
Meal 3 - Snack										
Rice Cakes	3 Rice Cake	90	1.8	18.6	0.3	0.6	0.3	0.9	0.03	trace
Cottage Cheese	120g	76	11.4	6	4.2	0.6	0.4	0	0.2	0.6
Brazil Nuts	10 Nuts (50g)	345	7	1.5	1	34	8	2	trace	trace
BCAA Capsules	4 Caps									
Meal 4										
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525
Meal 5										
Beef Steak Fried With Fat Removed	310g	430	86.8	0	0	9	4	0	0.4	1
Green Lentils (Tinned)	100g (Cooked/ Tinned)	85	6.4	11	0.9	0.4	trace	6	trace	trace
Feta Cheese	30g	85	4.8	0.3	0.3	6.9	3.9	0	0.4	0.9
Olives Black (in brine)	15g	22	0.2	0.5	trace	2.2	0.3	0.3		
Cous Cous Plain	50g (uncooked)	178	6.8	52.5	1	1	0.26	3.5	trace	trace
Beef (Cooked Sandwich Ham)	3 Slice (12.5g each)	42	7.2	1.2	0.3	0.9	0.3	0	0.3	0.6
Meal 6 - Post Workout Shake										
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525
Vitargo	75g	280	trace	69	trace	trace	trace	trace		
Glutamine Powder	5g Serving									
Creatine Powder (Crea 8) - EHP Labs	5g Serving									
Peach	1 Peach (100g)	38	1	7.6	7.6	0.1	0	1.5	trace	trace
Meal 7										
2 Chicken Breasts	Two 130g Breast	360	74.8	0	0	6.8	2	0	0.2	0.5
Olive Oil	1 Tablespoon (15g)	135	0	0	0	15	2.1	0	0	0
Beansprouts	100g	34	2.9	3.7	2.1	0.5	0.1	1.5	0.1	0.3
Broccoli	100g	38	3.3	2.3	1.4	0.9	0.2	3.6	trace	trace
Onion Red	1 Medium (110g)	42	1.3	8.7	6.1	0.2	0	1.5	0	0
Oyster Sauce	15ml (tablespoon)	14	trace	3.3	2.6	trace	trace	trace	0.6	1.5
Bulgar Wheat	50g (uncooked)	185	7.4	36.1	1.4	1.2	0.25	3.7	0.1	0.25
ZMA (take on an empty stomach before meal 8)	1 Serving									
Meal 8										
Casein Protein Powder	32g Serving	114	24.4	3	1.5	0.5	0.2	0.4	0.242	0.6
Fish Oil Capsules	2 Softgels	20	0	0	0	2		0	0	0
Daily Total:		3387 kcal	348.2G	277.6G	39.6G	98.2G	26.2G	33.0G	5.0G	12.5G

Day 3											
Food	Size/Weight	Calories (kcal)	Protein (g)	Carbohydrate (g)	of which sugars (g)	Fat (g)	saturates (g)	Fibre (g)	Sodium (g)	Salt (g)	
Meal 1											
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525	
Multi-Vitamins											
Meal 2											
Scrambled Eggs	4 Medium Eggs	264	25.6	trace	trace	18.4	5.2	0	0.2	0.5	
Smoked Salmon	100g	180	23	trace	trace	9.8	1.8	0	1.4	3.6	
Cottage Cheese	120g	76	11.4	6	4.2	0.6	0.4	0	0.2	0.6	
Meal 3 - Snack											
Pumpkin Seeds	40g	246	13.6	7.2	0.4	18.4	3.6	1.6	trace	trace	
Apple	1 Apple (133g)	71	0.5	15.7	15.7	0.1	trace	2.4	trace	trace	
Almonds	40g	252	8.4	2.8	1.6	22.4	1.6	2.8	trace	trace	
BCAA Capsules	4 Caps										
Meal 4											
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525	
Meal 5											
Stir Fry											
Spring Onion	4 Onions (50g)	14	1	1.6	1.4	0.2	trace	trace	trace	trace	
Red Pepper	1/2 Pepper (50g)	18	0.5	3.2	3.1	0.2	trace	trace	trace	trace	
Mangetout Peas	80g	26	2.9	3.4	2.7	0.2	trace	trace	trace	trace	
Sweetcorn (Frozen)	100g	115	4.3	17.9	2.2	2.3	0.3	2.8	trace	trace	
Grated Ginger	10g	4	0.1	0.7	0.2	trace	trace	0.2	trace	trace	
Rapeseed Oil	1 Tablespoon (15g)	135	0	0	0	15	1	0	0	0	
Chicken Breast	130g Breast	180	37.4	0	0	3.4	1	0	0.1	0.25	
Quinoa	50g (uncooked)	184	7.1	32.1	1.4	3.1	0.4	4	trace	trace	
Meal 6 - Post Workout Shake											
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525	
Vitargo	75g	280	trace	69	trace	trace	trace	trace			
Glutamine Powder	5g Serving										
Creatine Powder (Crea 8) - EHP Labs	5g Serving										
Banana	1 Banana (150g)	155	1.8	34.8	31.4	0.5	0.2	1.7	trace	trace	
Meal 7											
2 Grilled Lamb Fillets	Two 92g (Trimmed of fat)	330	50.2	0	0	13.6	6.4	0	0.4	0.8	
Bulgar Wheat	50g (uncooked)	185	7.4	36.1	1.4	1.2	0.25	3.7	0.1	0.25	
Broccoli	100g	38	3.3	2.3	1.4	0.9	0.2	3.6	trace	trace	
Mangetout Peas	80g	26	2.9	3.4	2.7	0.2	trace	1.8	0	0	
ZMA (take on an empty stomach before meal 8)	1 Serving										
Meal 8											
Casein Protein Powder	32g Serving	114	24.4	3	1.5	0.5	0.2	0.4	0.242	0.6	
Fish Oil Capsules	2 Softgels	20	0	0	0	2		0	0	0	
Daily Total:		3193 kcal	285.8G	243.2G	73.3G	115.0G	23.6G	25.0G	3.1G	7.7G	

DIET PLAN - 90 KG

Day 1											
Food	Size/Weight	Calories (kcal)	Protein (g)	Carbohydrate (g)	of which sugars (g)	Fat (g)	saturates (g)	Fibre (g)	Sodium (g)	Salt (g)	
Meal 1											
Optimum Nutrition Hydro Whey Multi-Vitamins	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525	
Meal 2											
Porridge Oats (Quaker)	100g	374	11	60	1.1	8	1.5	9	trace	trace	
Skimmed Milk	300ml	110	10.8	14.7	14.7	0.9	0.3	0	0.1	0.2	
Flaxseed (Linwoods)	10g	51	2.2	0.2	0.2	4.6	0.4	2.9	trace	trace	
Blackberries	100g	43	1	10	5	0	0	5	trace	trace	
Meal 3 - Snack											
Hazelnuts	40g	260	5.6	2.4	1.6	25.6	2	2.8	trace	trace	
Pumpkin Seeds	40g	246	13.6	7.2	0.4	18.4	3.6	1.6	trace	trace	
Total 0% Fat Greek Yogurt	1 Small Pot (170g)	97	17.5	6.8	6.8	0	0	0	0.0646	0.162	
Honey Clear	1 Tablespoon (15g)	49	trace	12.2	12.2	trace	trace	0	trace	trace	
BCAA - Optimum Nutrition BCAA 1000 Caps	4 Caps										
Meal 4											
Optimum Nutrition Hydro Whey	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525	
Meal 5											
Chicken Breast	2 Breasts (130g each)	360	74.8	0	0	6.8	2	0	0.2	0.5	
Avocado	1/2 Avocado (80g)	160	1.5	1.5	0.4	15.6	3.3	2.7	0.1	0.2	
Mayonnaise Extra Light Hellmann's	2 Teaspoons (5g each)	8	0.06	1	0.48	0.3	0.06	0.06	0.12	0.28	
Mixed Leaf Salad	45g	8	0.4	0.8	0.8	0.2	trace	0.6	trace	trace	
Rocket	100g	17	0.8	1.7	1.7	0.5	0.1	1.4	trace	trace	
Pear	1 Pear (133g)	62	0.4	13.3	13.3	0.1	trace	2.9	trace	trace	
Meal 6 - Post Workout Shake											
Optimum Nutrition Hydro Whey	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525	
Vitargo	75g	280	trace	69	trace	trace	trace	trace			
Glutamine Powder - Optimum Nutrition	5g Serving										
Creatine Powder - Optimum Nutrition	5g Serving										
Meal 7											
Tuna Steaks	2 Steaks (140g each)	300	69.4	0	0	2.6	0.6	0	0.2	0.4	
Broccoli	100g	38	3.3	2.3	1.4	0.9	0.2	3.6	trace	trace	
Mangetout Peas	80g	26	2.9	3.4	2.7	0.2	trace	1.8	0	0	
Aubergine	100g	20	0.9	2.2	2	0.4	0.1	2	trace	trace	
Courgette	100g	20	1.8	1.8	1.7	0.4	0.1	0.9	trace	trace	
Bulgar Wheat	50g (uncooked)	185	7.4	36.1	1.4	1.2	0.25	3.7	0.1	0.25	
Meal 8											
Optimum Nutrition 100% Gold Standard Casein	32g Serving	114	24.4	3	1.5	0.5	0.2	0.4	0.242	0.6	
Fish Oil - Optimum Nutrition	2 Softgels	20	0	0	0	2	0	0	0	0	
Cottage Cheese	120g	76	11.4	6	4.2	0.6	0.4	0	0.2	0.6	
Oat Cakes	4 Oat Cakes	144	3.2	17.2	0.4	7.2	2.8	2.4	0.24	0.36	
Sesame Seeds	20g	126	4.4	0.2	0.08	11.6	1.6	1.6	trace	trace	
Daily Total:		3474 kcal	328.8G	277.0G	76.1G	110.6G	20.5G	45.4G	2.0G	4.6G	

Day 2

Food	Size/Weight	Calories (kcal)	Protein (g)	Carbohydrate (g)	of which sugars (g)	Fat (g)	saturates (g)	Fibre (g)	Sodium (g)	Salt (g)
Meal 1										
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525
Multi-Vitamins										
Meal 2										
Porridge Oats (Quaker)	100g	374	11	60	1.1	8	1.5	9	trace	trace
Skimmed Milk	300ml	110	10.8	14.7	14.7	0.9	0.3	0	0.1	0.2
Blueberries	100g	32	0.6	6.9	6.9	0.2	trace	1.8	0	0
Flaxseed (Linwoods)	20g	102	4.4	0.4	0.4	9.2	0.8	5.8	trace	trace
Sunflower Seeds	40g	236	8	7.6	0.8	19.2	2	2.4	trace	trace
Meal 3 - Snack										
Almonds	40g	252	8.4	2.8	1.6	22.4	1.6	2.8	trace	trace
Apple	1 Apple (133g)	71	0.5	15.7	15.7	0.1	trace	2.4	trace	trace
Peanut Butter Crunchy	40g Serving	246	10.2	6	1.92	23.56	3.76	2.72	0.16	0.4
BCAA Capsules	4 Caps									
Meal 4										
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525
Meal 5										
Pasta Wholewheat	50g (Uncooked)	160	6.1	6.2	0.2	0.3	trace	0.7	trace	trace
Sweetcorn (Green Giant No Added Salt)	20g	13	0.5	2	0.5	0.2	0.05	0.5	0	0
Tuna Steak	1 Steak (140g)	150	34.7	0	0	1.3	0.3	0	0.1	0.2
Kidney Beans (Red)	1/2 Tin (120g)	125	8.3	21.4	4.3	0.7	0.1	7.4	trace	trace
Cool Salsa Dip (Chilled)	1/4 Pot (50g)	31	0.4	4.4	3.6	1.2	0.1	0.6	0.1	0.2
Meal 6 - Post Workout Shake										
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525
Vitargo	75g	280	trace	69	trace	trace	trace	trace		
Glutamine Powder	5g Serving									
Creatine Powder (Crea 8) - EHP Labs	5g Serving									
Meal 7										
Olive Oil	1 Tablespoon (15g)	135	0	0	0	15	2.1	0	0	0
Chicken Breast	2 Breasts (130g each)	360	74.8	0	0	6.8	2	0	0.2	0.5
Beansprouts	100g	34	2.9	3.7	2.1	0.5	0.1	1.5	0.1	0.3
Onion Brown	1 Medium (110g)	42	1.4	8.6	6.1	0.2	0	2	0	0
Red Pepper	1/2 Pepper (50g)	18	0.5	3.2	3.1	0.2	trace	0.8	trace	trace
Tinned Chopped Tomatoes	1/2 Tin (200g)	37	2	6	5.6	0.2	trace	1.4	trace	trace
Tomato Puree	1 Tsp (15g)	15	0.7	2.7	2.7	trace	trace	0.4	trace	trace
Quinoa	100g (uncooked)	368	14.1	64.2	2.7	6.1	0.7	7	trace	trace
ZMA (take on an empty stomach before meal 8)	1 Serving									
Meal 8										
Casein Protein Powder	32g Serving	114	24.4	3	1.5	0.5	0.2	0.4	0.242	0.6
Fish Oil Capsules	2 Softgels	20	0	0	0	2		0	0	0
Total 0% Fat Greek Yogurt	1 Small Pot (170g)	97	17.5	6.8	6.8	0	0	0	0.0646	0.162
Daily Total:		3702 kcal	302.2G	319.3G	84.3G	120.8G	16.6G	49.6G	1.5G	3.6G

Day 3										
Food	Size/Weight	Calories (kcal)	Protein (g)	Carbohydrate (g)	of which sugars (g)	Fat (g)	saturates (g)	Fibre (g)	Sodium (g)	Salt (g)
Meal 1										
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525
Multi-Vitamins										
Meal 2										
Porridge Oats (Quaker)	100g	374	11	60	1.1	8	1.5	9	trace	trace
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525
Skimmed Milk	300ml	110	10.8	14.7	14.7	0.9	0.3	0	0.1	0.2
Raspberries	100g	32	1.4	4.6	4.6	0.3	trace	2.5	0	0
Pumpkin Seeds	40g	246	13.6	7.2	0.4	18.4	3.6	1.6	trace	trace
Honey Clear	1 Tablespoon (15g)	49	trace	12.2	12.2	trace	trace	0	trace	trace
Meal 3 - Snack										
Almonds	40g	252	8.4	2.8	1.6	22.4	1.6	2.8	trace	trace
Peanut Butter Crunchy	2 Tablespoons (20g each)	246	10.2	6	1.92	23.56	3.76	2.72	0.16	0.4
Bread Wholemeal Medium	1 Slice 40g	92	4	15.1	1.6	1.1	0.3	2.7	0.16	0.42
BCAA Capsules	4 Caps									
Meal 4										
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525
Meal 5										
Grilled Turkey Breasts	2 Breasts (200g each)	400	89.2	0	0	4.8	2.4	0	0.4	1.2
Mixed Leaf Salad	45g	8	0.4	0.8	0.8	0.2	trace	0.6	trace	trace
Butternut Squash	450g (half squash raw)	203	4.5	52.6	9.9	0.5	0	9	trace	trace
Meal 6 - Post Workout Shake										
Hydrolysed Whey Isolate	39g Serving	140	30	2	1	1	0.5	trace	0.21	0.525
Vitargo	75g	280	trace	69	trace	trace	trace	trace		
Glutamine Powder	5g Serving									
Creatine Powder (Crea 8) - EHP Labs	5g Serving									
Meal 7										
2 Beef Steaks Fried With Fat Removed	2 Steaks (155g each)	430	86.8	0	0	9	4	0	0.4	1
Sweet Potato Medium	140g (1 Medium)	133	1.7	29.82	7.98	0.42	0.14	3.36	trace	trace
Aubergine	100g	20	0.9	2.2	2	0.4	0.1	2	trace	trace
Courgette	100g	20	1.8	1.8	1.7	0.4	0.1	0.9	trace	trace
Spinach	100g	29	2.8	1.6	1.5	0.8	0.1	2.1	trace	trace
Meal 8										
ZMA (take on an empty stomach before meal 8)	1 Serving									
Casein Protein Powder	32g Serving	114	24.4	3	1.5	0.5	0.2	0.4	0.242	0.6
Fish Oil Capsules	2 Softgels	20	0	0	0	2		0	0	0
Daily Total:		3478 kcal	361.9G	289.4G	66.5G	96.7G	19.6G	39.7G	2.1G	5.4G

SUPPLEMENT ADVICE

Whey Isolate

Whey Isolate is a vastly rich protein source generally consisting of over 90% protein in a typical serving. It is highly bioavailable which means our bodies absorb it very well when it reaches our gut and because it is low lactose it suits a wide range of individuals. It's low fat content also makes it a great building block for lean muscle mass.

Casein

Casein is an incredibly important supplement for those looking to sustain and gain mass due to its slow burning nature. To generalize most of us sleep between 6-8 hours a night and during this time we starve our bodies of nutrients! Taking a slow burning high protein source before you go to sleep will prevent excessive muscle breakdown during the night and it's high BCAA (we will come on to speak of these later) also makes it a powerful maintainer of muscle.

L-Glutamine

This is an amino acid that is deemed to be non-essential in most people but in those that train regularly to a high intensity this amino acid becomes condition-essential. It is the most abundant amino acid in the human body and bodybuilders are particularly fond of it due to its location – skeletal muscle. L-Glutamine is a great way to support a clean and balanced diet.

Branched Chain Amino Acids (BCAAs)

BCAAs are three amino acids; leucine, isoleucine and valine – all of which are essential amino acids. They are essential because they are not produced in the body nor are they a product of any physiological reactions so we need to make sure they feature strongly in our diets. They help maintain lean tissue, preserve glycogen stores, reduce post-exercise muscle soreness and prevent tissue breakdown.

Fish Oil

What a great supplement, but please make sure you buy a good quality brand as it can be a mine field out there. Fish oil has been proven to aid in burning fat by protecting against insulin resistance, it is anti-inflammatory in nature so has a role to play in the immune system, it increases the synthesis of protein in the body and lastly it speeds up metabolism on a cellular level.

Creatine

Creatine has been researched no end in exercise physiology literature with mixed results depending on the arena they're used and the bias of each study. I personally find the fact they increase water retention keeps my muscles looking hydrated and I certainly view it as a performance supplement for increasing my numbers in the gym. Creatine is also useful for any sport or activity which uses energy pathways that are required for sudden and abrupt increases in energy expenditure, so I will take this before higher intensity super set workouts. As a pre-workout, it is optional to be taken based on your prior experience, use & health. CreaPure, a filtered monohydrate, involves less water retention and is better absorbed. I use Buzz by EHP Labs as my pre-workout formula.

ZMA (Zinc & Magnesium combo)

This is something I rely heavily on for consistency in my training, how? Sleep. Yes, sleep. Supplementing with magnesium has been seen to improve sleep satisfaction and total hours slept in athletes and as such that has a profound effect on recovery. Recover quicker, train harder. It really is as simple as that, added to that most of us who are involved in high volume exercise will have some form of magnesium and/or zinc deficiency this becomes an important supplement for me. It's best taken 90 minutes after my 7th meal, and well before my 8th on an empty stomach for optimal absorption.

Vitamin C

A very common health supplement and I use it simply to support my immune system. It acts as an antioxidant by specifically acting on aqueous free radicals and also aids the uptake of non-haem iron sources.

Vitamin E

Another antioxidant but this particular vitamin acts on free radicals associated with polyunsaturated fats, the more unstable kind. This vitamin acts in harmony with selenium (found in brazil nuts) and vitamin C (found in a whole host of citrus fruits as well as red and green peppers).

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YOUR NOTES

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