

maxi muscle

**THE
BULKING
SPORTS
NUTRITION
GUIDE**

PUNCHY
PROTEIN SNACKS

BULKING

**PRODUCT GUIDE
TO INCREASE MASS
AND SIZE**

**WOLE'S TOP
NUTRITION
TIPS FOR
BULKING**



NUTRITION

NEED TO KNOW

The first step of gaining your desired physique is to build the foundations of a bulking diet. Give your body the nutrients it needs to train hard, stay strong and be healthy by opting for a balanced diet.

WHAT DOES A HEALTHY DIET LOOK LIKE?

Use the plate as a general guide to balancing your meals, being aware of the 5 food groups (similar to this).

WHAT'S A PORTION?

SNACK LIST

- 1/2 an Avocado
- 1 medium Banana
- 3 heaped tablespoons of beans/pulses.
- 2 handfuls of Blueberries.
- 2 kiwis.



5+ PORTIONS/DAY

Foods and drinks high in fats and/or sugar (eat in low quantities).

WOLE'S TIPS

COLOURFUL PLATE

5+ portions (80 g = 1 portion) of different fruit and veg every day

FIBRE

Get your daily fill of fibre with starchy foods such as veg, pulses, wholegrain and wholemeal sources.

FISH

2 portions of oily fish per week (e.g. salmon, mackerel) provides the omega-3 fatty acids EPA and DHA, which support brain and heart function.

HYDRATE

8 glasses of water per day, or more with a salty snack when exercising (especially important in the heat).

8 glasses of water a day

salty snack with exercise



KNOW YOUR NUMB3RS

Bulking up is energy expensive, requiring a greater calorie intake per day. Instead of eating everything in sight; support hypertrophy (muscle growth) and keep fat gains to a minimum by following the step by step nutrition calculator to determine your individual daily energy requirements that can be sustained over time..

STEP 1 STEP 2 STEP 3

Calculate your basal metabolic rate (BMR), which is the amount of calories your body needs to function at rest.

MEN

$$88.362 + (4.799 \times 178) + (13.397 \times 75) - (5.677 \times 25) = 1805.434 \text{ kcal}$$

WOMEN

$$447.593 + (3.098 \times \text{cm}) + (9.247 \times \text{kg}) - (4.330 \times \text{yrs}) = \text{BMR}$$

YOUR HEIGHT IN cm

YOUR WEIGHT IN kg

YOUR AGE

BMR

Factor in exercise by multiplying your BMR by the appropriate activity factor using the table.

ACTIVITY FACTORS

EXTREMELY ACTIVE (twice per day) **1.9**

VERY ACTIVE (6 - 7 days/week) **1.725**

MODERATELY ACTIVE (3 - 5 days/week) **1.55**

EXAMPLE: $1805.434 \text{ kcal} \times 1.55 = 2798 \text{ kcal}$

LIGHTLY ACTIVE (1 - 3 days/week) **1.375**

Manipulate daily calorie intake to reflect your bulking goals.

A 500 KCAL INCREASE PER DAY CAN LEAD TO AN INCREASE IN BODY WEIGHT BY 0.5 KG OVER 1 WEEK.

EXAMPLE:

2798 kcal

+ **500 kcal**

= **3298 kcal**

BULKING MEASUREMENTS

Track your bulking progress over time by combining body weight changes with girth measurements of your hips, waist, chest, upper arms, thighs and neck.

CARBS ARE KING

Eat smart; don't eat junk food to increase bulk. Optimise health and maximise your gains in the gym by adequately fuelling for exercise and eating to replenish with nutrient packed foods.

POST EXERCISE

If your session was particularly gruelling grab a carb and protein rich snack post exercise to replenish and restore muscles ready for subsequent exercise.

*Note that this snack contributes to daily carb and protein allowance.

SNACKS

Wole's Post Workout Smoothie

Maximuscle Progain with wholemilk + 1 Apple

3 egg omelet with 2 wholemeal slices of toast.

2 tuna salad sandwiches

Full fat yoghurt + almonds + peanut butter + Banana

×1
PER SESSION

RECIPE ONLINE AT:
youtube.com/maxinutrition

CALCULATE YOUR MACROS

Macro quantity (g/day) x body weight (kg) = daily macro recommendations
e.g. 5 g x 80 kg = 400 g carbohydrate per day

CARBS

Fibre, starch and sugar are all classified as carbs. Most of your carbs should come from starchy sources e.g. rice and pasta and the remainder from veg and fruit.

ENERGY

Carbs provide 4 kcal per gram and should make up over half daily energy intake.

EXERCISE

Support high intensity strength training and mass gains by eating 4-7 g/kg BW carbs per day*.

* Range reflects activity per day. Choose upper limits for heavy training days.

FAT BUSTING

Previously you may have avoided fat but with its 9 calories per gram; fat consumption is a must for bulking. Certain fats are also a vital component of a healthy diet.

CALORIE DENSE FOODS

- Snack on:
- Olive oil on salads
 - Peanut butter bagels
 - Add raw oats to smoothies
 - Dried fruit
 - Smashed avocado on crackers



KNOW YOUR YOLKS

Stop binning egg yolks. 1/2 the protein & vital vitamins are in the yolk.

KNOW YOUR FATS

REQUIRED FOR A HEALTHY DIET



UNSATURATED

Found in two forms, polyunsaturated (omega 3 & omega 6), and monounsaturated.

CONSUME IN MODERATION



SATURATED

These fats are solid at room temperature and necessary for health in small quantities.

AVOID



TRANS FATS

Are used to prolong shelf life of food products and add taste.

Partially hydrogenated oils

FULL FAT

Choose full fat nutrient dense options to add calories e.g. full fat milk.

BLEND

Make fruit/veg smoothies to cut the bulk of meals whilst retaining calories.

THE POWER OF PROTEIN

Maximise your anabolic response to a strength workout by following the key steps below:

RECIPE ONLINE AT:
youtube.com/maxinutrition

PUNCHY PROTEIN SNACKS

- Maximuscle WPI raspberry ripple porridge
- 3 scrambled eggs with cheddar cheese
- 2 handfuls trail mix
- Turkey Jerky
- Progain flapjack

PROTEIN PER DAY

Ingest between **1.6 – 2 g/kg BW** protein per day, SPLITTING INTO **20-40 g** protein per meal/snack.

DON'T EAT MORE THAN 40 g

your body can only use a certain amount of protein at any one time.

*the process of making new proteins in the body

PROTEIN TIMINGS

A steady supply of protein throughout the day is key to supporting muscle protein synthesis*.

EVERY

3-4

HOURS

PROTEIN SOURCE

WHEY

Rapidly digested & fast releasing. Perfect post workout.

CASEIN

Slow releasing. Ideal before bed.

HIGH QUALITY PROTEINS

- Meat
- Eggs
- Milk
- Soy
- Whey

BULKING



Maximuscle hero and fitness model Wole shares an example of his daily diet which supports his training and bulking goals. Find more bulking meal plans at maxinutrition.com



Wholemeal chorizo, egg, feta & spinach wrap + 2 satsumas

WOLE'S BULKING TIPS

BULK CLEAN

Avoid processed foods and added sugar junk foods, replace with healthy choices to avoid excess fat gains.

POST WORK OUT NUTRITION

Have non-perishable carb & protein snacks in your kit bag.

BATCH COOKING

Mass-produce meals & freeze for time strapped days.

TRAINING IS KEY

A bulking diet without weight training is a fast track way to gain fat.

SLEEP

Rest is vital to bulking, aim for 8 hours + sleep per night, supplementing with naps if necessary.



Chilli con carne (300g) + brown rice (240g) + steamed broccoli (80g)



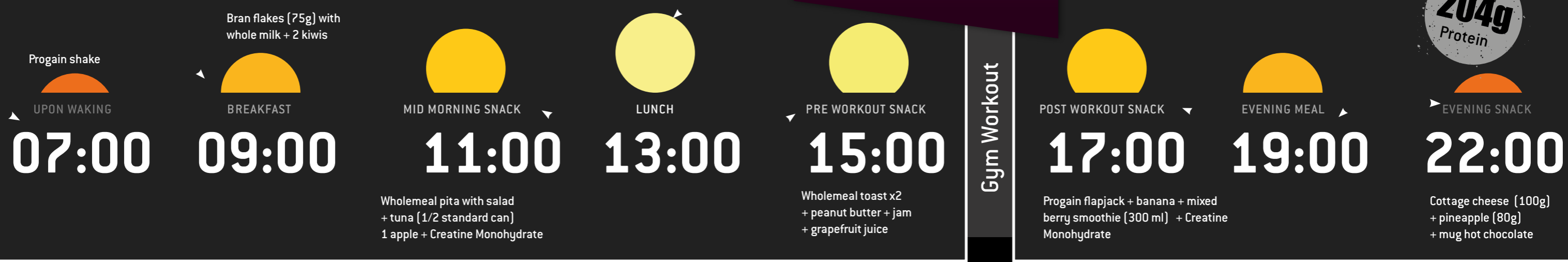
WOLE'S DAILY TOTAL'S

3858 kcal

556g Carbs

204g Protein

105g Fat



PROGAIN POWDER*



- per 120 g serving
- 30 g protein
- Low sugar
- 8 g BCAAs
- 480 calories

Progain is a distinctive formulation designed to deliver a convenient high protein shake to help increase muscle mass and size. With 480 calories containing complex carbohydrates and naturally occurring BCAAs, PROGAIN provides a tailored solution to enhance your normal diet, through our optimised blend of BioMax True Protein delivering fast acting and slow releasing protein to help make muscle gains.

CREATINE MONOHYDRATE



- per 5 g serving
- Power in a pouch
- 5 g pure micronised Creatine Monohydrate

Maximuscle Creatine Monohydrate is a high quality creatine supplement made from a 100% pure micronised creatine monohydrate. It mixes easily in any drink or shake and allows you to support gains in workout strength and power. Creatine Monohydrate works well when stacked with other Maximuscle raw ingredients.

PROGAIN FLAPJACK*



- per 90 g bar
- 20 g protein
- 3.4 g Creatine monohydrate
- High in fibre

Maximuscle Progain flapjacks offer a convenient way to boost the protein content of your diet whilst providing complex carbohydrates and added creatine to support repeated bursts of high intensity exercise (when a minimum of 3 g creatine consumed per day).

ADDITIONAL SUPPLIMENTS

PROGAIN EXTREME POWDER*



- per 150 g serving
- 40 g protein
- Naturally rich in BCAAs & Glutamine
- 600 calories

Take your mass and size goals to the next level by using Progain Extreme. Every serving of Progain Extreme provides 600 calories, 3 g calcium HMB and 40 g of high-quality protein for gains in muscle size.

*Nutritionals may vary depending on flavour

LET THE GAINS BEGIN.



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AT MAXIMUSCLE.COM**

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RAISED, GAINS ARE MADE AND DEDICATION
IS REWARDED.**

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REWARDS AND WORLD-CLASS TRAINING
TIPS FROM OUR ELITE ATHLETES.**

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