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Diet plan for bodybuilding without supplements pdf

If you want to build a muscular physique, you need to eat the proper diet. This will help with muscle synthesis and fat burning. You can have a cheat meal once a week, but it shouldn¢ÃÂÂt be a cheat day or weekend. Strength training is one of the single best things you can do for energy and longevity. But, if you¢ÃÂÂre not fueling your body correctly, your progress will be slow at best. It¢ÃÂÂs important that you eat approximately every 3 to 4 hours to keep your metabolism evenly fueled throughout the day. If you¢ÃÂÂre a beginner bodybuilder and new to strength training and building lean muscle mass, one of the most important tools you¢ÃÂÂll need to add muscle without fat is following a proper eating regime. Good fats give you energy and are utilized for fuel not storage. Quality proteins like grass-fed beef, wild caught salmon, organic turkey and chicken, eggs, whey and casein protein powders, shrimp, cottage cheese and Greek yogurt are all great options. They fuel your body, digest slowly and will be utilized for energy. Complex carbs like sweet potatoes/yams, brown rice, sprouted grain breads, oats, beans, quinoa, and whole grain pastas are all excellent choices. Avoid sugary drinks and diet sodas. Set aside Make omelet with one whole egg and 5 egg whites, then add cooked veggies Pair with Ã¼Â cup lowfat cheese 2 pieces of whole grain sprouted bread SNACKS Bread and almond butter 3 slices of cinnamon raisin Ezekiel bread 1 tbsp almond butter 1 tbsp natural strawberry jam Cereal, milk and fruit 1 cup whole grain cereal With a cup of 1% milk 1 cup strawberries Chocolate protein pudding 1 Ã½Â scoops of whey/casein blend Add water and stir until cake batter consistency Microwave for a minute, stir and eat Add in Ã¼Â cup crushed almonds or walnuts Oatmeal nut butter snack 1 cup of oatmeal 1 scoop of whey protein any flavor 1 Tbsp of natural almond butter Mix all together with water and cook according to package directions Cottage cheese and muffin 1 sprouted grain English Bottom Bottom (any flavor), toast Pair with 3â 4 cup unsalted cottage cheese 3â 4 cup piÃ±a Yogurt parfait 8 ounces of greek yogurt without fat Â 1â 4 cup chopped walnuts or almonds Â1â 4 cup of dried Arundanos Ã±adido Ã± 2 lunches of medium-sized apple SalmÃ n and vegetables 4-5 ounces of salmÃÂ n a la parrilla over a large salad with a variety of vegetables Par 2-3 marrÃ rice cakesÃ n orgÃ nicos Packaging of atÃ n 1 can of atÃ n 1 tbsp mayonnaise fat 1 tbsp dijon mustard 1 cup chopped celery / onion 1 cup romaine lettuce Grilled chicken salad 5-6 oz chicken breast Salad with 1 Tbsp balsÃico vinegar 2 Tbsp avocado 2 slices of toast Ezekiel Pork dinner and apple puree 5-6 oz lean pork 1/2 cup unsweetened apple sauce 10-12 sppÃragos 5 oz salmÃ n sweet potato and beans 5-6 oz grilled salmÃ n 2 cups green beans 5-6 oz red potatoes Meat and spinach 6 oz grass-fed flank steak 2-3 cups beverage spinach sautéed with 1 tablespoon olive oil, sea salt, garlic and pepper to taste 5 oz of sweet potato WEEK 2 BREAKA ASTS JamÃ n, egg and cheese 1 cup whole grain English bread 2 whole eggs 2 pieces of jamÃ n un nitrate 1/4 low fat cheese 1/2 cup fruit Oat flour 1/2 ÃÃndano 1/2 Ã¢ Ì almond and ice milk blender SNACKS Rice and guac cakes 3-4 orgÃnico brown rice cakes 1/4 cup guacamole 1â s 2 cup cottage cheese 1% Eggs on toast 2 whole hard-boiled eggs / 4 hard-boiled whites 2 slices of sprouted grain toast 1-2 tablespoons orgÃ nica strawberry jam and nut butter 1 medium apple 1 tbsp natural nut butter ProteÃna chocolate drink 1 tbsp chocolate whey prote Suna in powder on on egattoc oseuq %1 azat 4/3 sadatsot sardnemla 21 onaidem ajnaran 1 soces soturf y aturF sadacip seceun ed azat 4/1 aturf ed azat 2/1 arunall asarg nis zo8 tiafrap trugoY ococ ed etieca ed adarahcuc 2/1 ridaÃ±ÃA oleih y sardnemla ed ehcel noc arodaucil anu ne Lunches ground turkey salad 5 oz lean ground turkey over salad with 1/2 small avocado chopped 2 slices lean turkey bacon orgÃ nico pair of bacon with sodium sauce under 15 chips baked tortilla burger 5 oz bison burger orgÃ nica 1 whole grain bun adds slices of slices of cuts lettuce and tomato 1 slice of low-fat cheese 1 tbsp salmÃ ³ n mustard and brown riceÃ ³ n 5 oz salm ³ n grilled 1 cup marrÃ ³ rice 2 cups steamed brÃ ³ coli dinners sautéed shrimp 6-8 oz shrimp 2 cups mixed vegetables for cooking sautéed all in 1 in 1 TBSP olive oil served mÃs 1 cup whole rice fish and vegetables 6-8 oz white fish (cod, halibut) 2 cups fried cabbage cooked in 1 tablespoon coconut oil 1 cup long grain wild rice filet and potatoes 6-8 Oz Flank Flank lank 2-3 cups spinach sauteed in 1 tablespoon olive oil with sea salt and garlic 1 Week medium baked potato 3 Breakfast Waffles and eggs 3 Whole grain Waffles 5-6 EGG PLATES 1 WRAP AS 2 TBSP REAL Maple syrup 1/2 cup avocado toasted fruit 2-3 pcs whole grain brea brea brea D Cover with 1/2 small avocado Serve with 1/2 cup 1% extra goat cheese without salt. eggs snacks Pb & J 3 slices cinnamon rabies ezequiel bread 1 tbsp almond butter 1 tbsp natural strawberry strawberries and cereal 1 cup whole grain cereal with a 1% cup milk 1 cup of strawberries pudÃn chocolate pudÃn of 1 Â° Add water and stir until the cake dough consistency microwave for a minute, stir and eat add Â ¼ cup crushed almonds or nuts rice cakes and guacamanada 3-4 brown rice cakesÃ ³ n orgorg nico 1/4 cup guacamole Â½ cup nonfat 1% requesÃ n No salt strawberry jam toast 2 whole hard-boiled eggs/4 hard-boiled whites 2 slices grain toast 1-2 tablespoons orgÃ nica strawberry jam and nut butter 1 medium apple 1 tablespoon natural nut butter turkey lunches 1 low turkey wrap 4-5 slices of orgÃ nica turkey breast sliced smoked 1 tablespoon D iJon iJon muidem 1 tiurf dna stun htiw eseehc egattoC stunlaw deppohc puc 4/1 tiurf puc 2/1 trugoy keerG nialp tafnon zo 8 trugoy keerG dna tiurF eci dna lio tunococ fo psbt 2/1 htiw dnelB klim dnomla ddA redwop nietorp yehw etalocohc fo poocs 1 eihtooms nietorp lio tunocoC elppa muidem Â½Â seirrebnarc deird fo puc Â¼Â sdnomla ro stunlaw deppohc fo puc Â¼Â trugoy keerG tafnon fo zo 8 tiafrap trugoy keerG elppaenip fo puc Â¾Â dedda tlas on eseehc egattoc fo puc Â¾Â)rovalf yna(niffum hsilgnE niarg 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