

BULK EBOOK

@MIKERALG



**MUSCLE MASS PROGRAM
12 WEEKS**

INTRODUCTION

Congratulations! You've taken the first step towards your fitness goals.

That of achieving a **better physique, better performance**, and overall improvement in bodybuilding & your life.

You now have access to the **BULK Program**, the original Workout routine that build my physique.

Also - that has already proven itself with over 12'000 transformations.



LET'S START YOUR >>>

TRANSFORMATION

TRAINING PLAN

WEEKLY SPLIT

5 DAYS A WEEK

MON

PUSH

TUES

PULL

WED

LEGS

THURS

PUSH

FRI

PULL

1. PUSH (CHEST, SHOULDERS, TRICEPS)

[CLICK ON THE IMAGES TO VIEW VIDEOS](#)

FLAT DUMBBELL PRESS OR MACHINE PRESS



STEP-BY-STEP INSTRUCTIONS:

1. Retract shoulder blades and keep chest proud.
2. Lower slowly, control the negative.
3. Press with power, drive through elbows.

SETS X REPS

3 X 6-9

REST

3 MINS

INCLINE MACHINE OR DUMBBELL PRESS



STEP-BY-STEP INSTRUCTIONS:

1. Set a 30-45° incline, keep elbows tucked slightly.
2. Stretch deep at the bottom without bouncing.
3. Lock out with intent but don't lose tension.

SETS X REPS

2 X 7-11

REST

2 MINS

MILITARY PRESS



STEP-BY-STEP INSTRUCTIONS:

1. Brace core, squeeze glutes—no lumbar arch.
2. Bar path should be straight, not arced.
3. Drive head through as you press up.

SETS X REPS

2 X 7-10

REST

2 MINS

NEXT PAGE FOR THE REST -->

1. PUSH (CHEST, SHOULDERS, TRICEPS)

PART 2

DIPS



STEP-BY-STEP INSTRUCTIONS:

1. Lean slightly forward for chest, stay upright for triceps.
2. Full range: deep stretch to full lockout.
3. Keep shoulder blades down and core tight.

SETS X REPS

2 X 8-12

REST

2 MINS

LATERAL RAISES (DUMBBELL OR CABLE)



STEP-BY-STEP INSTRUCTIONS:

1. Slight bend in arms, lead with elbows.
2. Raise to shoulder height, pause, control down.
3. Avoid swinging—strict and slow wins.

SETS X REPS

2 X 10-15

REST

1 MIN 30

REAR DELT DUMBBELL FLY (INCLINE BENCH)



STEP-BY-STEP INSTRUCTIONS:

1. Chest glued to bench, thumbs slightly in.
2. Spread the rear delts, not the traps.
3. Focus on contraction, not weight.

SETS X REPS

2 X 10-15

REST

1 MIN 30

TRICEPS BAR / ROPE PUSHDOWNS



STEP-BY-STEP INSTRUCTIONS:

1. Elbows locked in place, don't swing.
2. Spread the rope at bottom, full squeeze.
3. Full ROM: control up, don't let it snap back.

SETS X REPS

2 X 10

REST

2 MINS

CLICK ON THE IMAGES TO VIEW VIDEOS

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2. PULL (BACK, BICEPS)

CLICK ON THE IMAGES TO VIEW VIDEOS

PRONATED PULL-UPS



STEP-BY-STEP INSTRUCTIONS:

1. Full hang at bottom, chin over bar at top.
2. Engage lats first—don't just pull with arms.
3. Controlled tempo, no kipping.

SETS X REPS

2 X MAX

REST

3 MINS

BARBELL ROW



STEP-BY-STEP INSTRUCTIONS:

1. Hinge at hips, bar over mid-foot.
2. Pull towards lower chest, squeeze shoulder blades.
3. No jerking—own the movement.

SETS X REPS

2 X 7-10

REST

3 MINS

SINGLE-ARM NEUTRAL PULLEY ROW



STEP-BY-STEP INSTRUCTIONS:

1. Stable torso, no twisting.
2. Pull elbow tight toward hip, hold peak contraction.
3. Control the return—feel the stretch.

SETS X REPS

2 X 8-10

REST

2 MINS

NEXT PAGE FOR THE REST -->

2. PULL (BACK, BICEPS)

PART 2

CABLE PULLOVER



STEP-BY-STEP INSTRUCTIONS:

1. Slight bend in arms, hinge slightly forward.
2. Pull through the lats, not the triceps.
3. Keep tension—don't let the weight stack rest.

SETS X REPS

2 X 10

REST

2 MINS

INCLINE DUMBBELL CURL



STEP-BY-STEP INSTRUCTIONS:

1. Shoulders pinned to the bench, no cheating.
2. Full stretch at bottom, squeeze hard at top.
3. Curl through the pinky side—maximize biceps tension.

SETS X REPS

2 X 10

REST

2 MINS

HAMMER CURL



STEP-BY-STEP INSTRUCTIONS:

1. Neutral grip, elbows locked to sides.
2. Controlled up and slow down—no swinging.
3. Focus on forearm and biceps contraction.

SETS X REPS

2 X 10

REST

2 MINS

CLICK ON THE IMAGES TO VIEW VIDEOS

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3. LEGS

FREE BARBELL SQUAT



STEP-BY-STEP INSTRUCTIONS:

1. Brace hard, descend with control—hips and knees together.
2. Depth should be below parallel, heels flat.
3. Explode up, drive from midfoot.

SETS X REPS

2 X 5-8

REST

4 MINS

LEG PRESS



STEP-BY-STEP INSTRUCTIONS:

1. Feet shoulder-width, track knees over toes.
2. Don't lock out fully—keep tension.
3. Full depth without rounding lower back.

SETS X REPS

3 X 8-10

REST

3 MINS

STIFF-LEG DEADLIFT



STEP-BY-STEP INSTRUCTIONS:

1. Slight knee bend, push hips back—hamstring stretch.
2. Keep spine neutral, bar close to body.
3. Don't bounce—control each rep.

SETS X REPS

2 X 8-12

REST

2 MINS

SMITH MACHINE BULGARIAN SPLIT SQUAT



STEP-BY-STEP INSTRUCTIONS:

1. Step long, drop back knee straight down.
2. Keep torso upright and drive through front heel.
3. Alternate or isolate sides for balance and control.

SETS X REPS

2 X 6-9

REST

2 MINS 30

STANDING CALF RAISES



STEP-BY-STEP INSTRUCTIONS:

1. Full stretch at bottom, max squeeze at top.
2. Keep tempo steady, avoid bouncing.
3. Lock knees slightly for tension, not hyperextension.

SETS X REPS

4 X 10-
10-20-20

REST

1 MIN 30

CLICK ON THE IMAGES TO VIEW VIDEOS



4. PUSH (CHEST, SHOULDERS, TRICEPS)

CLICK ON THE IMAGES TO VIEW VIDEOS

INCLINE DUMBBELL PRESS



STEP-BY-STEP INSTRUCTIONS:

1. Control the descent, feel the upper chest.
2. Press up and slightly together.
3. Keep shoulder blades tight throughout.

SETS X REPS

3 X 6-9

REST

3 MINS

CONVERGING CHEST MACHINE PRESS



STEP-BY-STEP INSTRUCTIONS:

1. Set seat to align handles with mid-chest.
2. Squeeze hard at the top of each rep.
3. Don't rush—own the negative phase.

SETS X REPS

3 X 8-10

REST

2 MINS

CABLE FLY



STEP-BY-STEP INSTRUCTIONS:

1. Slight bend in arms, arc motion.
2. Stretch deep, squeeze chest together.
3. Keep tension—don't rest at the top.

SETS X REPS

3 X 10-12

REST

2 MINS

NEXT PAGE FOR THE REST -->

4. PUSH (CHEST, SHOULDERS, TRICEPS)

PART 2

LATERAL RAISES (CABLE OR DUMBBELL)



STEP-BY-STEP INSTRUCTIONS:

1. Upright torso, raise with intent.
2. Control both up and down phases.
3. Target the medial delts—feel the burn.

SETS X REPS **2 X 12** REST **1 MIN 30**

REAR DELT DUMBBELL FLY (INCLINE BENCH)



STEP-BY-STEP INSTRUCTIONS:

1. Don't shrug—rear delts only.
2. Pause at the top for max contraction.
3. Keep reps strict and smooth.

SETS X REPS **2 X 12** REST **1 MIN 30**

DIPS (TRICEPS FOCUS)



STEP-BY-STEP INSTRUCTIONS:

1. Stay upright, elbows tight to body.
2. Push down and back—full lockout.
3. Control descent—don't dive bomb.

SETS X REPS **2 X MAX** REST **2 MINS**

CLICK ON THE IMAGES TO VIEW VIDEOS

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5. PULL (BACK, BICEPS)

NEUTRAL-GRIP HORIZONTAL ROW



STEP-BY-STEP INSTRUCTIONS:

1. Keep elbows close, drive them back hard.
2. Don't hyperextend—chest proud, tight squeeze.
3. Control the stretch phase fully.

SETS X REPS **3 X 9-12** REST **2 MINS 30**

SINGLE-ARM DUMBBELL ROW



STEP-BY-STEP INSTRUCTIONS:

1. Knee and hand supported, flat back.
2. Pull elbow toward hip, pause at top.
3. Full stretch down—lat engagement.

SETS X REPS **3 X 8** REST **2 MINS**

NEUTRAL-GRIP LAT PULLDOWN



STEP-BY-STEP INSTRUCTIONS:

1. Lean back slightly, pull bar to upper chest.
2. Drive elbows down and in.
3. No swinging—strict form only.

SETS X REPS **2 X 10** REST **2 MINS**

EZ BAR CURL



STEP-BY-STEP INSTRUCTIONS:

1. Elbows fixed, curl with control.
2. Squeeze biceps hard at the top.
3. Lower slow—resist gravity.

SETS X REPS **2 X 8-10** REST **2 MINS**

HAMMER CURL



STEP-BY-STEP INSTRUCTIONS:

1. Neutral grip, keep form tight.
2. Don't swing—focus on forearm and biceps.
3. Control is everything—light weight, high intent.

SETS X REPS **2 X 10** REST **2 MINS**

CLICK ON THE IMAGES TO VIEW VIDEOS



A person wearing a blue t-shirt is shown from the waist up, performing a deadlift. They are holding a barbell with both hands, and their body is angled slightly to the right. The background is dark and out of focus, emphasizing the person and the barbell. The text "TRAINING METHOD" is overlaid on the image.

TRAINING METHOD



LIFT LIKE A GIGA CHAD

This training program combines heavy lifting with technical and controlled execution.

👉 *Some exercises require maximum load, while others prioritize control, tempo, and technique.*

*During your workouts, it's crucial to use loads **that push you close to muscular failure within the prescribed rep range.***



THE #1 FACTOR FOR MUSCLE GROWTH

MECHANICAL TENSION

Your training should apply maximum tension to your muscles so they experience micro-tears and rebuild stronger.

- This PPL (Push-Pull-Legs) system combined with heavy compound lifts at the beginning of the session...
- Is what allowed [me to transform my physique](#) from a beginner's body to a more muscular, powerful build.

THIS EXACT METHOD HAS WORKED FOR THOUSANDS OF PEOPLE WHO FOLLOWED IT SERIOUSLY.



☛ Lifting heavy weights creates high mechanical tension on your muscles.

☛ Your muscles respond by growing bigger, stronger, and more resilient.

That's why going near failure or even reaching failure is crucial - this stress forces your body to adapt and get better.

NOT TRAINING “CLOSE” TO FAILURE ?

NO REAL GAINS

If your workouts don't push your limits, you won't achieve optimal muscle growth.

THIS IS EVEN MORE CRITICAL FOR NATURAL LIFTERS. [A NATURAL LIFTER MUST:](#)

- ✓ Train close to failure on most sets
- ✓ Stimulate muscles frequently
- ✓ Avoid wasting time with unnecessary sets

💡 2 intense failure sets are better than 4 weak sets with no real effort.

✨ Frequency and intensity are the keys to progress.

THE TRAINING MINDSET

EFFORT, DISCIPLINE & PUSHING LIMITS



THIS MIGHT SOUND OBVIOUS, BUT IT'S A CORE PRINCIPLE I WANT TO EMPHASIZE:

- ✓ I want to promote a culture of effort, hard work, and discipline in training.
- ✓ Every session must be executed with maximum intensity.
- ✓ You must aim to be the hardest worker in the gym.

☞ YOU SHOULD NEVER SEE SOMEONE TRAINING HARDER THAN YOU.

☞ IF SOMEONE IS OUTWORKING YOU, YOU'RE SLACKING. PERIOD.

This elite mentality is what separates those who achieve results from those who stay stagnant for years.

WARM UP

THE MOST NEGLECTED PART OF TRAINING

The warm-up is one of the most overlooked aspects in the gym.


MANY LIFTERS JUMP STRAIGHT INTO LIFTING WEIGHTS WITHOUT PROPERLY PREPARING THEIR BODY.

☞ Skipping a warm-up = Higher risk of injury and weaker performance.



01 >> **CARDIOVASCULAR ACTIVATION - THE FOUNDATION!**

To have a great session, you need to prepare your body by increasing its core temperature.

-  5 minutes of cardio ([cycling](#), [stair climbing](#), or [treadmill walking](#)) is enough to warm up your body efficiently.

02 >> **JOINT LUBRICATION - ESSENTIAL FOR LONG-TERM PERFORMANCE**


Lubricating your joints is just as important as warming up your muscles.
YOU SHOULD ACTIVATE KEY JOINTS SUCH AS:

- ✓ Shoulders
- ✓ Elbows
- ✓ Wrists
- ✓ Hips


These warm-up movements will stimulate synovial fluid production, which [lubricates your joints naturally](#).

- 💡 Without joint lubrication, you increase the risk of pain and long-term wear.

03 >> SHOULDER ROTATOR CUFF - A COMMON INJURY SPOT

 The rotator cuff is one of the most commonly injured areas in lifting.

Many lifters ignore it, and [eventually develop shoulder pain or injuries.](#)

-  Use light weights on cables or bands to warm up your shoulders before pressing exercises.

04 >> GRADUALLY INCREASE WEIGHT BEFORE YOUR WORKING SETS

Once your general warm-up is done, you should gradually increase weights before reaching your working sets.

For example, if your working set on squats is [100kg for 6 reps](#), your warm-up progression should look like:

110 lbs x 10 reps

155 lbs x 6 reps

200 lbs x 3 reps

Then your working sets at 220 lbs

THIS PREPARES YOUR NERVOUS SYSTEM AND HELPS YOU PERFORM AT YOUR BEST WHILE REDUCING INJURY RISK.



✗ WHAT NOT TO DO BEFORE LIFTING

**STATIC STRETCHING BEFORE LIFTING
IS COUNTERPRODUCTIVE AND CAN
REDUCE STRENGTH OUTPUT.**

👉 Your body needs to be activated dynamically, not stretched statically.

Save static stretches for **AFTER** your workout (or several hours later).



THE BULKING

PROTOCOL



KEY INFORMATION TO KNOW

*You'll follow a training schedule of **5 days per week**.*

*This is a hybrid training plan combining **strength and hypertrophy**.*


*Allowing you to **maximize your performance while building an impressive physique**.*

This is the best approach for transitioning from a beginner to an advanced level in fitness.

PROGRESSIVE OVERLOAD: **THE KEY TO GROWTH**

The best way to gain muscle is also to **get stronger**.

Progressive overload must be the foundation of your training if you want to make real progress.

 Track your lifts every session and aim to increase your performance gradually rather than making random adjustments.

In this program, **you should train to failure or close to it** on every set.

Holding back energy for later is **USELESS**.

It's better to do fewer sets with maximum intensity than many low-effort sets.





TRAIN LIKE A KING

Training is not a warm-up—you should give your maximum effort on each set.

***THIS PROGRAM FOCUSES ON INTENSITY AND VOLUME,
TARGETING EACH MUSCLE FROM ALL ANGLES.***

For example, if the program prescribes 8 reps, by the 8th rep, you should not be able to do a 9th.

That's the mindset you need for this training plan.

THE FOUNDATIONS OF MUSCLE GROWTH

MUSCLE DOESN'T GROW IN THE GYM—IT GETS BROKEN DOWN

01 >> AVOID BOUNCING

Your muscles don't grow during training—in fact, they are broken down.

During your workouts, you create micro-tears in your muscle fibers.

🧬 To repair these tears, **you need to consume protein consistently** throughout the day, especially after your workout.

For energy during workouts, **consume carbohydrates beforehand to fill your muscle glycogen stores**—this is the fuel for muscle performance.

You'll also need to replenish glycogen post-workout.



02 >> IDEAL TIME UNDER TENSION

👉 The ideal time under tension for hypertrophy ranges from 30 seconds to 1 minute. Anything beyond that shifts toward endurance training.

- Hypertrophy = Muscle Growth
- Ideal Rep Range = 6 to 12/15 reps
- Rest Periods = Critical for performance

03 >> KEY TRAINING TERMS

- **Biset:** Two exercises targeting the same muscle back-to-back.
- **Superset:** Two exercises targeting different muscles without rest.
- **Eccentric Phase:** The part of the movement where the muscle is stretched.
- **Concentric Phase:** The part where the muscle contracts.

NOW THAT YOU UNDERSTAND THESE FUNDAMENTALS,
LET'S MOVE ON TO THE WORKOUT STRUCTURE.

04 >> MENTAL CONDITIONING

Before talking about the concrete aspects of bodybuilding, I would like to discuss **the mindset to adopt in order to win.**

🏆 In bodybuilding, **there is no trophy, no real milestones** to measure progress properly, it's quite vague, and many people get lost because they don't know where they are going for one simple reason:

THEY DON'T KNOW WHERE THEY WANT TO GO.

Before Starting This Program, **You Must Have One or Several Concrete Goals and Put Everything in Place to Achieve Them.**

✗ There is no room for half-measures, very little to no room for deviation.

You must commit to following this program and applying it consistently until you reach your goals.





CONDITION YOURSELF TO WIN

 **Condition yourself every day, read books, avoid useless distractions...**

- **Drop TikTok if you're not making money with it, drop Instagram if it's not bringing you anything valuable.**

Reduce your social media time by at least 50%, and you will gain a massive amount of time for yourself, for your projects, for your diet, etc.

It's Not Even About Having Fun Anymore

- **I assume you've already had enough fun and done enough stupid things in your life.**

 **BUT THERE COMES A POINT WHERE YOU HAVE TO GET BETTER.**

Take a moment to realize that if you don't change now...

IT WON'T BE TOMORROW, AND EVEN LESS THE DAY AFTER.

EXCUSES OR SOLUTIONS? YOUR CHOICE.

This simply means that you need to stop waiting and start today
TO BECOME WHAT NO ONE ELSE WILL EVER BE ABLE TO BECOME.



ALL YOU NEED TO DO IS DEVELOP
a thirst for learning, you must create a productive
routine, read books, constantly seek to improve
yourself, and above all...

EXPLODE PHYSICALLY WITH THIS BULK PROGRAM.



LOSERS

LOOK FOR EXCUSES

YOUR CHOICE

WINNERS

FIND SOLUTIONS

REST & RECOVERY

THE FORGOTTEN KEY TO MUSCLE GROWTH

If your rest and nutrition align with your training efforts...

MUSCLE GROWTH IS GUARANTEED.

☞ Your body needs proper recovery and the right macronutrients to repair damaged muscle fibers.

Many people neglect rest, thinking that training more leads to faster results.

🚩 **This is FALSE**—if that were true, I'd have hit 100kg shredded a long time ago.



SLEEP - THE MOST UNDERRATED PERFORMANCE BOOSTER

One of the most important factors for building muscle is **quality sleep**.

- **At least 8 hours of sleep per night is highly recommended.**

🕒 WHY?

- During deep sleep, your body releases growth hormones, which are essential for muscle repair.
- Without proper sleep, your muscles won't recover properly, and you'll struggle with performance in the gym.



[BUY NOW](#)

ZMA - THE SLEEP ENHANCER

ZMA is an extremely effective supplement for **improving sleep quality**.

✓ BENEFITS OF ZMA:

- Enhances deep, restorative sleep
- Improves muscle recovery overnight
- Boosts natural testosterone production


🍯 DOSAGE:

- 1 serving before bed

MY EXPERIENCE:

- Since I started using **ZMA**, I've noticed that I dream every single night—something that rarely happened before.

It has massively improved my sleep quality and helped me wake up feeling refreshed and recovered.

 **USE Discount Code: MIKE on MYPROTEIN**



HYDRATION – THE OVERLOOKED FACTOR IN MUSCLE RECOVERY

✓ HOW MUCH WATER SHOULD YOU DRINK?

MANY LIFTERS DON'T DRINK ENOUGH WATER...

Which hinders muscle recovery and weakens performance.

💡 Your muscles are 75% water

Staying hydrated is non-negotiable for growth.

- 1L in the morning
- 1.5L during training
- 1L in the evening
- Total: 3-4L per day



Your water intake should match your body size:

✓ *A 132lbs woman will drink less than a 187lbs man that's just common sense.*

❗ Dehydration = Weak lifts & slower muscle recovery.

REST RECAP

- ✓ **Prioritize sleep (at least 8 hours)**
- ✓ **Consider ZMA to optimize recovery**
- ✓ **Drink plenty of water—your body depends on it**

NEGLECTING RECOVERY = LEAVING GAINS ON THE TABLE



NUTRITION

GUIDE

NUTRITION

HOW TO BUILD MUSCLE EFFECTIVELY?

Nutrition is the most frequently asked topic when it comes to my programs.

- Many people know how to train, but when it comes to nutrition...

THEY HAVE NO IDEA WHAT TO DO OR WHO TO LISTEN TO...

My Personal Transformation



**117 lbs, 14 years old,
1 year of training**

**178 lbs, 20 years old,
7 years of training**

My method allowed me to go from 117lbs at 14 years old to 178lbs currently, all without going through a "dirty bulk" phase.

NUTRITION CAN BE CONFUSING... BUT IT DOESN'T HAVE TO BE

Many people struggle with eating because they don't know where to start.

- ? DO I NEED TO EAT VEGETABLES?
- ? HOW MUCH PROTEIN SHOULD I EAT?
- ? DO I NEED TO EAT 5 TIMES A DAY?

There are a lot of questions, **and I will answer all of them.**



WHAT FOODS HELP BUILD MUSCLE?

The best foods to consume as a bodybuilder aiming to gain muscle mass are:

I'LL GIVE YOU THE FULL LIST OF FOODS IN THE NEXT PAGES.



THE BIGGEST MISTAKE

95% OF LIFTERS MAKE

They eat too many carbs because they think that the more they eat, the more muscle they'll gain.

You must always know your portions, macros, and not exceed scientific guidelines...

Otherwise, your body will react negatively instead of growing properly.

- ✓ You need to eat good quality carbs.
- ✗ Not all carbs are the same.

THE CARBS FROM MCDONALD'S ARE NOT THE SAME AS THE CARBS FROM OATMEAL.

BUT THIS IS A BIG MISTAKE.






THE MOST DANGEROUS MISTAKE IN DIETING

The most dangerous macronutrient is NOT fats...

BUT CARBS.

 Sugars in all their different forms play a major role in muscle gain or fat gain.

- If you increase your carb intake while keeping the same protein and fat intake, your body will gain weight.
- Conversely, if you lower your carb intake, your body will lose weight.



HOW TO STRUCTURE YOUR DIET TO BUILD MUSCLE ?

To gain muscle, you must consume
PROTEINS, CARBS, AND FATS
in the right proportions to optimize muscle gains.

PROTEINS

0.9 to 1.1g per lbs
of body weight

✓ (160-200g for a
175lbs person)

CARBS

1.3 to 1.8g per lbs
of body weight

✓ (230-310g for a
175lbs person)

FATS

0.45g per lbs
of body weight

✓ (80g for a
175lbs person)

🔥 To calculate your macros
make sure to use our custom
DIET CALCULATOR

[CALCULATE NOW](#)

CALCULATE YOUR CALORIES

CALCULATE YOUR “BMR”

- **BMR** is an acronym for “Basal Metabolic Rate”

It refers to the number of calories that your body requires to use to perform all the biological and physiological processes.

[🔗 TO CALCULATE YOUR BMR,](#)
[USE OUR OWN CALCULATOR SEEN PREVIOUSLY.](#)

- This is the number of calories that your body requires in order to survive.

CALCULATE YOUR “CALORIC SURPLUS”

- To start gaining muscle, you need to add a number of calories to your **STEP 1** outcome.

YOU CAN ADD ANYTHING FROM 200-500 CALORIES.

Any more can result in fat gain more than muscle. Especially if you have a couple of set backs or fail to go to the gym.

BREAKFAST

AND

SNACKS

IDEAS

BREAKFAST / SNACK IDEAS

To help you maximize your muscle growth, here are some recipes I personally use in my meals.



ANABOLIC BREAKFAST

INGREDIENTS:

- 300g cottage cheese
- 40g whey protein
- 100g oats
- 30g almonds

INSTRUCTIONS:

1. Mix cottage cheese, whey, and oats in a bowl.
2. Top with crushed almonds.
3. Eat cold or microwave for 30–60 seconds for a warm version.

897 KCALS

FATS: 33G – CARBS: 55G – PROTEINS: 62G

BREAKFAST / SNACK IDEAS

To help you maximize your muscle growth, here are some recipes I personally use in my meals.



COMPLETE BREAKFAST

INGREDIENTS:

- 4 whole cooked eggs
- 4 slices of whole wheat bread
- 40g peanut butter
- 1 banana
- 20g honey

INSTRUCTIONS:

1. Toast the bread.
2. Spread peanut butter and honey on top.
3. Serve with eggs and a banana on the side. Perfect energy-packed start to the day.

1295 KCALS

FATS: 52G – CARBS: 125G – PROTEINS: 50G

BREAKFAST / SNACK IDEAS

To help you **maximize your muscle growth**, here are some recipes I personally use in my meals.



PROTEIN MILKSHAKE

INGREDIENTS:

- **250ml** milk/almond milk
- **1 scoop** whey protein
- **1** banana
- **100g** oats
- **40g** peanut butter

INSTRUCTIONS:

1. Blend all ingredients together until smooth.
2. Add ice for texture if desired. Great as a post-workout shake or quick meal on the go.

1018 KCALS

FATS: 45G – CARBS: 85G – PROTEINS: 52G

LUNCH
AND
DINNER
IDEAS

LUNCH / DINER IDEAS

To help you maximize your muscle growth, here are some recipes I personally use in my meals.



PESTO CARBBBS

INGREDIENTS:

- **150g** raw pasta
- **200g** lean ground beef (5%)
- **75-100g** green beans
- **10-20g** pesto sauce

INSTRUCTIONS:

1. Cook pasta and green beans.
2. In a separate pan, cook beef.
3. Combine all in a bowl and mix in pesto. Simple, delicious, and high in protein.

860 KCALS

FATS: 27G – CARBS: 85G – PROTEINS: 55G

LUNCH / DINER IDEAS

To help you **maximize your muscle growth**, here are some recipes I personally use in my meals.



BRO CHICKEN N' RICE

INGREDIENTS:

- **150g** raw basmati rice
- **225g** turkey/chicken breast
- **75-100g** carrots/green beans
- **10g** olive oil
- Garlic, salt, pepper, and spices for seasoning

INSTRUCTIONS:

1. Cook rice and vegetables.
2. Grill or pan-fry the chicken.
3. Season everything and combine with olive oil drizzled on top.

874 KCALS

FATS: 20G – CARBS: 75G – PROTEINS: 80G

LUNCH / DINER IDEAS

To help you **maximize your muscle growth**, here are some recipes I personally use in my meals.



CREAMY SALMON

INGREDIENTS:

- **150g** raw pasta
- **170-200g** trout/salmon
- **75-150g** broccoli
- Creamy lemon sauce:
100g cottage cheese
- Pepper, lemon, herbs, and 1 egg yolk

INSTRUCTIONS:

1. Cook pasta and broccoli.
2. Pan-cook the fish.
3. Mix sauce ingredients and heat gently.
4. Combine all together.
Loaded with healthy fats and protein.

986 KCALS

FATS: 42G – CARBS: 65G – PROTEINS: 70G

GROCERY LIST

PROTEINS

THE BUILDING BLOCK OF MUSCLES

To repair and grow muscle, you need high-quality protein sources.



STEAK



GROUND BEEF 5% OR LESS



SALMON



LENTILS



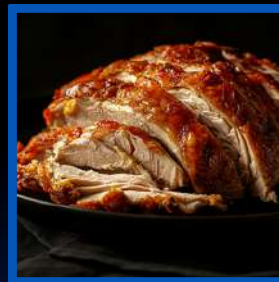
TUNA



EGGS



CHICKEN



TURKEY



SHRIMPS



WHEY PROTEIN



**COTTAGE CHEESE
/ GREEK YOGURT**



WHITE FISH

CARBS

FUEL FOR TRAINING & RECOVERY

Carbs provide energy, replenish glycogen stores, and help optimize performance.



WHITE RICE



BROWN RICE



WHOLE WHEAT PASTA



OATS



SWEET POTATOES



WHOLE GRAIN BREAD



QUINOA



BANANAS



BERRIES

FATS

ESSENTIAL FOR HORMONES & RECOVERY

Healthy fats support testosterone production and improve overall recovery.



AVOCADOS



OLIVE OIL



FATTY FISHS



ALMONDS



**DARK CHOCOLATE
85% +**



CASHEWS

COMPLETE GROCERY LIST

I gave you my favorite ones on the last 3 pages...
But if you need more choices here's more healthy picks :

PROTEINS

- Chicken Breast
- Chicken thigh
- Chicken drumstick
- Pork medallion
- Kangaroo Fillet
- Beef filet
- Lamb chop
- Turkey breast
- Veal
- Beef sausage
- Pork sausage
- Tofu
- Seitan
- Tempeh
- Edamame
- Hempseed
- Salmon
- COD
- Canned tuna
- Shrimp
- Pollock

CARBS

- White rice
- Brown rice
- White pasta
- Whole-wheat pasta
- Gluten-free pasta
- Couscous
- Quinoa
- White potatoes
- Sweet potatoes
- White slice of bread
- Wholegrain slice
- Popcorn
- Apple
- Orange
- Grapefruit
- Banana
- Red grapes
- Green grapes
- Peach
- Strawberries
- Blueberries
- Raspberries

HEALTHY FATS

- Avocados
- Eggs
- Almonds
- Hazelnuts
- Brazil nuts
- Peanuts
- Pistachios
- Cashews
- Chia seeds
- Olive oil
- Flaxseed oil
- Coconut oil
- Cheddar cheese
- Mozzarella
- Parmesan
- Feta cheese
- Manchego
- Brie
- Roquefort
- Whole milk
- Semi-skimmed milk
- Greek yogurt

NUTRITION RECAP

- ✓ **Prioritize whole, nutrient-dense foods.**
- ✓ **Balance proteins, carbs, and fats for optimal gains.**
- ✓ **Avoid processed junk and stick to quality sources.**

**THESE MEALS ARE DESIGNED TO FUEL YOUR BODY AND
MAXIMIZE MUSCLE GROWTH. STICK TO THEM, AND
RESULTS WILL FOLLOW!**

BE A
VISIONARY

THE ELITE MINDSET

MORE THAN FITNESS

Reaching an elite level in fitness is not just about building muscle or getting stronger.

It's about the mindset that allows you to dominate every area of your life.

The discipline you build in training **is the same discipline** that will push you to succeed in business, relationships, and every challenge you take on.

Most people stay average because they look for shortcuts.

They want the rewards without the work. But the elite operate differently.



THE ELITE DON'T LOOK FOR MOTIVATION - THEY EXECUTE.

THE ELITE DON'T MAKE EXCUSES - THEY ADAPT AND OVERCOME.

**THE ELITE DON'T COMPARE THEMSELVES TO OTHERS -
THEY BECOME THE REFERENCE.**

BE UNSTOPPABLE

CRUSH YOUR GOALS

If you apply this mindset to training, you'll build a strong body.

**BUT IF YOU APPLY IT TO LIFE, YOU'LL BUILD AN UNSTOPPABLE
VERSION OF YOURSELF.**

At the end of the day, fitness is only the beginning.

- It's the first battlefield where you prove to yourself that you can show up, push through pain, and level up.

Once you master that, you can apply it to anything—and that's how you separate yourself from the rest.

NOW, IT'S ON YOU TO CHANGE YOUR LIFE !



REACH THE TOP 1% FASTER WITH :



SHOP NOW



GRINDGUM

Get a chiseled and attractive jawline in 90 days with [my new chewing gum brand...](#)



SHOP NOW



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SHOP NOW



MYPROTEIN

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In program suspension and legal action.*