

Justin Woltering's

NO-HYPE, ALL-DAY,

MUSCLE BUILDING

STACK GUIDE



sixpackfactory

MUSCLEUP
BUILD MORE MUSCLE FASTER
CHALLENGE

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Due to the nutritional nature of the information contained in this publication, it is highly recommended that anybody considering any diet plan consult a doctor or physician before embarking on any training or eating plan.

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WELCOME

Welcome to the Justin Woltering No-Hype, All-Day, Muscle-Building Stack! Justin Woltering is a distinguished fitness expert and author. With five certifications and a life long commitment to fitness. Justin is guaranteed to stay on the cutting edge of the industry. He is an experienced fitness consultant, model and actor who also holds a degree in business management.

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Top Fitness Model & Muscle Building Expert

Justin Woltering

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EARLY MORNING

If you've got the desire and drive to get up an hour before work, more power to you. But if you're like the rest of us NON-morning people, don't sweat it! Breakfast is one of the most important meals of the day - especially when you don't have time to eat later - but it doesn't have to be time-consuming. For a quick, satisfying, protein-packed shake, throw these ingredients into your blender:

- 2 cups milk
- 2 scoops chocolate protein powder
- 1 large banana
- 3 tablespoons peanut butter
- 1/2 cup oats

If you're trying to gain muscle, that shake's a great way to start your day. If you're already a little chubby, though, you may want to cut back. Try replacing cow's milk with almond milk, use a little less peanut butter, and skip the oats. Again, keeping everything in is ideal for mass gain, but not so much if you're trying to lean down. Oh, and if you're *really* skinny, make sure you're buying whole milk. There's no point in spending more money for fewer calories.

A.M. SUPPLEMENTS



You don't want to cart tons of pills and powders around all day long, so load up on some of the good stuff in the morning. Here's what you should take:

- Fish Oil, 5 grams EPA / DHA
- Multivitamin
- Creatine, 5 grams
- Branched Chain Amino Acids, 5 grams

You can probably take the fish oil and multivitamin in pill form. And no, they're not essential - but they sure do help! They're rich in micronutrients and Omega-3 fats that you might not be getting from the rest of your meals. Your muscles can't grow if the rest of your body isn't healthy, so don't think you're doing yourself any favors by skipping them.

As for the creatine and BCAA, just toss them in with your shake. Creatine is tasteless, and although BCAA powder can be kind of nasty, there's no way you'll notice it amidst all those other ingredients. Chug that shake, take your pills, and head out on the road! This whole ritual shouldn't take more than five or ten minutes.

MID-MORNING

It's between 9:00 and 10:00 AM, and you're probably getting a little hungry. And even if you aren't, you've still gotta eat! You won't grow without adequate nutrition, and your hunger isn't always the best gauge. Don't worry about your schedule, though, as this meal doesn't need to take time.

Your main concern will be protein, so chug a quick, 50-gram shake at the very least. If you've got time on the weekends, prep some meat or boiled eggs that you can take to work in Tupperware during the week. A shake's better than nothing, but whole food is much better.

You don't need to bloat yourself up with more carbs, but get some extra fats in if at all possible. Keep a jar of mixed nuts at your desk or in your backpack, and slam a couple of handfuls. If you can find a clean way to store it, peanut butter's also a great choice.

Finish the "meal" off with some more fish oil. You really can't have too much of the stuff, and more is only going to help with muscle growth, fat loss, and joint health. Just like last time, take enough capsules to get about 5 grams of EPA and DHA (the important parts).

LUNCH TIME

Once you roll around to about noon, it'll be time for another large meal. If you've got time to sit down and eat, here's a rough outline of what you should have:

- 8 oz. protein (steak, chicken, fish, etc.)
- 2 cups cooked carbs (rice or potatoes)
- 20-30 grams added fat (olive oil, butter, avocado, etc.)

You can get a meal with those basic components at almost any restaurant - and you shouldn't sweat it if the amounts are slightly off. Of course, cooking everything at home will save you money and time in the long run. There's another thing you'll ideally prep on your weekends.

Now, if you don't have time for a sit-down lunch, you can still get plenty of good nutrition. You're just going to have to suck it up and be content with another shake! Here's what you'll need:

- 2 cups milk
- 2 scoops vanilla protein powder
- 1 cup strawberries
- 3 tablespoons almond butter
- 1 cup oats

You can always just use the same recipe as you had in the morning, but if you're going to be drinking this many shakes, you might as well enjoy some variety. If you won't have access to a blender around lunch time, then you'll need to make this ahead of time and refrigerate if possible. It won't go bad in just a few hours, but it's kind of nasty when warm!



As for the supplements, just down some more fish oil. If you're short on time and opt for the shake, you'll also want to add another 5 grams each of creatine and BCAA. You can get that stuff in abundance in meat, but you'll need to make up the difference if you've been living on protein powder all day.

PRE-WORKOUT

If you're training after work - right around 5:00 PM - you'll want some targeted supplementation at 4:00. Here are my favorites:

-Caffeine: As long as you drink *plenty* of water throughout the day, a little caffeine won't dehydrate you during training. Have a couple of strong cups or coffee, or take a 200 milligram caffeine pill.

-5 grams BCAA: If you can only afford branched-chain aminos during one part of the day, make it pre-workout. They'll help to prevent muscle breakdown during training, which means you'll recover faster and gain more muscle!

-25 grams protein: You don't want actual food sitting in your stomach while you're training, but a little protein powder can be a huge help. Just one scoop is plenty. If you're training legs (or doing anything else nauseating), you might want to take this TWO hours beforehand, not one.

-50 grams sugar: No, we're not talking table sugar! In fact, you might not need any carbs at all, since you will have already had some at breakfast and lunch. But if you're gearing up for a particularly tough workout, or you're having trouble gaining weight, then some extra glucose will help you out. Make sure you use plain dextrose (available at supplement shops and health food stores) or some kind of sports drink with glucose as the first ingredient.

-5 grams creatine: I don't believe in "loading" creatine in huge amounts throughout the day, but pre-workout is another great time to take it. In fact, it's even more important now than in the morning.

The best way to take all this stuff is to just make one big shake. Make sure you get a flavor of protein that mixes with everything else! Chocolate protein and lemon-lime Gatorade is the kind of combo you want to avoid.



POST-WORKOUT

Your post-workout meals and shakes are your **MOST** important meals of the day. After training, your body is primed to soak up whatever you throw at it, **AND** it's almost impossible to gain fat. This is when you really want to slam the carbs, even if you're cutting them during the other parts of the day. Here's what your post-workout shake should look like:

- 100 grams sugar (dextrose)
- 50 grams protein (from powder)
- 5 grams BCAA

That's about it! There's no need to get fancy with anything else, so don't waste your money on those pre-mixed post-workout shakes. They're not bad, but they're certainly not worth the money you'll save by mixing your powders yourself. Make sure you down this with plenty of water, whether in the shake or on the side.

DINNER

It'll be about 8:00 by now. You've trained, you downed your shake, and now it's time for some real food. Most lifters should eat basically a repeat of lunch:

- 8 oz. protein
- 2 cups cooked carbs
- 20-30 grams added fat



If you're super-skinny and trying to gain weight, then throw in even more carbs - as many as you can handle! But don't cut back on THIS meal if you're feeling a little chubby. No matter how much you reduce the carbs and fats in your other meals, you still want plenty of food in this one. The post-workout window is your opportunity for growth, not fat loss!

As for supplements, just take the usual 5 grams of fish oil.

PRE-BED MEAL

The day's winding down - what a relief! If you're trying to lose fat, then you probably don't need to eat any more. But if you're trying to gain muscle, then you'll need some slow-digesting proteins and fats to stay anabolic while you sleep. Try this combo:

- 2 cups cottage cheese
- 4 tablespoons peanut butter
- Splenda and cinnamon (as much as you like)

That may sound like a nasty combo, but it actually tastes great mixed together! If you really can't stomach the thought, just eat the peanut butter (or nuts) on the side. And, if you cringe at the sight of cottage cheese, then you can just have another 8 oz. of meat. Dairy is ideal, though, since it's rich in slow-digesting casein.

Supplements:

- Fish oil, 5 grams EPA / DHA
- Double-dose ZMA

The ZMA is optional but HIGHLY suggested - especially if you don't have time for a full eight hours of sleep. It can improve the quality of your sleep and boost testosterone, both of which are critical for maximum muscle growth. You grow while you rest!

GETTING UP TO EAT?

Some obsessive bodybuilders eat in the middle of the night, but I'm not a fan. If you're working hard, playing hard, and training hard, you're much better off sleeping as long as possible. Keep a protein shake by your nightstand if you want, but otherwise don't worry about it. It's much more productive to just add extra calories to your mid-day meals.

TIME TO GET SERIOUS

I hope you enjoyed The Justin Woltering No-Hype, All-Day, Muscle-Building Stack. Check out the new BBF 2.0 Member's Area where you'll find my awesome new eBooks, meal calendars, workout routines, videos, and even discover my favorite supplements. Check your email for membership login details.

You can login at:

<http://www.biggerbetterfasternow.com/members>

I'll see you on the inside.

-JW

