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Cutting diet plan bodybuilding pdf

6-Day Program: Sub-max workout, sets not taken to complete failure. Total weekly sets: 190

Day 1	Chest/ Arms	35 sets	10, 8, 6, 4 reps
Day 2	Legs/Abs	25 sets	10, 8, 6, 4 reps
Day 3	Back/Shoulders	35 sets	10, 8, 6, 4 reps
Day 4	Rest		
Day 5	Chest/Arms	35 sets	10, 8, 6, 4 reps
Day 6	Legs/Abs	25 sets	10, 8, 6, 4 reps
Day 7	Back/Shoulders	35 sets	10, 8, 6, 4 reps

5-Day Program: All sets taken to failure. Total weekly sets: 105

Day 1	Legs/Abs	20 sets	10, 8, 6, 4 reps
Day 2	Chest	20 sets	10, 8, 6, 4 reps
Day 3	Rest		
Day 4	Back	20 sets	10, 8, 6, 4 reps
Day 5	Shoulders/Traps	20 sets	10, 8, 6, 4 reps
Day 6	Biceps/Triceps	25 sets	10, 8, 6, 4 reps
Day 7	Rest		



VEGAN MEAL PLAN - BULK

MEAL		FOOD	CALORIES	PROTEIN	CARBS	FAT
1	BREAKFAST	2 scoops vegan protein	200	34	6	2
		250ml rice milk	127	1.1	26.4	2.1
		1 medium banana	105	1.2	26.9	0
		1-2 scoops pre-workout	5	0	5	0
	TOTAL	MEAL 1	437	36.3	64.3	4.1

WEIGHTLIFTING

2	POST-WORKOUT SHAKE	2 scoops vegan protein	200	34	6	2
		250ml rice milk	127	1.1	26.4	2.1
		2 medium bananas	210	2.4	53.8	0
		100g blueberries	57	0.8	14.5	0.3
		2 tablespoons peanut butter OR almond butter	188	8	6.3	16.1
		5g creatine	0	0	0	0
		multivitamin	0	0	0	0
	TOTAL	MEAL 2	782	46.3	107	20.5

3	LUNCH	170g seitan	192	36.2	0	2.2
		300g (cooked) whole wheat pasta	373	16.1	79.7	1.7
		150ml pasta sauce	144	2.9	24.4	2.9
		1/2 tablespoon olive oil for pasta	60	0	0	7
		dry seasonings (if desired)	4	0	1	0
	TOTAL	MEAL 3	773	55.2	105.1	13.8

4	SNACK	2 slices whole grain bread	160	8	28	0.2
		2 tablespoons peanut butter OR almond butter	188	8	6.3	16.1
		1 tablespoon jam	56	0.1	13.8	0
	TOTAL	MEAL 4	404	16.1	48.1	16.3

5	DINNER	220g extra firm lite tofu	111	19.5	2.8	4.2
		200g (cooked) brown rice	205	4.1	43.8	1.4
		200g vegetables (broccoli, cauliflower, asparagus, bell pepper, string beans, carrots, onions)	68	4.6	13.2	0.6
		lemon juice, cilantro, dry seasonings (if desired)	10	0	2.5	0
	TOTAL	MEAL 5	394	28.2	62.3	6.2

TOTALS			2790	182.1	386.8	60.9
TARGET			2794	180.4	378.3	62.1

SOPHOMORE CUTTING MEAL PLAN (1900 CALORIES)		
Day	Meal	Notes
Monday	Meal 1	1/2 Wheat toast, Cheese, 8 oz Ck. Salad, 1 yogurt, Grapes
Tuesday	Meal 2	1/2 Wheat toast, Cheese, 8 oz Ck. Salad, 1 yogurt, Grapes
Wednesday	Meal 3	1/2 Wheat toast, Cheese, 8 oz Ck. Salad, 1 yogurt, Grapes
Thursday	Meal 4	1/2 Wheat toast, Cheese, 8 oz Ck. Salad, 1 yogurt, Grapes
Friday	Meal 5	1/2 Wheat toast, Cheese, 8 oz Ck. Salad, 1 yogurt, Grapes
Saturday	Meal 6	1/2 Wheat toast, Cheese, 8 oz Ck. Salad, 1 yogurt, Grapes
Sunday	Meal 7	1/2 Wheat toast, Cheese, 8 oz Ck. Salad, 1 yogurt, Grapes

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	Protein (g)	Carbs (g)	Fat (g)
Meal 1 – 9am			
1.5 scoops Maximuscle Promax	36	3	3
80g oatmeal	9.5	46	6
20g almonds	4.5	1	11
1 multivitamin, 4 fish oil			
	50	50	20
Meal 2 – 12pm			
6 egg whites, 3 yolks	29	3	15.5
2 large bananas	2.5	55	1
	31.5	58	16.5
Meal 3 – 2.30pm			
200g beef knuckle	42	0	10
200g sweet potatoes	3	48.5	0.5
10ml canola oil	0	0	10
	45	48.5	20.5
Meal 4 – 5pm			
200g beef knuckle	42	0	10
200g sweet potatoes	3	48.5	0.5
10ml canola oil	0	0	10
	45	48.5	20.5
Pre-Workout			
1 scoop pre-workout formula	6	9	0
Intra-Workout			
10g BCAA & Glutamine	10	0	0
Post-Workout			
2 scoops Maximuscle Cyclone	40	28	6
	56	37	6
Meal 5 – 9pm			
200g beef knuckle	42	0	10
200g sweet potatoes	3	48.5	0.5
10ml canola oil	0	0	10
	45	48.5	20.5
Meal 6 – 12am			
1 ½ scoops casein	37.5	3	1
	37.5	3	1
Total (3359kcal)	310	293.5	105

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With that in mind, aim for 20% or less of your calorie intake from good fats. However, to start with you'll need some guidelines on nutrition that any cutting athlete will need. 340 cals) 4 scrambled egg whites, 2 slices wholemeal toast (approx. The 4 Week Cutting Diet Our diet for cutting is adjustable depending on how many calories your deficit allows you to eat. 160 calories per 22 almonds) Promax Lean shake (approx. 410 cals) Ham, mushroom and spinach frittata (approx. 300 cals) Extra lean ground beef, cauliflower and brown rice (approx. 300 cals) Post-workout snack: Promax lean shake (approx. Catered towards all levels of experience, the cutting plan in this article will help you reduce body fat - but you'll need to use a little bit of common sense, as all bodies are different. Loosely, GI relates to a food's sugar content and how fast it releases glucose in the body. 300 cals) Grilled courgette, kale, pepper and humous wrap (approx. With that in mind, you should cut out sugary, high GI food such as white rice, white bread and pasta and replace them with low GI carbs such as brown basmati rice, wholegrains and fruit such as apples and berries. You'll want to maintain macronutrient ratios of around 30-50% calories from carbs, 30-40% from protein and 20% from good fats. Other drinks either contain extra calories or have artificial sweeteners and other things that can detract from your cut. 500 cals) Chicken stew with quinoa and beans (approx. With that in mind, we've listed options and approximate calories from each part of the day. 160 cals) Promax Lean Bar (approx. To lose weight, you need to be in a calorie deficit. An example day might look like this: Breakfast: 50g wholegrain porridge, handful of blueberries and a protein shake (approx. However, the diet for cutting prepared in this article is a great example of the types of food you should be eating to promote weight loss and healthy muscle development. The amount of calories you need to cut back on varies from person to person and involves your height, weight and activity levels which determine your metabolic rate. 59 calories) Tuna steak, two sweet potatoes, broccoli and asparagus (approx. 243 cals) Chilli with quorn mince (approx. 100 cals) Lunch: Chicken, brown rice and broccoli (approx. 415 cals) Total approx. 400 cals) Low calorie chicken korma, replacing cream with yoghurt (approx. 186 cals) Breakfast smoothie with banana, blackberries, strawberries, raspberries, water + honey (approx. Water is calorie free, keeps you hydrated and is basically all you need to drink. The only drinks you should consume within a cutting diet are water, green tea and if you must, black coffee. There are good and bad fats, but in a cutting diet you want to try and taper down all kinds, since fats are an inefficient energy source compared to carbs and are responsible for the physical appearance of body fat. Also referred to sometimes as a shredding diet, the two key objectives of a cutting diet are: Cut down on body fat Maximise lean mass. 240 calories for a 2 scoop serving) Greek yoghurt (approx. 350 calories) Chicken burger with wholewheat bread + fried egg (approx. If you haven't worked out and eat high GI foods, they are stored as fat. 250 cals) Handful of nuts (approx. Gareth's favourite workout is the Squat. While no plan can really encapsulate everything you'll eat in the timeframe, we've provided a range of mix and match options to help you build your own plan that suits your calorie deficit. 206 cals) Chicken, brown rice and broccoli (approx. 270 cals) Almonds (approx. 111 cals per pancake) Banana (approx. 230 cals) Asparagus soldiers with soft boiled egg (approx. When you're eating at a calorie deficit, you'll lose body fat. 340 cals) Morning snack: Banana (approx. 275 cals) Apple and almond butter (approx. 100 cals) Any single piece of fruit or handful of berries (cals vary) 1 cup edamame beans (approx. 240 cals) Dinner: Singapore noodles (approx. This also means that if you add heavy cardio in, you can treat yourself to a more carb-heavy meal on that day. cals: 1,395 Obviously, depending on your calorie deficit you can either include more food or snacks in your day, or cut down. 415 cals) By taking the meals above and mixing them up, you can create variation every single day, for the four weeks of your cutting diet. 130 cals) Whey protein pancakes (approx. 376 cals) Singapore noodles (approx. If you're one of those people who claims they don't enjoy the taste, just keep drinking it and you'll quickly grow used to it. As mentioned previously, you'll need to manually work out your calorie deficit which can bear done with an online calculator. The key to a healthy cut is variation and determination - so set your 4 week goal and get your calorie intake down! Gareth Nicholas is the head nutritionist and HNC scientist within the Maximuscle ambassador team. Gareth has been working in the fitness industry since 2000, and has the following qualifications: MSc Human Performance, BSc (Hon) Sport Science, IOC Diploma in Sports Nutrition. 332 cals) Chicken wrap with tomatoes, cucumber, olives and hummus (approx. 330 cals) Beef stir-ry with brown rice (approx. One of the best ways to cut is to opt for low GI (Glycemic index) foods. Because of this variation, only you can decide how many total calories you'll need each day. 50g wholegrain porridge, handful of blueberries and a protein shake (approx. Doing more cardiovascular exercise will increase the rate at which you burn calories, so you'll be able to drop body fat faster if you stick to your deficit whilst training hard.

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