

# BULKING/CUTTING CYCLE SECRETS & RECIPES



AVOIDING FAKE INFORMATION TO HURT YOUR GAINS

# How You Can Build Muscle Fast In 30 Days

You can't just expect to build solid muscles with just a few hours in the gym and increasing your calorie intake. Here's a look at how you should go about it:



## **Increase Your Calorie Intake**

Once you have decided your aim is to build muscle and lose fat, you have to start paying attention to what you eat. Make sure to read food labels to get a rough idea of how many calories you are

consuming. You need to eat 1 gram of protein per pound of body weight every day. It is important to understand if you lower your protein intake, you will lose a lot of muscle.

Make sure you consume foods which contain high quality proteins, such as egg, poultry, lean red meat and fish. Protein shakes are a great way to give your body an additional protein fix. If you have a fast metabolism that digests and burns calories quickly, you just have to keep up with your metabolism by eating high calorie meals every few hours.

Instead of eating 2 to 3 high-calorie meals a day, eat 5 to 6 separate meals after a two-hour interval so your body has enough time to digest and metabolize the food.

## **Limit Cardio**

While cardio improves muscle recovery, it is evident excessive cardio exercises can cause extreme muscle loss. Cardio exercises have the tendency of reducing your caloric surplus. This, in turn, causes you to over train. While normal cardio sessions do not burn up a lot of calories, intense cardio sessions can cause damage to the calories you are consuming.

## **Let Go Of Supplements**

You need to stop relying on supplements. Supplements cannot make up for all those hours you spent sulking at home when you ought to be at the gym and supplements won't work if you do not follow a strict diet and eat tiny portions when you should be boosting your calorie intake. Most of the supplements which you will find in the market are marketed to hard gainers who simply want to gain weight.

These supplements only help you gain weight by increasing your water weight. In time, when you stop taking those supplements, your weight will drop dramatically and you lose the water weight. The only supplement that will actually prove helpful is protein powder.

## **Change Your Rep Range Every Few Days**

It is important you change your rep range after every few days so you can avoid plateaus. Plateaus occur when your body gets used to a certain exercise or regime so much that it no longer responds to it. Changing the range of reps allows your body to get used to a new kind of stress. Alternating workouts and exercises also helps you lose weight and gain muscles more effectively.

## **Don't Overwork Yourself**

It is important you pay attention to your physical and mental wellbeing instead of just worrying about building muscles. Do not overwork yourself. Stick to 12 reps per muscle group instead for aiming for 15 or 20. Your workout routine last, at most, 45 minutes. Keep your workouts short and intense instead of dragging it for two hours.

Allow your body enough time to recover your muscles and make sure you get a good night's sleep so you are energized and rejuvenated the next day.



# Bulking and Cutting

Whether you are planning on building muscle or losing fat, you must be familiar with the terms “bulking” and “cutting.”

## What is Bulking and Cutting?

Many people describe these terms as simply gaining muscle and losing fat, but that is not all.

**Bulking:** It is a time period in which you focus primarily on building muscle, gaining weight and increasing your stamina. During this time period, you increase your calorie intake to create a caloric surplus.

**Cutting:** It is a time period in which you primarily focus on losing weight, fat and becoming leaner. During this time period, you decrease your calorie intake while increasing your calorie expenditure.

The key to building muscles and achieving your ideal body shape is alternating between these two cycles.

# How to Bulk the Right Way in 30 Days?

If you want to build muscles, you need to bulk up and gain weight. Now the problem is gaining weight without putting on fat. If you want to bulk up in 30 days, it is important you consume at least 4000 to 5000 calories a day during your bulk cycle.

Unfortunately, it is difficult to gain weight without putting on fat. This is why you need to focus on consuming 'clean calories.' Munching on pizza and cheeseburgers is the easiest way to put on weight but it will also get you a double chin so understand stuffing yourself with junk food is not the answer.

Most diets on the internet are unhealthy and wreak havoc on your health. Sure, you will be able to climb the scale quickly but will also be at the risk of suffering from health problems associated with your poor diet.

Also stay away from store-bought weight gainer shakes. They contain harmful proteins which are dangerous for your health in the long run. Instead, make your own weight gainer shake at

home. Liquids are easier to consume and provide you extra energy. Here's a recipe you should try:

## **Recipe for Banana and Strawberry Weight Gainer Shake:**

### **Ingredients:**

- 1 large banana
- 4 ounces of heavy cream
- 4 medium sized strawberries
- 12 ounces whole milk
- 2 scoops banana protein powder
- Ice

### **Directions:**

- Chop the banana and strawberry into small pieces and throw in all the ingredients in the blender along with the ice
- Gently pulse blend until the mixture is smooth and the protein lumps are gone
- Serve with more crushed ice if desired

Total calories: 1081



## **Meal Plan for Bulking in 30 Days**

If you want to build muscle in 30 days, you cannot just eat whatever you wish. It is important you follow a structured meal plan that will help you squeeze in those extra calories. If you want to gain muscle in 30 days, divide your days in the following way:

**Day 1 to Day 10:** Bulking Cycle

**Day 11 to Day 15:** Cutting Cycle

**Day 16 to Day 25:** Bulking Cycle

**Day 21 to Day 30:** Cutting Cycle

For your 10-day bulking cycle intervals, follow a high-calorie meal plan.

These meal plans will give you a good idea of what you should and shouldn't eat. Remember, you are focusing on consuming clean calories. Stay away from junk food as it will only cause you to gain fat and that is not what you want. It is easier to gain than lose fat so it is a good idea you follow a properly structured meal plan. Here are 5 bulking meal plan ideas that will help you plan your meals in a healthier way:

## **Bulking Diet Meal Plan 1**

### **Breakfast**

- 1 glass homemade weight gainer shake
- 3 whole eggs
- 3 scrambled egg whites
- 2 cups of cooked oats with 1 tbsp. honey
- 1 banana

### **Snack**

- 1 cup raspberries with 2 cups of low-fat cottage cheese

### **Lunch**

- 1 cup green vegetables
- 2 cups brown rice
- 300g cooked turkey

### **Snack**

- Homemade weight gainer shake

### **Dinner**

- Greek salad
- 200g salmon steak
- 2 cups couscous

## **Supper**

- 1 cup low-fat Greek yogurt with chopped fruits

## **Bulking Meal Plan 2**

### **Breakfast**

- 2 slices of toast
- 2 boiled eggs
- 1 glass weight gainer protein shake
- 1 cup berries and nuts

### **Snack**

- 1 cup low-fat Greek yogurt
- 1 banana

### **Lunch**

- 200g chicken steak
- 1 cup chickpeas and couscous
- 1 cucumber
- 2 cups spinach

### **Snack**

- 1 glass weight gainer shake

- 1 apple

## **Dinner**

- 200 g salmon with sweet potato
- 1 cup vegetables

## **Supper**

- 1 cup Greek yogurt with chopped fruits

## **Bulking Meal Plan 3**

### **Breakfast**

- 1 glass homemade weight gainer shake
- 2 slices of toast with 1 tbsp. of honey
- 1 cup berries and nuts

### **Snack**

- Turkey wrap
- Whole grain English muffin

### **Lunch**

- Lasagna
- 2 cups green vegetables
- 1 slice cheese

## **Snack**

- 1 glass weight gainer protein shake
- 1 cup Greek yogurt

## **Dinner**

- 200g chicken breast
- 1 cup stir fried vegetables
- 2 cups brown rice with 1 tbsp. soy sauce

## **Snack**

- 2 tbsps. cashew nuts
- Zucchini bites

## **Bulking Meal Plan 4**

### **Breakfast**

- 2 slices of toast
- 3 eggs
- 1 glass weight gainer shake

### **Snack**

- Chicken sandwich with 1 slice of cheese

## **Lunch**

- 200g Salmon
- 2 cups boiled vegetables
- 1 apple

## **Snack**

- Banana almond shake
- 2 tbsps. of nuts

## **Dinner**

- 2 cups wholemeal pasta
- Greek Salad
- 200g turkey

## **Supper**

- 1 cup low-fat Greek yogurt
- 1 cup chopped fruits

## **Bulking Meal Plan 5**

### **Breakfast**

- 2 Pancakes
- 1 bowl of chopped fruits
- 1 banana



## **Snack**

- 100g shredded turkey with tortilla

## **Lunch**

- 200g trim pork
- 2 slices wholemeal bread
- 1 piece of fruit
- 1 slice of cheese

## **Snack**

- 1 glass of weight gainer protein shake

## **Dinner**

- 200g chicken breast
- 1 cup stir fried vegetables
- 2 cups brown rice with 1 tbsp. soy sauce

## **Supper**

- Turkey wrap
- 1 cup nuts and berries

# **Bulking the Wrong Way: 5 Mistakes People Make While Bulking**

It is easy to get carried away with all the calories. Avoid these 5 common mistakes people make during their bulking cycle.

## **Staying Away From Carbohydrates**

Carbohydrates are a great source of energy that gives you an instant boost of energy, great for post-workout session snacks. Simple carbohydrates are easier to digest before your post workout because they instantly shoot up your insulin level and drive the glycogen in your muscles.

For an instant boost of carbohydrates and proteins, fill yourself up with a glass of delicious protein shake. On the other hand, complex carbohydrates provide energy and complex carbohydrates, including sweet potatoes, oats, and brown rice.

## **Skipping Meals**

This is a common mistake all hard gainers make when they are initially trying to gain weight. Skipping meals when you are not hungry or when you just don't 'feel' like it is a big mistake. If you are working out and trying to build muscles, your body needs a healthy source of protein every 3 hours or so.

When your body is low on amino acids, guess where it attacks: your muscles. So, if you do want all those precious muscles go to waste, you need to keep bulking up. When you are not hungry, opt for filling yourself up with liquids, it's easy to consume and rich in calories.

## **No Cardio**

Most people avoid doing cardio because they think it will speed up their weight loss. Understand that incorporating cardio in your workout routine will not only improve your cardiovascular system, but it will also boost your appetite that will do wonders for your bulking cycle. If you want to achieve your desired body shape, cardio is a great place to start.

## **Too Much Cardio**

While cardio is good, too much cardio can get in the way of bulking. Too much cardio causes your body to spend a lot of energy. This may come in the way of body shaping and achieving your desired body size. Stick to a moderate cardio program that consists of an easy 20-minute workout session a week. Doing moderate amount of cardio will boost up your metabolism and will keep your heart beating faster.

## **Not Getting Enough Rest**

Some people do everything. They eat right, go to the gym, and work out for hours and hours, but they forget they need to give their muscles a rest. It is important you get ample rest and give your body enough recovery time. Without adequate rest and recovery time, your muscle tissues will start breaking down. Not only will you start feeling sore but you can also injure yourself.

## How to Cut the Right Way in 30 Days

During your cutting cycle, your main goal is not to lose body weight. It is to lose body fat while still maintaining all your hard-earned muscle and body strength. Lower your calorie intake but only to lose body fat. Cardio is optional, but it is an easy way to create the required deficit. With healthy meal plan and some great exercise, you will be able to lose fat with ease.

What you should be concerned about is maintaining your muscle. Follow a high protein diet that will help you stay ripped. Proteins help you curb hunger. This prevents you from overeating and consuming unhealthy junk food. Additionally, protein also has a high thermic value. This means a lot of proteins are lost as heat in the digestion process. The more proteins you consume, the more calories you will burn.

Also note that cutting is for people who actually have a very high body mass, if you are still skinny and scrawny then there is no need for you to pay too much attention to cutting as long as you continue to exercise and eat healthy.

# **Best Foods to Incorporate In Your Diet in Your Cutting Cycle**

If you want to lose body fat but are worried about losing your hard-earned muscle, include these foods in your diet:

## **Salmon**

If you want to prevent muscle loss, you need to keep your protein intake high. Salmon is one of the best sources of protein. It is also low in saturated fats while providing your body with enough Omega-3 fats.

## **White Kidney Beans**

Meet the healthiest of the legumes. White kidney beans carry countless health benefits and also contain 25000 anti-amylase units per serving. White kidney beans help reduce carbohydrate absorption, which means that fewer carbohydrates are absorbed, and as a result less fat is stored. White kidney beans take a longer time to digest which means you stay full for longer periods of time and are not tempted to overeat.



## **Brewer's Yeast**

Brewer's yeast is a super food you need to include in your diet if you want to lose fat. Brewer's yeast contains ample nutrients that aid in fat loss and is also rich in proteins. It is also rich in minerals such as chromium. Chromium helps regulate your insulin levels, which prevents you from eating excess carbohydrates.

## **Apples**

Apples are rated among the most satisfying foods around the world because it helps to fill you up for longer periods of time, preventing you from overeating. Apples are also high in fiber and contain ample amounts of nutrients that will keep you nourished and active throughout the day.

## **Green Tea**

2 to 3 cups of green tea daily have been known to significantly help the process of fat loss. Make sure you make your own green tea at home rather than consuming the store bought teabags as they can be extremely harmful to your health in the long run. Green tea is rich in antioxidants, such as Polyphenols and Catechins, which help keep the negative effects of free radicals at bay. This prepares your body for heavy training.

## **Leafy Green Vegetables**

Green leafy vegetables contain a significant amount of fiber that slows down the absorption of food in your body. It is better to eat large portions of vegetables in your cutting cycle as it will keep you full but will not cause excess fat gain. In addition, green vegetables are rich in phytonutrients that offer an array of health benefits.

## **Meal Plan for Cutting in 30 Days**

If you want to retain your desired body shape and to get rid of fats, it is important you pay close attention to your diet in the cutting cycle. Stay away from calorie loaded foods and try to squeeze in as much exercise as possible. As mentioned earlier, if you want to gain muscle in 30 days fast, you need to divide your days in the following way:

**Day 1 to Day 10:** Bulking Cycle

**Day 11 to Day 15:** Cutting Cycle

**Day 16 to Day 25:** Bulking Cycle

**Day 21 to Day 30:** Cutting Cycle

Here are 5 cutting meal plan ideas that will help you plan your meals in a healthier way:

### **Cutting Meal Plan 1**

#### **Breakfast**

- 6 egg whites cooked with one yolk
- 1/2 cup strawberries
- 1 cup oatmeal

#### **Snack**

- Tuna wrap

#### **Lunch**

- 1 cup green vegetables
- 200g chicken breast

#### **Snack**

- Protein Shake

#### **Dinner**

- 200g red snapper
- 1 cup green vegetables

## **Supper**

- Chicken Salad

## **Cutting Meal Plan 2**

### **Breakfast**

- Protein Shake
- Whole grain toast
- 6 egg whites with one egg yolk

### **Snack**

- Green salad

### **Lunch**

- 1 cup brown long grain rice
- 200g turkey
- 1 cup broccoli

### **Snack**

- Protein shake

### **Dinner**

- 1 cup green vegetables
- 200g lean steak

## **Supper**

- Turkey wrap

## **Cutting Meal Plan 3**

### **Breakfast**

- 1/2 cup oatmeal
- 1 piece fruit
- Protein shake

### **Snack**

- 1 cup berries

### **Lunch**

- Large baked potato with skin
- Tuna sandwich
- 1 cup vegetables

### **Snack**

- Homemade granola bar

### **Dinner**

- 200g sliced turkey
- Large baked potato
- 8 stalks asparagus

## **Supper**

- Chicken sandwich

## **Cutting Meal Plan 4**

### **Breakfast**

- Boiled eggs
- Green smoothie
- Homemade granola

### **Snack**

- Protein shake

### **Lunch**

- 200g chicken breast
- 1 cup vegetable soup with chicken broth
- Caesar's salad

### **Snack**

- Protein Shake

### **Dinner**

- 200g baked salmon
- Tuna rolls
- 1 cup broccoli



## **Supper**

- Turkey wrap

## **Cutting Meal Plan 5**

### **Breakfast**

- 1 cup berries
- 6 egg whites with 1 egg yolk
- 1/2 cup oatmeal

### **Snack**

- Protein shake

### **Lunch**

- 1 cup lentil soup
- Tuna sandwich
- Crumbled fillet of fish

### **Snack**

- Tuna stuffed with an avocado

### **Dinner**

- 200g smoked salmon
- Protein shake
- 1 cup green vegetables

## Supper

- Small pita sandwich

## Best Exercises for Your Cutting Cycle

It is easy to gain fat when you are in your bulking phase. You need to put all that extra weight to good use so you can achieve your desired body shape. Conquering excess fat and getting a toned, lean look is not an easy endeavour, but it is certainly not an impossible task either.



In addition to following a healthy and balanced diet, you need to include exercise regimes that will help you deal with all that extra weight while

increasing the size and strength of your muscles. Here are some exercises that are ideal for when you need to cut:

## ***Circuit Training***

Circuit training is an effective workout routine that combines weight training and aerobic exercise. This effective workout regime helps men conquer excess fat and build muscles at the same time. In circuit training, you need to complete several exercises one at a time with little or absolutely no rest in between.

Opt for a circuit training program that involves squats, triceps dips, calf raises, bicep curls, bench press and dumbbell rows and crunches. It is important you target each part of your body one by one so you can tone and strengthen your entire body.

Circuit training not only helps build muscles but also promotes fat loss. Your workout routine can take less than just 30 minutes per day.

**Note:** Circuit training is best for beginners who are looking for a way to tone up and get into shape.

## ***High-Intensity Interval Training (HIIT)***

HIIT is an effective workout regime that helps promote fat oxidation and fat loss. HIIT is a training technique that requires high-intensity workouts followed by short recovering periods.

This workout regime helps to increase your heart rate, allowing you to burn more fat in less time.

A high-intensity workout increases the body's need for oxygen, which creates a shortage of oxygen, and your body makes more effort for oxygen recovery. The aftereffect is known as EPOC, i.e. Excess Post-Exercise Oxygen Consumption.

As a result of this effect, intense workouts help burn more fat and calories than regular aerobic and stationary workout sessions. Interval training can involve any kind of aerobic workout. This includes swimming, running or even walking.

If you want to burn fat but are tired and bored of working out at the gym, don't fret. Playing your favorite sport can help to not only burn fat but can also tone muscles. Sports like basketball, hockey and soccer can help you burn loads of calories and stay in shape.

# **Cutting the Wrong Way: 5 Mistakes People Make While Cutting**

You need to lose fat, but you do not want all that hard-earned muscle mass to go to waste. You need to bulk up while trying to stay lean and in shape at the same time. There are things you need to keep in mind if you are trying to stay in shape. Here are 5 common mistakes people make while cutting:

## **Completely Eliminating Carbs from Your Diet**

Carbohydrates are your worst enemy when it comes to weight loss, but you need to remember your goal is to lose fat, not weight. Eliminating carbohydrates from your diet is a big mistake as carbohydrates provides the body with energy that helps you get through the day. If you want to work out, you will certainly need all the energy you can get.

Your body may use protein and fat for fuel, but it is dependent on carbohydrates when it comes to energy. If you want high performance and fast results in the gym, you need to include moderates amount of carbohydrates in your diet, especially post-

workout. Remember, everybody has different requirements. If you do not have a lot of body mass and are leaner, you require a larger carbohydrate intake.

## **Excessive Weight Lifting**

Most men resort to excessive weight lifting as soon as they see signs of fat gain. While lifting weights has many positive effects, i.e. it increases muscle mass and stimulates muscle growth, however, excessive weight lifting can have many adverse long-term effects. Excessive weight lifting can contribute to poor breathing and also impact your heart health.

When you hold your breath while lifting weight, your blood pressure dramatically increases. As a result, your heart needs to put in double the effort to pump blood against the increased resistance. This causes your heart to enlarge and may lead to many heart related complications in later life.

If lifting weights is a must, contact a physician and discuss your training program. They will be able to formulate an exercise program for you according to your health. In addition, learn proper breathing techniques prior to starting weight lifting. This will limit the risk of complications in later life.



## **Taking Long Rest Periods during Sets**

While getting ample rest between sets to allow your muscles to recover and enables you to lift maximally on your next set, reducing the rest time will actually boost your performance and speed up your metabolism. As your goal is to get cut weight without gaining fat, short rest periods are enough to help your muscles recover. Taking long rest periods during sets can break your stamina and hinder your performance in the gym.

## **Not Giving Yourself Enough Time to Recover**

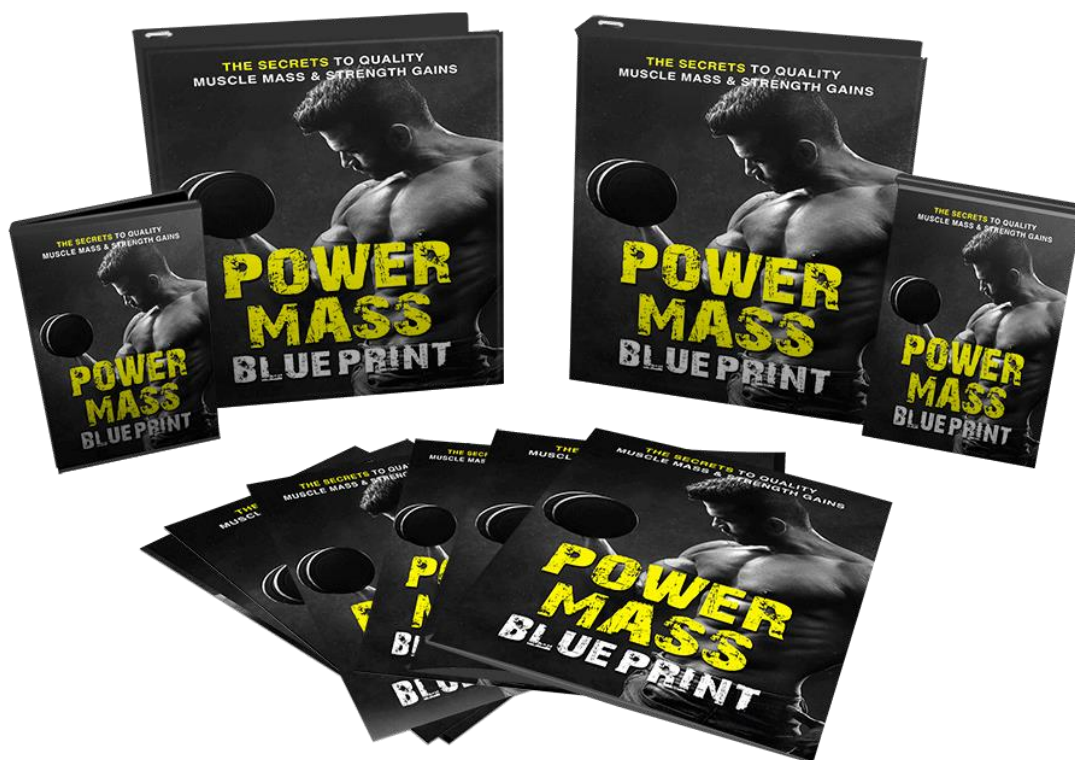
If you want to be lean, fit and stay in shape, you should give yourself enough time to recover. This not only involves getting enough rest but also drinking adequate amounts of water and eating a healthy diet. In order for your body to recover, you need to keep all these aspects in mind.

If you want to get leaner and stay in shape, you need to take care of your physical and mental wellbeing. Make sure you get at least 7 hours of sleep every day. Avoid drinking when you have to go to work the next day. If you do not get adequate rest, you will face difficulty in building muscles and losing fat.

## Eliminating Cardio from Your Workout Regime

To look leaner and stay fit, you need to opt for some cardio training. Boycotting all forms of cardio is not a wise decision. Yes, cardio aids the burning of calories that can potentially come in handy for building muscles but if you want to lose fat and develop abs, include moderate amounts of cardio in your regime.

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