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Immediately upon waking, you'll need to do two things (after, of course, your personal pit stop). First, drink a glass of water, says RSP Nutrition Athlete Tiffani Bachus, an Arizona-based

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nutritionist and 2009
Fitness America World
Champion. "It's always
good to start the day
rehydrating the body
with water first thing in
the morning," she says.

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Bodybuilders and
athletes follow a
specific diet plan which
sets a particular
amount of calories for
each group of

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macronutrients. These professionals must eat a set amount of calories of carbohydrates, proteins, and fats to slim down or bulk up.

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Counting calories was
the first step to begin
your diet planning. The
next step is to eat the

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right foods with the
right amount of macro
nutrition. A good
starting point is having
your daily calorie
breakdown be 40%
carbohydrates, 30%
protein and 30% fat.

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The Bodybuilding Diet
Simplified Caloric
Balance. Body fat is
just stored excess

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energy — aka calories. Basically, if you ingest more calories than your... Protein. All food consists of three macronutrients: protein, fat and carbohydrates. Protein is made up of amino acids,... Fats. All ...

The Bodybuilding Diet Simplified | Muscle & Fitness

Trusted Source):
30-35% of your
calories from protein

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55-60% of your
calories from carbs

15-20% of your
calories from fat

**Bodybuilding Meal
Plan: What to Eat,
What to Avoid**

So, in the meal you eat
60-90 minutes before
your workout have
25-50 grams of carbs
from one of the
following: A small bowl
of oatmeal A small
sweet potato A fist
sized portion of white

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Nutrition And
**The Ultimate Muscle
Building Diet - Jason
Ferruggia**

Eating 6 smaller,
bodybuilding-friendly
meals throughout the
day is an absolute
must for those serious
about bulking up.
Eating frequently
throughout your
waking hours
encourage the body to
store greater amounts
of carbs within the

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muscles which
promotes mass gain by
energizing the
muscles.

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Bodybuilding Diet -
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The Diabetic Muscle and Fitness Nutrition Pyramid (pictured below) outlines all the nutritional aspects of building a successful bodybuilding diet for fat loss or muscle gain with diabetes, from most important (at the bottom) to least important (at the top). Structure your nutrition like this and you can guarantee high-quality results.

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work together to
promote healthy cell
production, health,
bone, and eye health.
Plus, nerve, muscle,
and energy function.

Bodybuilding Diet: A Perfect Muscle And Bodybuilding Diet ...

That year, Dan
Duchaine and Michael
Zumpano introduced
the Ultimate Diet to the
world of bodybuilding.
In a nutshell, the
Ultimate Diet was a 10

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day cyclical diet and training plan, incorporating three different training and eating approaches in a coordinated fashion.

Drug options were suggested since the laws were less stringent then.

The Ultimate Diet 2 - IronMag Bodybuilding Blog

Here's a quick tip to let you check how many calories you need per

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day just to function, according to your body weight. Take your weight in pounds and multiply it by 18. If you weigh 200 pounds, you will need to eat 3600 calories per day.

The Ultimate Mass Gaining Diet - Fitness and Power

In order to be successful with your vegan bodybuilding diet you must: Hit your calorie goals. Stick to

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your macros. Get the majority of your calories from whole plant based sources.

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