

3 Body Building Rules

Good nutrition and a body building diet are both critical components to a successful body building regime. A person can train day in and day out, but without the appropriate body building diet and proper nutrition, noticeable gains will be minimal.

Quite commonly the term diet is associated with weight loss through a lot of pain and starvation. This is not the case when it comes to a body building diet, or any proper diet for that matter. Instead, diet refers to the choices made centering on food consumption. We all have a diet in some form or another; it is what we eat every day.



To succeed at a body building diet, it is important to follow three main rules. First, eat smaller meals frequently. Second, each meal should contain fat, protein and carbohydrates in the following ratios – 20 percent good fats, 40 percent protein, and 40 percent carbohydrates. Lastly, do not consume the same calories on a regular basis. Calories must be cycled in order to prevent the metabolism from adjusting to a specific calorie level.

With these three rules in mind, let's move on to a sample body building diet.

Meal 1 (8 a.m.)

1 cup, dry oats and water
1 cup, egg beaters

Meal 2 (11 a.m.)

Meal replacement pack that features the 20/40/40 nutrition ratio mixed with water
OR
Protein powder (with at least 40 grams of protein) mixed with 40 grams of carbohydrates from oatmeal, cream of rice, or grits.
1 Tbs., Flaxseed Oil

Meal 3 (1 p.m.)

1 cup, oatmeal or brown rice, or a medium baked potato
2 cups, green vegetables such as broccoli or green beans
6 to 8 oz., lean fish, turkey, or chicken

Meal 4 (4 p.m.)

Meal replacement pack that features the 20/40/40 nutrition ratio mixed with water
OR
Protein powder (with at least 40 grams of protein) mixed with 40 grams of carbohydrates from oatmeal, cream of rice, or grits.
1 Tbs., Flaxseed Oil

Meal 5 (7 p.m.)

1 cup, oatmeal or brown rice, or a medium baked potato
2 cups, green vegetables such as broccoli or green beans
6 to 8 oz., lean fish, turkey, or chicken

Meal 6 (9 p.m.)

Meal replacement pack that features the 20/40/40 nutrition ratio mixed with water
OR

Protein powder (with at least 40 grams of protein) mixed with 40 grams of carbohydrates from oatmeal, cream of rice, or grits.

1 Tbs., Flaxseed Oil

As always, it is important to consult a physician when starting a body building diet or taking weight lifting supplements.