

Meals (evening lift)	1.0	2.0	3.0	Pre WO	During Workout	PWO	5.0	6.0
Train Day Carb % breakdown	(carb*.10)	(carb*.10)	(carb*.10)	(carb*.15)	(carb*.10)	(carb*.20)	(carb*.20)	(carb*.05)
Train Day Pro % breakdown	(pro* .15)	(pro* .10)	(pro* .10)	(pro* .15)	(pro* .10)	(pro* .15)	(pro* .15)	(pro* .10)
Train Day Fat % breakdown	(fat * .20)	(fat * .20)	(fat * .20)	0.0	0.0	0.0	(fat * .20)	(fat * .20)
	Multi V + Meal	Green Tea + Meal	1.5 - 2 hr prior train Green Tea + Meal	15-30 min prior 5g Creatine + Shake	Shake	Immediately After 5g Creatine + Shake	1-1.5 after WO Meal	1 Hr Before Bed Meal

No Weight Train									Calories	Grams	Percent	P = 22.5% Cal (gram per pound) 0.225 3041.4 <b>Protein</b> 684.3 171.1
Reduce Carb * 15%	355.5											
Carb	89	89	89				89	1/2 piece of fruit	1422	355	0.51	
Protein	34	34	34				34	34	684	171	0.25	
Fat	15	15	15				15	15	684	76	0.25	
Weight Train									2790	603	1.00	
Normal Carb												
Carb	42	42	42	63	42	84	84	21	1673	418	0.55	C = 55% Cal (50% Non Train) 0.55
Protein	26	17	17	26	17	26	26	17	684	171	0.23	3041.4 <b>Carb</b>
Fat	15	15	15				15	15	684	76	0.23	1672.8 418.2
									3041	665	1.00	

F = 22.5% Cal 0.225 3041.4 <b>Fat</b> 684.3 76.0
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Pre and Post Workout Shake	
Creatine	Optimum Nutrition Instantized
Protein	Optimum Nutrition 100% Whey Natrual
Custom Carb Source	Maltodextrin 40% Dextrose 40% Amylocel (Waxy Maize Starch) 5% Potato Starch Carbohydrate 5% L-Leucine (Instantized) 5%

### Caloric Needs to gain mass

HST Calculation				
Use This Method	Lbs / KG	KG * 24 hours	BMR * Act Lvl	Gain Weight
	172 / 2.2	78.2 * 24	1877 * 1.3	2445 + 600
	78.2	1876.8	2441.4	<b>3041.4</b>

Alternative Method						
BMR = 66 + (13.7 x weight in kg) + (5 x height in cm) - (6.8 x age)						
BMR = 66 + (13.7 x 78.2kg) + (5 x 178cm) - (6.8 x 31) = total by activity level 1.3 = increase by 20% for mass gain						
	13.7	5.0	6.8	1.3	1.2	
	78.2	178.0	33.0	1802.9	2343.8	
66.0	1071.3	890.0	224.4	1802.9	2343.8	<b>2812.6</b>