

Accipiter's Bulking Guide

Version 1.0

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There as many ways to bulk as there are to skin a cat: 4. Actually there's a metric crap-ton of ways, but here's the most well-known ways.

1. Eat everything. Pizza, hamburgers, take-out, etc. Do no conditioning work and no cardio. Nutrition stays the same on off days as it does on days you workouts. 6000, 7000,8000 calories even can be the norm here. You will gain lean mass. You will gain even more fat. Think GOMAD & fast food.
2. Eat like this:

	Start	
Breakfast	2% Bulk Shake	Matt: 1 scoop ON Protein, 2Tbl EVOO, 1 Tbl Coconut Oil, 2 Tbl Flaxseed, 1 Cup Blueberries, 2 Tbl Greek Yogurt, 2 Whole Eggs, 12 oz. 2% milk
Morning Snack	1 oz. walnuts	
Morning Snack	apple	
Morning Snack	banana	
Lunch	1 tuna sandwhich	Matt: 2 slices whole wheat bread 2 oz. tuna (chunk light, canned) 2 tbs Mayo
Pre-Workout	1 tuna sandwhich	
Dinner	12 oz. top round steak	
Dinner	8 oz. broccoli	
Nighttime Snack	5 oz. peanutbutter	
Nighttime Snack	6.5 cups 2% milk	
Calories	4888	
Fat	265	
Sat Fat	75	
Carbs	325	
Fiber	53	
N. Carbs	272	
Protein	332	

This was actually the first step of a cut. I was over 5000 calories using whole milk instead of the 2%. I didn't eat garbage foods, and I still did some conditioning work. You'll still gain a ton of fat this way though.

3. Eat selectively; increasing macros based on if you're working out on a given day or not, and even basing it on what part of your body you're working on a day.
4. Eat slightly more than usual, say a 100 or 200 calorie surplus primarily from protein and some extra carbs, stay disciplined, do this year round. It'll take a while but over the years you'll slowly put on mass.

This guide focuses on #3 in the preceding list; the others are fine, but 1 & 2 are pretty simple. In fact you could probably modify amounts seen in the above screen shot to fit your own caloric needs and have a pretty simple guide for a semi-dirty bulk. #4 is also ok, but most people I've spoken to are

interested in making gains quicker than that strategy would allow. #3 is what people call a tactical or strategic bulk, and that's what the rest of this guide will be devoted to.

I'm not going to go into great depths here about insulin and the mechanics behind it, but it is something that will help you understand the rest of what follows here. Insulin is a storage hormone, and when it's circulating in your blood your body will take glucose out of circulation and either dump it in fat cells, or as glycogen (fuel for your muscles to do work) in muscles or your liver. Basically when glucose levels in your blood rise above a certain point (100mg/dl) your pancreas releases insulin which then pulls that glucose out of the blood and deposits it in one of the aforementioned spots. The fortunate part is that if muscle & liver glycogen are depleted raised insulin levels will not result in glucose being converted to fat. This is because your body will top off your muscle & liver glycogen stores first. Conversely, when insulin levels are low tissue is more likely to be broken down, and fat is your body's first source of fuel.

Fortunately, manipulating this is not rocket surgery; the centerpiece of a strategic bulk is your carbohydrate intake. When you ingest carbohydrates they ultimately get broken down and enter the bloodstream as glucose. So if you want to put on weight while keeping your fat accumulation to a minimum you need make sure that the carbohydrates you consume are being *used* for something, and not just stored as fat. In this case that really only means three things: stopping catabolism after sleeping, being used as fuel pre-workout, or being used to raise insulin levels post-workout and shuttling glucose to your muscles. Let's cover these three now.

- 1) Breakfast: When you get up in the morning you've been fasting for several hours, at least eight if you're doing it right. Your insulin levels at this point are the lowest they will be all day, and you are at the highest risk for catabolism. Your liver has also spent the night pulling glycogen out of its stores to make sure that your blood sugar stays stable and doesn't murder you while you sleep. What this means is that carbohydrates you ingest with breakfast are going to help get your insulin up which stops the catabolic cycle that occurs when you sleep, and those carbohydrates are most likely going to restore glycogen in your liver and not be stored as fat.
- 2) Pre-Workout: The 2nd time in which you can safely consume carbohydrates is prior to working out. Your body is going to need fuel for the battering you're about to put your muscles through. In this case consuming some complex carbohydrates and finishing them up about an hour – 45 minutes before hitting the gym is going to result in your body using the byproducts of those carbs mostly as fuel for the workout as opposed to storing them as fat.
- 3) The final area in which carbohydrates can safely be consumed is post workout. So you've gone ahead and put in your reps at the gym and now your glycogen stores are low, in both your liver and muscles. You also want to get protein and nutrients to the muscle tissue you just decimated in your workout. Fortunately carbohydrates help here too. Simple carbohydrates result in a quicker spike in insulin levels as they are broken down into glucose quicker. As mentioned previously insulin is the storage hormone of your body. This quick spike means that your body (your muscles) is rapidly ready to consume the protein and carbs that you take in from your post

workout meal or shake. In other words those carbs aren't going to fat either. They're going to restore the glycogen that your muscles burned during the workout, and they're going to result in a spike in insulin that shuttles the protein you consume into repairing and strengthening the muscles you just worked.

- 4) *Some people ingest simple carbohydrates while working out; this is the 4th safe time to consume carbohydrates. I'm not including it here because it shouldn't change much if you're cutting or bulking. Unless you want to be a complete slob. The principle here is that you're using simple carbs mid workout because they break down rapidly and are rapidly available as 'fuel' for your body.*

So if you're trying to bulk fairly cleanly the simplest strategy is to have two days: One in which you have macros set to account for a workout, and one to account for not working out or doing some conditioning work. Look at the picture over here on the right; these are my macros while at maintenance (~197 lbs, ~10% bf). I have four workouts per week where I do weight training, and then two conditioning days, with Saturday as my off day. These macro levels are for a cut, but pay attention to the way carbohydrates are spread out. In a clean bulk, they'll be spread out the same. On training days 90+% of carbohydrates come at breakfast, pre-workout, and post-workout, with 70+% of them coming pre and post workout. That means that a greater proportion of those carbohydrates are going towards 'useful' purposes of aiding in the maintenance or construction of lean body mass, or restoring glycogen. Of course 100% won't be used for this, but with this strategy you can keep things relatively 'clean' and employ those carbohydrate calories for something useful as opposed to having them contribute mostly to adipose tissue that you need to dispose of later with a cut.

Training Days		Matt: 1.5cups 1% milk, 2 scoops ON whey protein, 2tbs flax, 2 oz. greek yogurt, 1 large whole egg, 1 cup blueberries
Breakfast	1% Lowfat Shake	
Supplement	800mg Curcumin	
Supplement	4000 IU Vitamin D	
Supplement	6g Fish Oil	
Pre-Workout	4 oz. (dry) Brown Rice	
Post-Workout	banana	
Post-Workout	apple	
Dinner	7.5 oz. chicken breast	
Dinner	8 oz. broccoli	
Nighttime Snack	8 oz. 1% Cot Cheese	
Calories	2531	
Fat	67	
Sat Fat	14	
Carbs	231	
Fiber	37	
N. Carbs	194	
Protein	256	
Conditioning Days		Matt: 1.5cups water, 2 scoops ON Whey protein, 2tbl flax, 2 oz. greek yogurt, 2 large whole eggs, 1tbl EVOO, 1tbl EV Coconut oil
Breakfast	1% Low-Carb Shake	
Supplement	800mg Curcumin	
Supplement	4000 IU Vitamin D	
Supplement	6g Fish Oil	
Morning Snack	1 oz. walnuts	
Lunch	7.5 oz. chicken breast	
Pre-Workout	large tuna & mayo	
Post-Workout	6 oz. avocado	
Dinner	7.5 oz. chicken breast	
Dinner	4 oz. spinach	
Nighttime Snack	8 oz. 1% Cot Cheese	
Calories	2503	
Fat	127	
Sat Fat	32	
Carbs	51	
Fiber	27	
N. Carbs	24	
Protein	290	

For a bulk we're just going to increase the carbs around workout time, add a tad bit of healthy fats /carbs in to the morning and up the protein a bit. Start by setting protein somewhere between 1.5g and 1.75g per pound of lean body mass. Next, set your fat intake to between .5g and .75g per pound of lean body mass. Finally, set the peri- and post-workout carbohydrates to around 1g per pound of lean body mass (These numbers come from Shelby Starnes , read his articles on T-Nation for a ton more info). Here's a picture of how it might shake out, on the right here.

The percentage of carbohydrates that are consumed around breakfast, pre-workout, or post-workout is even greater now, at 95%. The percentage just in the pre and post-workout time is up as well, to over 75%. You'll also notice that on conditioning days the fat and protein are up, as are the carbohydrates a bit. Most of these extra carbs come in the morning. The reason you want these extra calories/protein on your conditioning or off days is that you are still healing from previous workouts. If you wanted to you could split it out even more; say a day you train legs take in the most carbohydrates, the day you train upper body or smaller muscles slightly less carbohydrates, and on off days or conditioning days even less than that. It's really up to you how you split things out. It's also important to realize that your body will change as you pack on mass, and you may need to adjust things. If you're gaining fat too fast adjust fat/carb intake, if you're not gaining mass fast enough try adding some more in. Just make sure whatever carbs you add in are focused around breakfast and more importantly peri- and post-workout times. That's really all there is to a clean bulk, from a nutrition standpoint. Best of luck!

Training Days		
Breakfast	1% Med. Fat Shake + 3oz Kale	Matt: 1.5cups 1% milk, 1 scoops ON whey protein, 2 Tbl flax, 1 Tbl EVOO, 1 Tbl EV Coconut Oil, 2 oz. greek yogurt, 1 large whole egg, 1 cup blueberries, 3 oz Kale
Supplement	800mg Curcumin	
Supplement	4000 IU Vitamin D	
Supplement	6g Fish Oil	
Morning Snack	1 oz. Walnuts	
Lunch	11 oz. chicken breast	
Pre-Workout	6 oz. (dry) Brown Rice	
Post-Workout	2 bananas	
Post-Workout	apple	
Dinner	11 oz. chicken breast	
Dinner	8 oz. broccoli	
Nighttime Snack	8 oz. 1% Cot Cheese	
Calories	3346	
Fat	103	
Sat Fat	30	
Carbs	312	
Fiber	44	
N. Carbs	268	
Protein	301	
Conditioning Days		
Breakfast	1% Med. Carb Shake	Matt: 1.5 cups water, 1 scoops ON Whey protein, 2 Tbl flax, 2 oz. greek yogurt, 2 large whole eggs, 1tbl EVOO, 1tbl EV Coconut Oil, 1 Cup Blueberries
Supplement	800mg Curcumin	
Supplement	4000 IU Vitamin D	
Supplement	6g Fish Oil	
Morning Snack	1 oz. walnuts	
Lunch	11 oz. chicken breast	
Pre-Workout	large tuna & mayo	
Post-Workout	6 oz. avocado	
Dinner	11 oz. chicken breast	
Dinner	4 oz. spinach	
Nighttime Snack	8 oz. 1% Cot Cheese	
Calories	2908	
Fat	135	
Sat Fat	33	
Carbs	98	
Fiber	34	
N. Carbs	64	
Protein	328	

Alright, that wraps things up, I hope that this was simple and easy to follow; I'll probably update this after I get some feedback. If you want to send comments, critiques, death threats, etc. I can be reached at Accipitergym@gmail.com. Happy Lifting! - Matt