



Lee Haney's Mass Building Eating Plan

The sport of bodybuilding is an incredible science. The knowledge available today is available through years of trial and error. I would not have been an eight time Mr. Olympia without the information on training and nutrition handed down by the past Bodybuilding legends such as Arnold, Sergio, Franco, Zane, Platz, Wayne, Beckles, Robby Robinson, and more. Without sounding like a Rocket scientist, I'll try to explain a simple way of adding muscle mass using a tried and true eating plan that's been passed down from one great bodybuilder to the next. The formula simply goes 30% protein, 55-60% carbohydrates, and 10-15% fat. Keeping in mind that this plan is for mass building only. Before getting started we must first determine the body type of the individual.

I recommend a caloric base of 10-12 calories per pound of body weight for the endomorph and for the ectomorph a base of 15-17 calories per pound of body weight.

Example: A person weighting 200 lbs (endomorph) needs approximately 2000 calories for their basal metabolic rate. Once that's been established, we must then add additional calories while weight training (1 ½ vigorous weight training = approximately 1000 calories). We then add that figure to the 2000 (B.M.R) (2,000+1000= 3,000 calories). After establishing this figure we must then increase the sum of 3,000 by 500 calories more. Why 500 more? By adding 500 calories more to the daily caloric intake will give us a total of 3,500 calories within 7 days, which equals 1lb. Totals Calorie intake for an individual weighing 200 lbs (endomorph) goes as follow: 2,000 calories (B.M.R), 1,000 Calories 1 ½ weight training, 500 additional per day for mass building, 3,500 total calories.

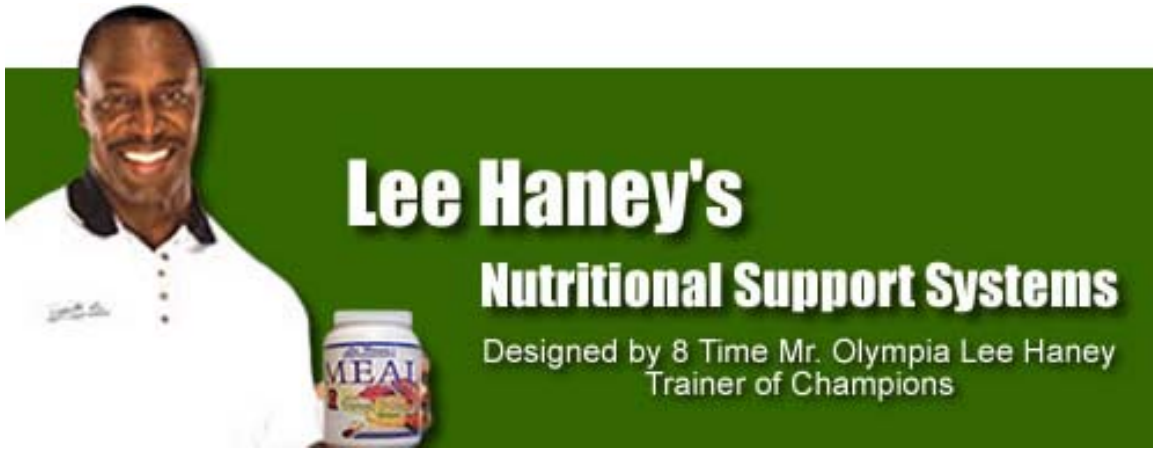
Now that we've determined the needs for the caloric intake, lets use the mass formula for the proper ratio of protein, carbohydrates, and fat.

At 3,500 calories the ratio breaks down as such:

- $3,500 * 30\%$ protein = 1,050. Cal/4 grams of protein = 262 grams of carbs.
- $3,500 * 55\%$ carbohydrates = 1,925. Calories/4grams of carbs = 481 grams if carbs.
- $3,500 * 15\%$ fats = 525 = calories/9grams of fat = 58 grams of fat.

There you have it a simplified mass building plan with science and purpose. If I may, the following is a eating plan that can be used as a guide line.

Keeping in mind that no one can make a 100% determination regarding how many calories you may require. However, modern day Body-Building science have allowed us to make great strides. Should you reach mass building sticking points involving nutrition refer to the Weight Gain link on the site. Also consider other physical activities you make be involved in



when looking at your required daily caloric intake. Check out the caloric activity chart to make adjustments.

- **Breakfast** - 4 whole scrambled eggs with mozzarella cheese, medium bowl Oatmeal with 2 tablespoons of Brown sugar with large banana and a 8oz glass of apple juice.
- **Snack** - **Competitive Mass** shake with a large banana blended with 8oz of soymilk or lowfat milk and medium baked potatoes with butter
- **Lunch** - Large chicken breast, large yam, 5oz pineapple, medium mixed salad with dressing, 8oz water
- **Snack** - **Pro-Plex or Meal Support** shake with a large banana blended with 8oz of soymilk or lowfat milk
- **Dinner** - 5oz Tuna steak, large bowl of rice with butter, medium salad with dressing 8oz water
- **Snack** - **Competitive Mass** shake blended with 5oz of pineapple with 8oz of soymilk or lowfat milk.
- **Supper** - large chicken breast, 1 medium mixed salad with dressing, 8 oz water

Supplement needed to help enhance muscle mass gains:

- **Competitive Multi-pack**
- **Nitro Enhancer**
- **Competitive Mass Powder**

Okay there you go. Eat train and grow. Oh yeah, I advise you to print off a daily meal log from the site to help you document your daily caloric intake. If you want good results, do your homework. Convenience is made through inconvenience.