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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Eat to Get Big

By Marc David

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Until I started following a routine to eat, my gains were minimal. Once I set my eating times to a specific time during the day along with a protein boost, I could see the gains immediately. This sample program is a quick way to get your protein WAY up and generally increase your food intake. But it doesn't require the traditional sit down 6+ a day to eat 30 chicken breasts and spend all day cooking. I've got a full-time job at a corporate office. Cooking isn't an option. Nor is eating 6+ times a day involving meals with Tupperware and the likes. I need food and I need it fast. Try this program on for size and notice the size you just might see.

Meal 1 – 7:00am 1 packet of a meal replacement with 16 ounces of skim milk 1 serving of whole grain cereal 1 cup of non/low-fat yogurt 1 piece of fruit

Meal 2 – 9:00am 1 serving of whey protein mixed in 10 ounces of water 1 large apple

Meal 3 – 12:00pm 2 grilled chicken breasts 1 serving of brown rice 1 cup of low-fat yogurt 1 serving of whey protein

Meal 4 – 3:00pm 1 packet of a meal replacement with 16 ounces of water and 5–10 grams of L-Glutamine 1 large banana Pre-Workout 1 workout bar of your choice (preferably some carbs and 20+ grams of protein)

Meal 5 – 6:00pm (Post-workout) 1 serving of whey protein combined with 1 5gram serving of Creatine mixed in kool-aid. (This is an important meal and is designed for an insulin spike at just the right time to increase creatine and amino acid uptake by the muscle cells).

Meal 6 – 7:00pm 8 to 10 ounces of a lean round or flank steak 1 serving of rice 1 medium baked potato 1 large green salad

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Meal 7 – 10:00pm 1 packet of a meal replacement with 16 ounces of skim milk 1 large banana 3 to 5 grams of L–Glutamine

And that's about it. Simple? You will be significantly increasing the protein uptake. Which means you should be increasing that water consumption as well. I'm not a fan of waking up at 1:00am to get more protein and therefore, I did not include anything beyond 10:00pm. I've noticed some significant gains from this program. My workouts were hardcore but my nutrition was lacking. By putting my eating times to a set schedule, I felt better during the day and was even more ready to tackle that workout later in the day.

Good luck,

Marc

Marc David has a degree in Criminal Justice from Sacramento State, a 16 year history of non-competitive bodybuilding and is the owner of Freedomfly –the fitness network! For free fitness tools, discount supplements, fitness consultation, and workout routines, visit Freedomfly.net

To Be Or Not To Be... Healthy? The Choice Is Yours

By News Canada

(NC)–Your doctor utters those dreaded words; you must lower your cholesterol or face the possibility of heart disease. You think you will have to give up all the foods you love. However, being healthy does not mean eating a rabbit's diet. Retailers are increasingly helping consumers find ways to eat the foods that they love without fearing the next checkup.

Here are some tips to help you understand how to eat any foods without a big serving of guilt.

Choose and enjoy a variety of foods every day. This will help you maintain a balanced diet.

Eat moderate, balanced portions. When portion sizes are reasonable, it will be easier to eat the foods you want and to stay healthy.

Eat exactly what you're hungry for. If you crave sweet food do not eat something salty. By listening to your body, it will be easier to have control of the food you eat.

Choose foods that use non-hydrogenated oil such as McCain Superfries. Using a non-hydrogenated oil will reduce trans-fatty acids, which are better for managing blood cholesterol levels.

Reduce, don't eliminate certain foods. All foods can fit. Even higher fat and higher calorie foods, when eaten in moderation, can fit into a healthy eating plan. The secret is moderating how much of these foods you eat and how often you eat them.

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Balance your food choices over time. Not every food has to be perfect.

Remember to look at the big picture. Select foods based on your total eating patterns, not whether any individual food is "good" or "bad." Remember that healthy eating does not come down to what you ate today or yesterday. Instead, it's about your overall eating habits and the amounts and types of foods that you usually eat.

Use flavouring to spice up food. There are many ingredients such as garlic, lemon juice, herbs, onion, pepper and other spices that can add zest and flavour to your food.

There are no bad foods, only bad choices. Choosing a balanced diet has never been so easy.

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