



STRENGTH
WITH
CRAZYBULK
YOUR HOW TO GUIDE

CRAZYBULK

BULKING • CUTTING • STRENGTH

CrazyBulk's guide to Strength

How will this book help you to build strength?

Well this book will show you how to stack the 4 alternative strength steroids using a 4 or 8 week cycle. The main priority of both these stacks and cycles is for you to increase your overall strength and to pack on some lean muscle mass. We will also discuss some superb post cycling methods to give your body a proper cleanse and detox whilst maintaining your hard earned strength gains.

Please note the post cycle information is not medical advice but just some guidance of the best methods to cleanse some of the major organs and their associated benefits.

Clean eating nutritional advice with work outs

In conjunction with these amazing strength supplements there is some clean eating nutritional advice and some specific work outs for you to follow. All of the resistance work outs have been designed to dramatically increase your strength and all of the exercises within the plans are free weight or bodyweight exercises. Therefore they are suitable to use in the gym or at home- if you have some basic weight training equipment e.g. dumbbells, barbells, bench etc.

Please note that before you begin any exercise program you should seek medical advice.

This is much of the back ground and introduction information of the book sorted; now let's get down to business and crack on increasing strength and adding some lean muscle mass!

The Strength Combination

The '**CrazyBulk' Strength Stack** is a special combination of hand selected legal steroid alternatives that have been combined to produce a massive boost in your strength. The cycle of the bulking stack can last for 4 or 8 weeks and this stack has the same benefit as using anabolic steroids but they are legal! These benefits include:

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- An increase in explosive power and strength
- An increase in maximum performance
- All natural ingredients
- No harmful side effects
- No needles required to administer

The 4 'CrazyBulk' Ultimate (Strength) Stack

This stack is a combination of the four different supplements that are designed to ensure that you increase your strength and gain some lean muscle tissue. The four supplements are:

- **D-Bal-Dianabol**
- **Testo-Max**
- **Anadrole (A-DROL)**
- **DecaDuro (D-KA)**

Don't let the names fool you, as these are not the real steroids like 'Dianabol' but **D-Bal-Dianabol**, **Testo-Max**, **Anadrole (A-DROL)** and **DecaDuro (D-KA)** are the natural alternatives that *mimic* the effects of steroids, without the harmful side effects. The main focus of this section is to discuss how each of the supplements work and the best stacking combinations for maximal strength gains.

The supplements discussed within this book are best consumed in *combinations*, as this strategy will increase your success rate when trying to boost your strength.

D-BAL Dianabol

This powerful strength and muscle building supplement simulates the effects of 'Dianabol' which is undoubtedly the most popular anabolic banned steroid on the market. One of D-Bal's main benefits is that it creates a highly active anabolic environment which enables the muscle tissue to retain more nitrogen. With a higher

amount of nitrogen within the body, the cells are then able to build more muscle tissue via an increase in *protein synthesis*. D-BAL also decreases muscle fatigue and boosts your recovery time post exercise. Plus it contains a natural fat burner that supports a healthy lipid metabolism which cuts away your body fat giving you a shredded look.

The Benefits of D-BAL

- Increases nitrogen retention in the muscle tissue this equates to a boost in muscle growth, power and strength
- Quick results in terms of muscle growth, strength and power
- It is especially good for hard gainers

Testo-Max (TM)

Testo-Max is the best testosterone boosting supplement on the market! Testosterone is the godfather of all muscle building hormones and increased levels can boost your strength, muscle growth, explosive energy, stamina and recovery times. The main ingredient in TM is tribulus terrestris which naturally boosts testosterone levels by stimulating the pituitary gland. This in turn raises the amount of luteinizing hormone and testosterone within the body.

Having higher testosterone levels within the body boost your metabolism, bone and muscle development along with your sexual vitality. It also makes you leaner and stronger quicker and this equates to a vast increase in energy available when pumping weights. Testo-Max can help you to recovery from your work outs quicker and it is an excellent supplement for stripping your unwanted body fat!

The Benefits

- Have high levels of 100% pure tribulus terrestris
- Safe for both the liver and kidneys
- Excellent choice for men with low testosterone levels and hard gainers.

Trenorol (Trenbolone)

Trenorol is both a bulking and cutting agent that simulates the same effects of Trenbolone and is probably the most versatile steroid of all time. Trenorol has an enhanced formula that has been created to deliver immediate results and is a safe alternative to the steroid Trenbolone. Trenorol has the following benefits:

- It increases muscle mass
- It boosts strength and stamina
- It hardens and defines muscles
- It boosts muscle vascularity
- It is superb for physical conditioning
- It produces rapid results
- It is a safe alternative to Trenbolone.

Trenorol has a premiere anabolic formula that boosts the amount of testosterone in the body, increases nitrogen retention and protein synthesis. It is these mechanisms that help you to gain some serious muscle mass. In addition Trenorol has some enhanced fat burning properties which are a catalyst for blasting off the visceral and subcutaneous fat. This means that you can burn fat and build lean muscle mass simultaneously. It is 5 times as anabolic as testosterone alone and it's not toxic for your liver and/or kidneys- which many illegal steroids are!

There is evidence to suggest that Trenorol can help you to gain serious pounds of lean muscle in 30 days. It doesn't cause water retention and doesn't convert to estrogen. Another major benefit of this supplement is that it increases red blood cell production and this translates to an increase in oxygen delivery to the muscles, when performing your work outs. This increase in oxygen shunting to the muscle is a major factor in boosting muscular power and strength.

Anadrole (A-DROL)

Anadrole is a safe alternative for the steroid Oxymethalone. Anadrole increases red blood cell production and this increases oxygen delivery. This also reduces the onset of fatigue during your work outs and post exercise. Therefore you are able to work longer and harder as your muscles have more fuel via the increase in oxygen shunting to the muscle tissue. A-DROL also has the following major benefits associated with it:

- It boosts muscle mass, strength and power
- It improves your capacity to pump out more weights to failure
- It aids in a quicker recovery post exercise
- It has very quick results in 2 weeks.

A-DROL contains anabolic properties that enable you to burn both visceral and subcutaneous fat. It also helps you retain lean muscle tissue at the same time. Plus it delivers results in 2 weeks and there is evidence to suggest that A-DROL does improve vascularity, muscle hardness and density.

DecaDuro (D-KA)

D-KA has the perfect anabolic formula to help you to gain strength and muscle mass and it is a safe alternative to Deca-Durobolin. It can be used as a bulking or cutting agent and it has the following key benefits:

- It boosts explosive power and strength
- It boosts muscle gains and aids rapid recovery
- It helps to relieve joint and tendon pain
- It helps to preserve lean muscle whilst decreasing body fat.

D-KA increases nitrogen retention and then protein synthesis which are the building blocks for building muscle. It resists water retention and this powerful supplement can help to reduce joint pain. The mechanism behind this reduction in joint pain is the positive impact that D-KA has on collagen tissue production. Collagen tissue is a protein structure which is located in tendons and ligaments at all of the major joints within the body.

The increase in collagen synthesis can lead to stronger connective tissue at the joints and ultimately an increase in strength and muscle mass gains. Joint pain and a quicker recovery time post work out are also related to this increase in collagen synthesis which is facilitated by D-KA.

In addition D-Ka has the capacity to eliminate intra-cellular bloating whilst reducing body fat and increasing muscle mass. This safe supplement also boosts red blood cell production and this increases the delivery of oxygen to the working muscles and this equates to a more powerful work out and a quicker recovery time.

How do I use the Strength Stack?

Take Testo-Max every morning to keep your testosterone levels juiced up for awesome gains in strength, performance and muscle mass

Take D-Bal and Trenorol before every workout to supercharge your sessions with new levels of strength and power and to kick your protein metabolism into overdrive for rapid muscle growth

Take Anvarol every day to give you the explosive strength and energy you need to push your workouts to the max every time

Combine with the expert advice in this free Strength Guide, add hard work (sweat required - tears optional) and a suitable diet and prepare for truly crazy strength!

Each stack will last you 4 weeks. For best results we recommend you buy x2 stacks and do an 8-week cycle.

* On non-workout days, take your dose split over the course of the day with your main meals.

The 4 and 8 Week Cycles

The Stacking Combination

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	
D-BAL	✓	✓	✓	✓		✓	✓	✓	✓
Testo-Max	✓	✓	✓	✓		✓	✓	✓	✓
ANADROLE (A-DROL)	✓	✓	✓	✓		✓	✓	✓	✓
DECADURO (D-KA)	✓	✓	✓	✓		✓	✓	✓	✓

Post Cycle

As mentioned previously for each of the 4 supplements there should a post cycle time off period. There are two different approaches that you can take; these as follow:

- Have a total body cleanse of all of the major organs
- Use the post cycle therapy strategy for when you come off the supplements permanently.

Body Cleanse

A good approach is to cleanse your body during the 2 weeks before beginning the next cycle of supplements. However before we go on to discuss the benefits and products to use for a good old detox it may be worth mentioning a little tip for keeping your hard earned strength. Many bodybuilders during this period continue to train hard, eat healthily and lower their calories and carb intake.

It is recommended to keep your protein intake reasonable high and maybe add some creatine into the mix. Creatine helps with cell volumization by pulling water from your blood stream into the muscle tissue to increase its size. Maybe don't over indulge on the creatine as this can play havoc with your kidneys. During this stage, one of the main priorities is to de-stress all of the major organs within the body. Please note that it is good practice to give your body a rest when taking all supplements!

The Liver

The body will not function effectively if the liver becomes burdened and a cleansed liver will help to flush out all of the toxins accumulated within the body. The liver works closely with the kidneys to cleanse the blood and many of the toxins are stored in liver, when there are too many toxins within the kidneys. The liver will defend the body against chemicals and heavy metals etc. and it will sacrifice itself if the accumulation of these toxins becomes too high. Therefore it is imperative to have a flush or detox of the liver for a good whole body health. The following are some natural liver tonics that are recommended to use within the 2 weeks off post supplement cycle:

- Milk Thistle
- Dandelion

- Fennel
- Burdock root

Kidney Cleanse

Having a poor body pH, kidney stones and high toxic levels can be the cause of kidney dysfunction. The following are some simple remedies for a kidney detox:

- Plenty of water and try to drink at least 2 litres per day
- Cranberry juice
- Nettle tea
- Matcha Tea

Colon Cleanse

Before we begin this section, we don't advocate the use of laxatives to cleanse your colon- as this method is both dangerous and out dated. If you follow the clean bulk plan in the nutrition section then you will have a pretty clean colon as you will be eating some healthy foods. However for a good colon cleanse we recommend a commercially formulated product from a reputable health shop because they have done all of the research for the best formulas and results!

Post Cycle Therapy

This *final procedure* should be implemented after you have *totally finished* with the use of the supplements and it a great approach for keeping your muscle gains. When we supplement with alternative steroids over a lengthy period, our hormonal status is often altered. Often during the supplement cycle our *natural* testosterone production is suppressed and when we stop the cycle our testosterone levels remain relatively low. Therefore it advised that we try to stimulate the natural production of testosterone and that we let our body 'normalise'. The post cycle plan should active the pituitary gland to stimulant the release of more luteinizing hormone and follicle stimulating hormone. This facilitates an increase in testosterone production within the body.

The Work Outs Section

Our 8 week strength program has been broken down into 3 important phases:

1. The stabilisation phase (Week 1 & 2).

Our 8 week strength training plan incorporates the stabilisation phase and without it your strength gains will be slow, the force production in your muscle will be hindered and this can lead to joint instability and certain injuries.

Therefore, the stabilisation phase of resistance training is very important as it allows the kinetic chain to control the core effectively and this helps you to move your arms/legs efficiently when running. This crucial phase also ensures the following:

- that your body is stabilized by its joints properly
- that all of the muscles activated are firing in the right order
- the right amount of force is being applied (moderate weight and higher reps),
- the proper planes of movement are being utilised effectively
- correct timings and activation of all muscles (short rest interval).

Please use the following program design for weeks 1-2 when perform the exercises in work outs A-E.

Reps	Sets	Intensity	Tempo	Rest Periods
10-15	1-3	50-70% 1 RM	Slow	90 seconds

2. Muscular Endurance (Weeks 3 & 4)

The moderate weight with higher reps and lower rest intervals will drastically improve your ‘muscular endurance’. Muscular endurance is the body’s ability to create and maintain force production for prolonged periods of time. This helps to build joint stability, core strength and it’s the foundation of your body’s strength and power whilst exercising.

Please use the following program design for weeks 3-4 when perform the exercises in work outs A-E.

Reps	Sets	Intensity	Tempo	Rest Periods
6-12	1-3	70%-75% 1 RM	Moderate	60 seconds

3. Strength (Weeks 5-8)

Strength is defined as ‘the ability of the body to produce any internal force to overcome any external force’. The internal force produced within the muscles is what facilitates force production and low repetition with heavy weight does initially increase the neuromuscular system. However, traditional strength training solely focuses on developing maximal strength in individual muscle groups, within one plane of motion and with a heavy weight/low rep range.

This isolated muscle group approach when strength training is not the best option for athletes but good weight lifters. Using heavy weights does increase the number of motor units recruited and the neural demand of muscle fibres. It is this mechanism that is important in increasing your overall strength levels. Please note that the longer rest periods are needed when lifting heavy weight as this gives your muscle tissue enough time to replenish its ATP stores.

Please use the following program design for weeks 3-4 when perform the exercises in work outs A-E.

Reps	Sets	Intensity	Tempo	Rest Periods
4-6	1-3	85-100% 1 RM	Fast	3-5 mins

How to use the work outs?

This is where the hard work really begins! Just follow the program outline below and use the workouts A-E. It is very important that you regularly assess your 1RM because as you go through the 8 weeks your body will quickly adapt to the weight being lifted and it is a good assessment of total strength gains. Remember to use the program designs for each of the 3 stages, as this will indicate what rep range, sets, exercise intensity, tempo and rest periods to use with the 5 work outs.

Phase	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stability	1	Work Out	Work Outs	Work Outs	Rest	Work Out	Work Out	Rest
		A	B	C		D	E	
Stability	2	Work Out	Work Outs	Work Outs	Rest	Work Out	Work Out	Rest
		A	B	C		D	E	
Muscular Endurance	3	Work Out	Work Out	Work Out	Rest	Work Out	Work Out	Rest
		A	B	C		D	E	
Muscular Endurance	4	Work Out	Work Out	Work Out	Rest	Work Out	Work Out	Rest
		A	B	C		D	E	
Strength	5	Work Out	Work Out	Work Out	Rest	Work Out	Work Out	Rest
		A	B	C		D	E	
Strength	6	Work Out	Work Out	Work Out	Rest	Work Out	Work Out	Rest
		A	B	C		D	E	
Strength	7	Work Out	Work Out	Work Out	Rest	Work Out	Work Out	Rest
		A	B	C		D	E	
Strength	8	Work Out	Work Out	Work Out	Rest	Work Out	Work Out	Rest
		A	B	C		D	E	

Work Out A

Exercises
Standing Military Press Barbell
Upright Barbell Rows
Pull Ups
Reverse Grip Bent Over Rows
Push Ups
Standing Military Press Barbell

Work Out B

Exercises
Barbell Bent Over Row
Alternate with Shrugs using Plates
Pull Ups
Wide Arm Pull Ups
Standing Barbell Rows
T Bar Rows

Work Out C

Exercises
Barbell Squat with Step ups
Barbell Walking Lunges
Barbell Glute Bridge
Bulgarian Split Squats with Barbell
Front Squads X 2 kettlebells/dumbbell
Dumbbell Deadlifts straight legged

Work Out D

Exercises
Barbell Squat
Barbell Bench Press
Bent Over Barbell Row
Barbell Deadlifts
Upright Barbell Rows
Kettle Bell Swings

Work Outs E

Exercises
180 Degree Twisting Incline Dumbbell Bench Presses
Barbell Incline Medium Grip Bench Press
Barbell Decline Bench Press
Kettlebell Sumo

Deadlift

Kettlebell

Overhead Split

Squat

Kettlebell Clean &

Jerk

The Nutrition Section

Building strength is about eating the right amounts of macronutrients along with the right calories and timing your food intake so that the muscle is always in a well fed state. To build strength you need to have a good supply of the right macros and calories; if either one of these is deficient then you will be hindering your strength gains. If you are not planning your intake and timing your nutritional intake effectively, even with the best training plan on this planet your strength gains will be blunted.

Your muscle is made of protein and for it to grow properly you need adequate amounts of this macro. Plus a controlled carb intake supplies the fuel to power you through your work outs. Many bodybuilders are heavily reliant on supplements to gain strength and some tend to ignore the importance of foods that should be prepared in the kitchen. Training supplements do have their place in everyone's arsenal but they should be combined with the right clean foods to build muscle.

The Clean and Lean Muscle Gain Plan Explained

Many professional bodybuilders use this approach to build strength, lean muscle and to control their bodyweight. This plan is broken down into 2 parts:

- **Training days**- increase the amount of carbs eaten, reduce the amount of essential fats but keep the protein intake consistent.
- **Rest days**- reduce carb intake to reduce % body fat but increase the amount of fats and protein within the main meals.

The program is calculated as follows:

- Lean body mass (body weight- (% BF X bodyweight) ÷ (by your bodyweight (pounds)
- For a 160 pound individual with a 10% body fat, the formula would be $(160 - (0.10 \times 160)) / 200 = 0.88$
- Then take 0.88 and multiply by the numbers show in the table below:

- For the 160 pound people meal 1= carbs = 90g x 0.88=79g and protein = 35g x0.88= 30g.
- Use the grams per meal in the tables below to work out your macros for each on training and rest days

Sample Meal Plans

Training Days

Meal Number	Amounts of Carbs (grams)	Amount of Proteins (grams)	Other Amounts (grams)
1	90	35	
2	65	35	
3	65	35	
Post Workout Shake	50 grams maltrodextrin	50 Whey Protein	
Post Work Out Meal	90	35	
6	65	35	
7	No carbs	35	
8	No carbs		50/50 Casein & whey protein shakes

Non Training Days

Meal Number	Amounts of Carbs (grams)	Amount of Proteins (grams)	Other Amounts (grams)
1	80	50	
2	70	50	
3	70	50	
4	0	50	15 g healthy fats
5	0	50	15 g healthy fats
6	0	50	15 g healthy fats
7		50/50 Casein & whey protein shakes	

Some Top Advice

Don't Eliminate 'All' Fats from your Diet

Many people tend to follow a low fat diet because they feel that 'all' fats are their worst dietary enemy and these macros are detrimental to their muscle gains. Not only is this strategy very bad for your general health but it is also hindering and blocking your body strength potential.

Eating dietary fats from eggs, meat and oily fish help with the maintenance of hormone levels. The most important hormone for building muscle tissue is testosterone and yours will be very extremely low if you are banishing these key foods from your daily diet.

The fat soluble vitamins

Foods that are high in good fats tend to have fat-soluble vitamins (A, D, E&K) attached with them. Therefore, if your diet is devoid of these key fats and vitamins then your strength gains will be further decreased because your body has certain priorities. One of the body's main priorities is to maintain a status quo of health/survival and if you are deficient in any macro or vitamins, the body will not embark on the energy zapping process of building muscle. The fat-soluble vitamins have the following main functions in relation to building muscle:

- **Vitamin A**- aids in the division and growth of cells (including muscle tissue)
- **Vitamin D**-regulation of calcium and phosphorus needed for proper function of nerves and muscles
- **Vitamin E**-aids as an anti-oxidant and stops the cell membranes from being destroyed
- **Vitamin K**- helps with the maintenance of zinc and magnesium. These are important minerals in the function of testosterone.

Not Getting Enough Protein

It is common knowledge that protein is the building block of all muscle tissue. The recommended daily amount of protein is 1-2g per kg of bodyweight. Bear in mind that carbs and fats provide the energy for each work out session but without adequate protein it has got very little to work with. Many lifters are aware that protein is needed for them to build muscle but still are not getting enough. The question is why?

Well, protein unfortunately is not the main part of their main meals and snacks and they are heavily reliant on carbs. Carbs do have their place in any lifter's diet as they are needed to drive the amino acids into the muscle but any carbs that are not used as energy are stored as body fat. Every meal should have some type of meat, poultry, fish, cottage cheese, eggs or complete seeds such as quinoa as its main ingredient and use the

table below as a guide to what proteins are essential for building muscle. Don't forget to weight your foods and to use the macro tables on the training and non-training days to calculate the food weights required.

Supplementing with the right protein shakes is also an important catalyst for muscle growth and timings of these shakes is vital to the success of your training goals.

Complete ANIMAL BASED PROTEINS	Complete PLANT BASED PROTEINS	Incomplete PROTEINS
FISH	Quinoa	NUTS & SEEDS
	Buck wheat	
Salmon	Hemp seeds	Almonds
Mackerel	Chia seeds	Walnuts
Tuna		Cashews
Rainbow Trout		Pistachios
Halibut		
Lobster		Pumpkin
Sardines		Sunflower
Herring		Flaxseeds
POULTRY		LEGUMES
Skinless chicken breast		Kidney Beans
Skinless turkey breast		Black Beans
		Lentils
LEAN MEATS		
Lean beef cuts		
Lean pork loins		
DAIRY		
Eggs		
Fat free Greek yoghurt		
Skimmed milk		
Low fat cottage cheese		

Meal Timings

Try to consume between 6-8 small meals of the right calories and macros per day every 2-3 hours because this keeps your blood sugars high and your body in an anabolic state. This ensures that your body is primed to build muscular strength and lean muscle.

Eat your pre work out meal or protein shake 2 hours before you train. This strategy will allow the food or shake that you have eaten to be readily digested and it will be

available to use in your work out. The meal should be high in protein and complex carbs as this will ensure that you have adequate energy and amino acids for your work out.

After you have completed your work out, you have a forty five minutes window of eating to boost your muscle gains. During this initial forty five minutes period post exercise your body is actively primed to absorb all of the nutrients that aid recovery and restore your glycogen levels. This is when you really need to raise your insulin levels as this drives the amino acids into the muscle tissues. This mechanism is imperative for muscle growth and repair and whey protein with a fast acting carb (maltodextrin) is spot on for this after your work out.

After 2 hours of stopping your work out eat a meal that is high in protein and with ample complex carbs. Just before you go to bed have a casein protein shake as this will feed your muscles when you are sleeping.

The Right Calories

Don't over burden your stomach with large amounts of low density foods such fruit, vegetable and junk carbs when trying to increase your calorie intake. These foods will make you feel stuffed which is rather uncomfortable. Focus on eating energy dense foods such as steaks, eggs and almonds.

Try to add a small handful of the carbs in the table below with each main meal but remember to reduce carb intake on non-training days.

Parsnips	Kidney Beans
Butternut Squash	Black Beans
Acorn Squash	Garbanzo Beans
Pumpkin	Hummus
Plantains	Beets
Sweet Potato	Amaranth
Yams	Brown Rice

Essential Foods for Strength

Mackerel

Mackerel is high in omega-3s which help to combat the chronic inflammation caused by an intense resistance training session. It is also very high in zinc and is an essential mineral for controlling testosterone levels. It is this anabolic hormone that is absolutely vital for muscle growth and fat loss within the body.

Beets

The nutritional compounds that are found in beets can improve performance and enhance vasodilation. Research has shown that beets can improve performance, reduce your perceived level of exertion and this function allows the muscle to perform more work at a higher given intensity. This elicits greater muscle gains, which is caused by increased mitochondrial activity within the muscle allowing the muscle to work harder.

Greek Yoghurt

Greek yoghurt has twice as much protein as normal yoghurt. The process that is used to create Greek yoghurt results in a higher amount of casein protein which is the slow release protein. This type of protein is essential for steady increase in amino acid levels and can enhance protein synthesis. Always use the plain version of Greek yoghurt and avoid low fat or added fruit versions as these contain pectin. Pectin content is a sign of a poor food production and some good advice is to read the labels before you buy it!

Almonds

Almonds contain more fibre and protein than most nuts that are in the supermarket. A small handful of almonds contain around 150 calories and about 5-6 grams of protein. They also contain high level of vitamin E which is very effective at mopping up the free radicals caused by resistance training. Combine this with high levels of vitamin B which

is an important catalyst for energy metabolism; then these bad boys should be near the top of your shopping list.

Avocados

Avocados have a unique blend of nutritional content that make them perfect for building lean muscle mass. Avocados contain over 20 different vital nutrients, 275 calories, 9 grams of fibre and over 10 grams of the right fats- mono-saturated. Mono-saturated fats can help to shift fat away from your mid-section and this will give you a leaner look especially in the bulk phase of your program. They also aid with the absorption of carotenoids which are needed for cell growth and a healthy immune function.

Lentils

Lentils are jammed packed with fibre, protein and slow digesting carbs. One small cup of lentils contains about 250 calories, 20 grams of protein and 15 grams of fibre. They are a great add on with other foods, take about 15 minutes to cook and why not spice it up with some chilli powder. Chilli powder contains capsaicin which is an excellent fat burner!

Broccoli

Broccoli is a member of the cruciferous family which are high in antioxidants and help to reduce estrogen levels in the body. It contains 2 unique compounds (Indole-3-carbinol & D glucaric acid) which blocks estrogen's ability to work on your target tissues within the body and this helps to minimise this effect on your muscle building goals.

Quinoa

Quinoa is the daddy of all food sources; especially when compared to classic carbs. Quinoa is a seed and not a grain. One small cup of quinoa contains 240 calories, 10 grams of protein and more zinc and almost three times as much fibre as brown rice. Quinoa is a complete protein that contains all of the essential amino acids to build muscle and it also a slow releasing carb which enables you to sustain your energy levels

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for longer. It takes about 15 minutes to cook and next time you go the supermarket put this bad boy at the top of your shopping list.