

LEUCINE 2.0: GOING DEEP WITH AN ANABOLIC ALL-STAR

MUSCLE & PERFORMANCE

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TOP 10 MOVES FOR 3-D BICEPS

PROTEIN PLAYBOOK
KEEP BUILDING MUSCLE AROUND THE CLOCK!

3 WAYS TO TRAIN FOR EXPLOSIVE POWER

- UP CLOSE WITH A 7-FOOT BEAST**
- 8 MOVES FOR A JACKED BACK**
- 5 TIMER-BASED INTENSITY BOOSTERS**

COMPLIMENTS OF

theVitamin Shoppe

MAY 2015 \$4.95 / \$5.95

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DINNER OPTION #1

4 ounces top sirloin steak, 1 baked sweet potato, 2 cups steamed broccoli with 1 tablespoon extra-virgin olive oil

NUTRITION DATA: 494 calories, 41 grams protein, 36 grams carbs, 22 grams fat

BONUS POINTS: The orange tinge of sweet potatoes is a tip-off that these spuds are loaded with beta-carotene, an antioxidant that can be converted to vitamin A in the body to bolster immune, eye and bone health.

DINNER OPTION #2

4 ounces tilapia, 1 cup cooked brown rice, 3 cups steamed Swiss chard topped with 2 tablespoons hemp seeds

NUTRITION DATA: 521 calories, 39 grams protein, 67 grams carbs, 12 grams fat

BONUS POINTS: Groovy hemp seeds provide a dynamic duo of protein and omega fatty acids. Very few foods available at the supermarket provide the nutrient bounty found in Swiss chard.

DINNER OPTION #3

Stir-fry ½ block extra-firm tofu with 1 sliced carrot, 1 cup halved snow peas, 1 sliced red bell pepper and seasonings of choice; serve over ½ cup cooked quinoa and top with 1 tablespoon sesame seeds.

NUTRITION DATA: 482 calories, 35 grams protein, 40 grams carbs, 21 grams fat

BONUS POINTS: Soy protein, which has been shown to elevate levels of growth hormone and nitric oxide, is a potent muscle builder. It will not interfere with T levels, so don't fear the tasty tofu. Veggies and quinoa deliver fiber to help prevent late-night fridge raids.



Unchain new gains by evening out your daily protein intake.

THE NUMBERS GAME

While spreading out your daily protein consumption, it's important to ensure that you take in a total amount that supports your physique goals. If your workouts are focused on strength and muscle building, you should aim for about 1 gram of protein per pound of bodyweight per day. Ergo, a 175-pound individual would benefit from consuming roughly 175 grams of protein in a day, with those grams portioned out as evenly as possible across multiple meals and snacks. ■

PROTEIN POWERS 3



ARCTIC ZERO
(arcticzero.com)

Who says indulging in ice cream has to be a diet disaster? This forward-thinking subzero treat boasts tempting flavors (ranging from coffee to vanilla maple) infused with 12 grams of whey protein per pint. At only 150 calories per serving, a few extra spoonfuls won't blow up your physique.



SUPERSEEDZ
(superseedz.com)

These nutrient-dense, dry-roasted, gourmet pumpkin seeds are gussied up with everything from curry and basil to paprika. You'll benefit from up to 9 grams of protein in each delicious serving, plus a host of other vital nutrients.



EPIC BEEF BARS
(epicbar.com)

There's a significant shot of grass-fed protein in each of these beef jerky bars. Even club-wielding cavemen of yesteryear would approve the addition of walnuts, dried cherries and fiery habanero pepper.