

# 12-Week Bodybuilding Diet

The Q3 Training Plan is designed to gain lean muscle while maintaining the body fat % you got to in Q2 SIZZLE. As in Q1 and Q2 this program will involve a combination of the right nutrition and exercise program that you will follow with the Kettlebell Club workouts.

It's important to note that every individual needs and preferences may vary, but I am providing a general outline of a diet plan that can and will help you achieve your goals during Q3:

1. **Determine your calorie requirements:** Calculate your daily calorie needs based on your basal metabolic rate (BMR) and activity level. This will provide you with a starting point for your calorie intake.
2. **Set protein intake:** Protein is crucial for muscle growth and repair. Aim for a protein intake of around 100 grams per day for ladies and smaller individuals and 105 grams per day for men and larger individuals. Distribute this intake evenly throughout your meals.
3. **Manage carbohydrate intake:** Carbohydrates provide energy for your workouts and recovery. Focus on consuming complex carbohydrates from whole grains, fruits, and vegetables. Adjust your carbohydrate intake based on your activity levels and personal preferences.
4. **Include healthy fats:** Healthy fats are essential for hormone production and overall health. Incorporate sources such as

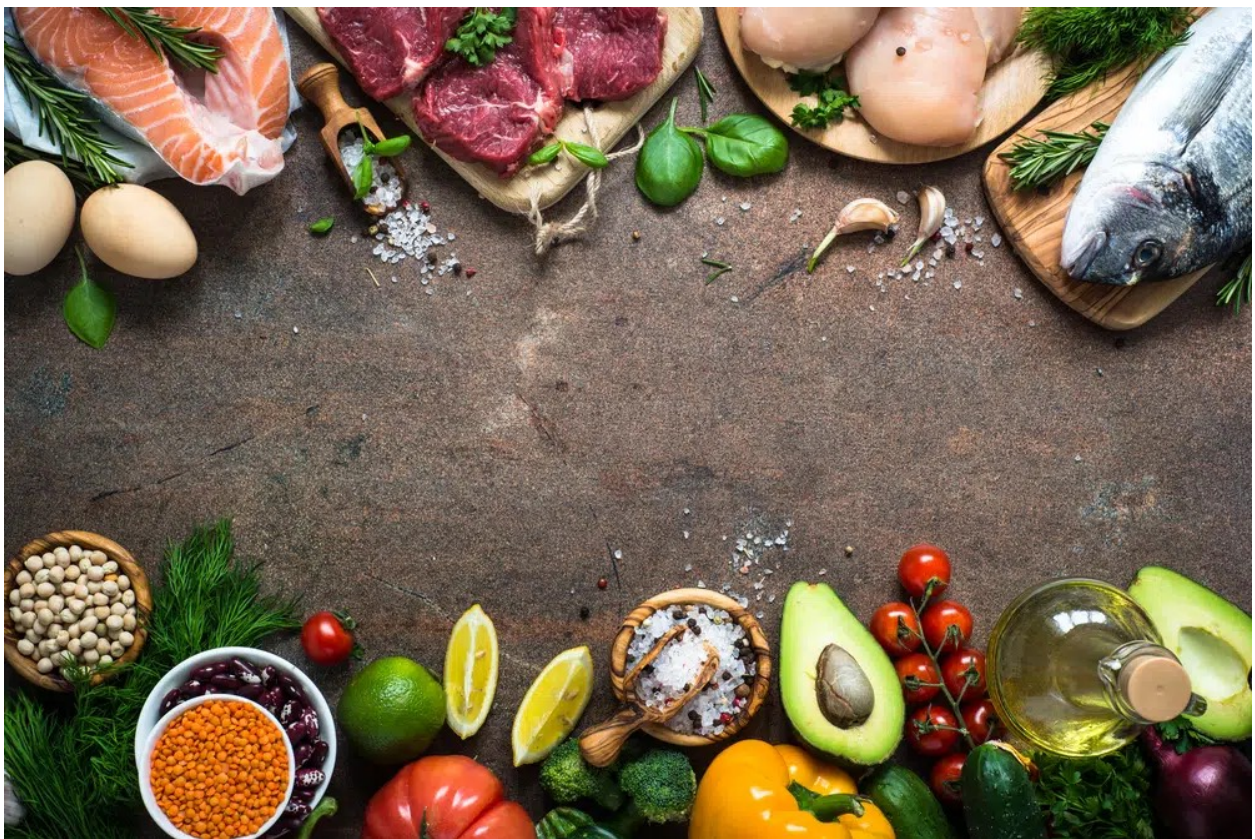
avocados, nuts, seeds, olive oil, and fatty fish like salmon into your diet.

5. **Prioritize nutrient-dense foods:** Opt for nutrient-dense foods like lean meats, poultry, fish, eggs, legumes, dairy products, and a variety of colorful fruits and vegetables. These foods provide essential vitamins, minerals, and micronutrients.
6. **Meal timing:** Distribute your meals into smaller, balanced portions throughout the day. Aim for 4-6 meals or snacks to provide a steady supply of nutrients.
7. **Hydration:** Stay well-hydrated by drinking water throughout the day. It is generally recommended to consume at least 8 cups (64 ounces) of water per day, but individual needs may vary.
8. Your **CHISEL** Plan: Perform the weekly schedule of strength training workouts for Phase 1 of Q3. Our training will focus on compound exercises that target multiple muscle groups to maximize muscle growth.
9. Cardiovascular exercise: To maximize fat loss while adding muscle you'll want to also get in 2-3 of the EXPRESS workouts. If you're new to the KClub program I would recommend starting with only 2 EXPRESS workouts + 2 KClub workouts each week.
10. Rest and recovery: Allow your body sufficient time to rest and recover. This includes getting enough sleep (7-9 hours per night) and incorporating rest days into your workout schedule.

Remember, I'm not a medical doctor or licensed dietician. Always consult with your healthcare professionals before making adjustments based on your specific needs and goals.

# **BODYBUILDING 12- WEEK CUTTING PLAN:**

*Losing Fat While Maintaining Muscle*



A bodybuilder goes through two main periods in their bodybuilding cycle. During one of the periods, the he or she tries to add as much muscle as they possibly can, while in the other period, they try to get as lean as they can.

Getting lean means losing fat mass while keeping muscle mass. The first period where they try to add as much muscle mass as they can is usually referred to as the bulking phase and the period where they try to get lean is referred to as the cutting cycle or phase.

# What You Need To Know About The Bodybuilding Diet Plan

A cutting diet plan is a meal plan that bodybuilders and other pro-athletes use when they want to lose fat mass while keeping their muscle mass..

This meal plan helps you achieve weight loss while doing all it can to help you preserve your muscle mass. Unlike other fat loss diets, the main difference between the cutting diet plan and the rest of them is that this diet tends to encourage higher amounts of carbohydrates, proteins and is accompanied by a lot of weight lifting & strength training.

# Why Do You Need High Portions Of Carbohydrates In The Cutting Stage?

Most diets usually emphasize cutting the carbs, especially if you are trying to lose weight. Even though that would help lose those extra pounds of fat, those diets won't have you working out as hard as this plan will.

To sculpt your body you'll not only need to do the EXPRESS workouts for fat loss/weight loss but you'll need to do the strength training and weight lifting too. That takes energy. And that's why you need those carbs!

You don't need to worry about gaining weight from the carbs if you follow the training split I have provided, which includes three 40-minute workouts each week. This combination of training will you burning all the carbs you eat and more. Not to mention, you'll need those carbs to prevent from losing muscle mass.

# Why Do You Need Proteins In High Portions During The Cutting Stage?

Proteins are key because they help prevent muscle mass loss when you are in a cutting phase like we will be, and they also help you add more lean muscle to your body.

Since you will be doing three 40-minute sessions each week, proteins also help with the recovery after a workout session.

Also, proteins help fill you up for a longer period of time. This results in less eating at other times, which further results in a lower daily calorie intake. That results in more fat loss.

Lastly, proteins have what is called a higher thermic effect. It means they need a higher amount of energy (calories) to be broken down. This is something you want during your cutting phase.

# Why Is Strength Training Important During The Cutting Phase?

Weight lifting or strength training is important because it will help you build more muscle throughout your body while also maintaining what you already have.

As a by product, the more lean muscle mass you have, helps in other ways. Muscle helps burn more calories even at rest. Bottom line: Adding more muscle promotes greater fat loss!

Now I haven't talked about fats, but that doesn't mean you don't need get them in too. You need healthy fats in this cutting phase just like you would in any other diet.

Fat will help balance out your diet, and are also responsible for producing plans because you need to cfats are also responsible for helping you absorb key vitamins and nutrients. Not to mention, fats produce some pretty powerful hormones!

# 12-Week Bodybuilding Diet Plan

The bodybuilding 12-week cutting diet plan will have categories of days.

- High carb days
- Moderate carb days
- Low carb days.

The high carb day is usually one day a week, the moderate carb days are usually 3 days a week and the low carb days are usually the remaining 3 days of the week.

With this diet, you are reducing your calorie intake every week till the last week.

# Bodybuilding 12-Week Cutting Diet Plan For Men

## Week 1

- 3 low carb days with a total intake of 2300 calories on each day
- 3 moderate carb days with a total intake of 2400 calories on each day
- 1 high carb day with a total intake of 2700 calories

## Week 2

- 3 low carb days with a total intake of 2200 calories on each day
- 3 moderate carb days with a total intake of 2400 calories on each day
- 1 high carb day with a total intake of 2700 calories

## Week 3

- 3 low carb days with a total intake of 2100 calories on each day
- 3 moderate carb days with a total intake of 2400 calories on each day
- 1 high carb day with a total intake of 2700 calories

## Week 4

- 3 low carb days with a total intake of 2000 calories on each day
- 3 moderate carb days with a total intake of 2400 calories on each day
- 1 high carb day with a total intake of 1900 calories



## Week 5

- 3 low carb days with a total intake of 2300 calories on each day
- 3 moderate carb days with a total intake of 2300 calories on each day
- 1 high carb day with a total intake of 2700 calories

## **Week 6**

- 3 low carb days with a total intake of 2200 calories on each day
- 3 moderate carb days with a total intake of 2300 calories on each day
- 1 high carb day with a total intake of 2700 calories

## **Week 7**

- 3 low carb days with a total intake of 2100 calories on each day
- 3 moderate carb days with a total intake of 2300 calories on each day
- 1 high carb day with a total intake of 2700 calories

## **Week 8**

- 3 low carb days with a total intake of 2000 calories on each day
- 3 moderate carb days with a total intake of 2300 calories on each day
- 1 high carb day with a total intake of 2700 calories

## **Week 9**

- 3 low carb days with a total intake of 2200 calories on each day
- 3 moderate carb days with a total intake of 2300 calories on each day
- 1 high carb day with a total intake of 2700 calories

## **Week 10**

- 3 low carb days with a total intake of 2200 calories on each day
- 3 moderate carb days with a total intake of 2200 calories on each day
- 1 high carb day with a total intake of 2700 calories

## **Week 11**

- 3 low carb days with a total intake of 2100 calories on each day
- 3 moderate carb days with a total intake of 2200 calories on each day
- 1 high carb day with a total intake of 2700 calories

## **Week 12**

- 3 low carb days with a total intake of 2000 calories on each day
- 3 moderate carb days with a total intake of 2200 calories on each day
- 1 high carb day with a total intake of 2700 calories

You should have at least 150 grams of proteins everyday while 20% – 30% of your daily calorie intake should come from fats. The remaining should come from carbohydrates.

# The Bottom Line

The bodybuilding 12 week cutting diet plan is meant to help you lose fat without losing any muscle mass. There is no one shoe that fits all when it comes to this diet and so this means that you need to make adjustments using the structure provided in the article.

You still need to eat carbohydrates to provide your body with enough energy to work out and you need proteins to help preserve the muscle mass you already have and help you increase it. This diet should be complemented with a lot of cardiovascular training and weight lifting for more efficient results.