

NUTRITION GUIDEBOOK TO BULKING

A WORKBOOK



HPH NUTRITION

NUTRITION & BULKING



- 1 Calorie intake should cover resting needs, activity needs, and even some excess to support lean muscle growth.
- 2 Protein needs remain constant no matter what. Your body has a certain amount of protein it can utilize efficiently. Shoot for 1.6 g/kg/day.
- 3 Fat intake is crucial for hormone health and some energy systems. My go-to is usually about 30% of your daily calories coming from fat.
- 4 Take in enough carbohydrates to support your daily activities. After calculating fat and protein intake, figure out how many calories you have left to determine carbohydrate consumption. Fat can be modified incrementally to adjust for the need of more or less carbohydrates.
- 5 Don't confuse the term 'bulking' with eating like an idiot. The focus should still be on foods that provide a variety of nutrients. Don't throw fruits and veggies out the window.

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1 What is an adequate calorie level based on your needs?

2 How much protein do you need?

3 How much fat should you be consuming?

4 What is your range of carbohydrate consumption?

5 Are you including variety and healthful foods?

Do you need help answering these questions or further assistance in determining how to achieve optimal performance? Let me know!

Send an e-mail to hannah@hphnutrition.com with this form completed to the best of your ability and what questions you have.