



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

HOW TO SUCCESSFULLY CLEAN BULK IN 6 SIMPLE STEPS



Bulking is a controversial topic.

Some say it's the only way to gain muscle effectively, and others say it's a relic of the Dark Ages bodybuilding.

That is, traditional bulking maintains that, to achieve maximum muscle growth, you should do whatever it takes to cram down thousands of calories per day (GOMAD, for example), and accept rapid fat gain as a price to be paid.

Followers of the new philosophy, however, say that you don't have to eat a large surplus of food and gain a large amount of body fat to build muscle effectively. If you train right, and ensure you're recovering adequately, they claim, you don't need to cudgel your body with calories to grow.

Who's right? Well, both are.

Old-school bulkers are correct in that you need to eat more food than usual to build muscle efficiently, and new-schoolers are correct in that ballooning your body fat percentage is not only unnecessary for muscle building, but detrimental.

There's a sweet spot in the middle, which is where clean bulking enters the picture. It marries what bodybuilders have known anecdotally for decades with what modern scientific research into muscle hypertrophy has revealed, giving you the best of both worlds.

In other words, clean bulking allows you to gain muscle as quickly as possible, without forcing you to get fat in the process.

THE 3 BIGGEST MISTAKES YOU CAN MAKE WHILE BULKING

Do it right, and you'll achieve maximum muscle growth with minimal fat gain. Do it wrong, though, and you'll gain too much fat too quickly to care about anything else.

So, let's start with looking at the latter: what constitutes "wrong."

01. The first mistake is simply eating too many calories.

While eating slightly more calories than you burn every day is conducive to muscle growth (more on this soon), eating a lot more isn't more so.

If you stick to 110%, you'll slowly gain small amounts of fat over the course of several months. If you keep intake at 120% or 130% of TDEE, or more, however, you'll gain significantly more fat significantly faster.

This causes bigger problems than just ruining your "aesthetics," too: it further accelerates fat storage and slows down muscle growth. You see, as body fat levels rise, two things happen:

01. Insulin sensitivity drops.

Insulin is a hormone that shuttles nutrients into cells, and the better your body responds to its signals, the better it can do many things, including build muscle and resisting fat gain.

As the body becomes resistant to insulin, however, its ability to burn fat drops, the likelihood of weight gain rises, and protein synthesis is suppressed. In other words, as insulin sensitivity falls, the harder it gets to gain muscle, and the easier it gets to gain fat.

02. Testosterone levels drop and estrogen levels rise.

Testosterone is the primary hormonal driver of muscle growth and high levels of estrogen promote fat storage, so the downsides here are clear.

As you can see, excessive fat storage while bulking is a triple-whammy:

- ✓ It slows muscle growth.
- ✓ It increases fat gain.
- ✓ It makes losing fat after bulking even harder.

02. The second mistake is eating too much junk food.

Many people either don't know, or don't want to know, that food is more than just a source of calories, protein, carbs, and fat. It's also our source of vital micronutrients (i.e. vitamins and minerals) that our bodies need to remain healthy and function optimally.

A major problem with candy and other sugary treats, overly processed foods, fast food, and even some "health bars," is they're high in calories but low in micronutrients.

If you eat too much of these types of foods, you can develop nutritional deficiencies that increase the risk of all kinds of different health problems, such as diabetes, heart disease, infertility, and cancer.

The bottom line is, while you can “get away” with eating a lot junk food if all you care about is how you look in the mirror, you’re eventually going to have to deal with the consequences.

03. The third mistake is “cheating” too often.

When we’re talking diet, there are two ways to “cheat”:

- ✓ Eating more calories than you generally would, regardless of what foods you eat.
- ✓ Eating a lot of junk, even if it “fits your macros.”

We’ve already touched on why number two is a problem, so let’s take a closer look at number one. This usually takes the form of a “cheat meal” or even a “cheat day,” where you eat whatever you want.

While I’m all for regularly increasing caloric intake while cutting (refeeding is great, for example), it has no physiological benefit while bulking. It’ll just make you gain fat faster.

It can get really out of hand, too.

Now, that doesn’t mean that you can’t stray from your meal plan while bulking and eat stuff that you normally wouldn’t. You can, but you just need to go about it intelligently (which we’ll talk about later in this article).

WHAT IS CLEAN BULKING?

Clean bulking is a method of dieting that maximizes muscle growth and minimizes fat gain.

It requires that you do just two things:

- ✓ Regulate your caloric intake.
- ✓ Get most of your calories from nutritious foods.

Let's take a look at each.

01. Why you need to regulate your caloric intake while bulking.

I mentioned earlier that eating more calories than you burn helps you build muscle faster.

The reason for this is it's the most reliable way to make sure that you're not eating fewer calories than you burn, which is undesirable when you're trying to gain size for several reasons:

- ✓ It impairs your body's ability to synthesize muscle proteins.
- ✓ It reduces anabolic and increases catabolic hormone levels.
- ✓ It reduces workout performance.

The bottom line is the less time you spend in a caloric deficit, the faster you can gain muscle and strength.

And clean bulking is the easiest way to accomplish this, because it allows you to ensure that you're always eating just a bit more energy than you're burning.

That's why I recommend that you eat just 10 to 15% more calories than you're burning every day. That's enough of a buffer to prevent you from accidentally eating too little, but not so much that you'll gain unnecessarily large amounts of fat.

02. Why you should get most of your calories from nutritious foods.

Remember that food is more than a source of just calories and macronutrients.

It's also our only way to get the many essential nutrients that our bodies need to stay healthy, ward off disease, and recover from intense training.

A good rule of thumb is to get at least 80% of your calories from whole, minimally processed foods.

For example, I get the majority of my calories from foods like these:

- ✓ Avocados
- ✓ Greens (chard, collard greens, kale, mustard greens, spinach)
- ✓ Bell peppers

- ✓ Brussels sprouts
- ✓ Mushrooms
- ✓ Baked potatoes
- ✓ Sweet potatoes
- ✓ Banana & berries
- ✓ Low-fat yogurt
- ✓ Eggs
- ✓ Seeds (flax, pumpkin, sesame, and sunflower)
- ✓ Beans (green, black, garbanzo, kidney, navy, pinto)
- ✓ Almonds, pecans, cashews, peanuts
- ✓ Barley, oats, quinoa, brown rice
- ✓ Halibut, cod, tilapia, sea bass, tuna
- ✓ Lean beef, lamb, venison
- ✓ Chicken, turkey

If you do that, then you can use the remaining 20% (or less) calories on whatever you'd like.

HOW TO CLEAN BULK IN 6 SIMPLE STEPS

You now know what clean bulking is, and why it's superior to the sloppier "dirty" approach.

All you need, now, is to know how to put the rubber on the road. Let's get to it.

01. Calculate your calories.

As you know, clean bulking revolves around keeping your caloric intake slightly above what you're burning.

How do you turn that into an actual number, though?

Well, you need to first determine your approximate total daily energy expenditure (TDEE). There's a simple calculator that will help [in this article](#).

02. Calculate your macros.

Once you have your target caloric intake worked out, you need to calculate your "macros" next.

"Macro" is short for "macronutrient," which is a nutrient that your body needs in large amounts to survive. And in this case, we're referring to the three major players: protein, carbs, and fat.

So, here's how you want to set up your macros for clean bulking:

✓ Eat 0.8 to 1 gram of protein per pound of body weight.

This will give your body all the raw materials needed to build as much muscle as possible.

✓ Set your fat intake at 0.3 grams per pound.

This will support hormone synthesis and overall health, while allowing for plenty of carbs.

✓ Use your remaining calories on carbs.

Carbs are your friend when you're looking to maximize muscle growth, and this is why I recommend a relatively high carb intake.

You see, when you restrict your carb intake, your muscle glycogen levels drop, and research shows that low glycogen stores inhibits genetic signaling related to post-workout muscle repair and growth.

Studies also show that when you're exercising regularly, restricting your carbs raises your cortisol and lowers your testosterone levels, which further hampers your body's ability to recover from your workouts.

It's also worth mentioning that eating a low-carb diet will decrease your strength and muscle endurance, which makes it harder to progressively overload your muscles in the gym and thereby maximally stimulate muscle growth.

03. Make a meal plan.

If you want the best chances for success when clean bulking, then you want to create and follow a proper meal plan.

Intuitive eating can work well for maintaining body weight and composition, but its lack of precision makes it poorly suited to losing fat or gaining muscle.

Meal planning, on the other hand, takes all the guesswork out of your diet. You know exactly what to eat every meal, every day, and why.

04. Cheat intelligently.

I mentioned earlier that cheating too frequently or egregiously while bulking quickly fouls the nest. I also mentioned that there's a better way of going about it, and here it is.

- ✔ Cheat once per week and try not to exceed 150% of your normal caloric intake for the day.

This gives you wiggle room for treats without resulting in what would normally be several weeks' worth of fat gain in one go.

- ✔ Try to keep your dietary fat intake under 100 grams on the day that you cheat.

This helps you control your caloric intake (fat has 9 calories per gram), and helps minimize total fat storage for the day, as dietary fat is converted to body fat more easily than carbs.

- ✔ "Save up" calories for a cheat meal.

Let's say you're going to hit your favorite restaurant for dinner, and you plan on eating a lot. What you can do, then, is eat nothing but protein leading up to the dinner, so you come into it having eaten far less than normal for the day.

This gives you plenty of room to eat in the meal without having to worry about grossly overshooting your numbers.

And, speaking of restaurants, you should know that it's generally some of the highest calorie food that you can eat.

05. Adjust your food intake based on how your body responds.

If you follow this plan, a man can expect to gain about 0.25 to 1 pound per week, and a woman can expect to gain 0.25 to 0.5 pounds per week.

If you're gaining more than this, you're probably eating too much and need to dial it back. Trim 100 to 150 calories from your carbs and/or fats, and see how your body responds over the next 7 to 10 days.

If you're gaining less (next to nothing, basically), then you need to eat more. Add 100 to 150 calories to your protein and/or carbs, and see how your body responds over the next 7 to 10 days.

06. Be patient.

The right expectations are just as important as everything else discussed so far.

Know this: if you want to dramatically change your physique, it's going to take more time than you probably think.

Forget the hyperbole used to sell you supplements, magazines, and workout programs. You can't transform your body in a month or two and you can't pack on 50+ pounds of muscle in a year.

Here's what you can do, though, with consistent, dedicated and proper training and dieting:

- ✓ Men can gain 15 to 25 pounds of muscle in their first year of weightlifting.
Women can gain about half of that.
- ✓ Men can gain 8 to 13 pounds of muscle in year two. Women can gain about half.
- ✓ Men can gain 5 to 6 pounds of muscle in year three and 2 to 3 pounds per year each successive year. Women's numbers are again halved.

If you're new to weightlifting and want to go from a normal physique to a muscular, fit one, you can assume you'll need to gain anywhere from 30 to 50 pounds of muscle as a man and about half that as a woman.

As you can see from the numbers above, that takes time. Anywhere from 1 to 3 to 4 years to be specific.

WHAT ABOUT SUPPLEMENTS?

I saved this for last because, quite frankly, it's far less important than proper diet and training. You see, supplements don't build great physiques—dedication to proper training and nutrition does.

So, while workout supplements don't play a vital role in building muscle and losing fat, and many are a complete waste of money...the right ones can help.

For the purpose of this article, let's just quickly review the supplements that are going to help you get the most out of your clean bulking.

Creatine

Supplementation with creatine helps...

- ✓ Build muscle and improve strength
- ✓ Improve anaerobic endurance
- ✓ Reduce muscle damage and soreness

So, if you have healthy kidneys, I highly recommend that you supplement with creatine. It's safe, cheap, and effective.

In terms of specific products, I use my own, of course, which is called RECHARGE.

RECHARGE is 100% naturally sweetened and flavored and each serving contains:

- ✓ 5 grams of creatine monohydrate
- ✓ 2100 milligrams of L-carnitine L-tartrate
- ✓ 10.8 milligrams of corosolic acid

This gives you the proven strength, size, and recovery benefits of creatine monohydrate plus the muscle repair and insulin sensitivity benefits of L-carnitine L-tartrate and corosolic acid.

Protein Powder

You don't need protein supplements to gain muscle, but, considering how much protein you need to eat every day to maximize muscle growth, getting all your protein from whole food can be impractical.

That's the main reason I created (and use) a whey protein supplement. (There's also evidence that whey protein is particularly good for your post-workout nutrition.)

WHEY+ is a 100% naturally sweetened and flavored whey isolate that is made from milk sourced from small dairy farms in Ireland, which are known for their exceptionally high-quality dairy.

Pre-Workout Drink

There's no question that a pre-workout supplement can get you fired up to get to work in the gym. There are downsides and potential risks, however.

The reality is it's very hard to find a pre-workout supplement that's light on stimulants but heavy on natural, safe, performance-enhancing ingredients like beta-alanine, betaine, and citrulline.

And that's why I made my own pre-workout supplement.

It's called PULSE and it contains 6 of the most effective performance-enhancing ingredients available:

✓ Caffeine.

✓ Betaine.

✓ Beta-Alanine.

✓ Ornithine.

✓ Citrulline Malate.

✓ Theanine.

And what you won't find in PULSE is equally special:

✓ No artificial sweeteners or flavors.

✓ No artificial food dyes.

✓ No unnecessary fillers, carbohydrate powders, or junk ingredients.

Real science. Real supplements. Real results.
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pre-workout and weight loss stacks and supplements.

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