

12 Week Guide to becoming Lean - The Diet

Researched and Composed by Jacob Wilson, BSc. (Hons), MSc, CSCS.

Introduction

Bodybuilders are a strange breed. Most of the time we work on packing on as much mass and weight as possible. However, every once in a while, we get the strange urge to shed the water and fat we put on while bulking and get a clean look at the muscle that lies beneath it. Whether your goal is to prepare for a contest, or even for the beach, my 12 week dieting guide is sure to do the trick!

Diet

You must first understand that you will not lose weight--and probably not an appreciable amount of fat--unless you burn more calories than you consume. However, too many people get hasty and end up reducing their calories way too much, which will completely backfire and ultimately make you fatter!

You see, extremely low calorie diets end up burning almost as much muscle as they do fat. When your muscle mass drops, your metabolic rate slows with it! Secondly your thyroid gland--which is responsible for how quickly our bodies process food--will basically shut down on you, which will completely cancel out the effects of your low calorie diet. Therefore, you stop burning fat. Then when you raise your calories back up to even your old maintenance, you start gaining a ton of fat. This explains why the traditional diet does not work. I've seen people who starve themselves end up gaining weight on anything over 1,000 calories a day because their metabolic rates had slowed so drastically! What a nightmare! Don't go down this path!

The ideal way to shed fat without causing your metabolism to completely nose dive is to make very slight reductions in your daily caloric intake. What we will do, is cut back on your calories by 250 percent. So if you maintain your current weight at 3,000 calories a day, we will reduce your calories to 2,750 calories. This will help your body to select body fat as fuel without tapping into our muscle mass. Remember, the more muscle you have, the higher your metabolic rate you will be.

Protein Intake

Protein is a bodybuilders number one ally when bulking and the same holds true when dieting! You see, if we do not get enough protein, then our bodies will steal it from our muscles. A reduction of lean mass means a drop in our metabolic rate. In order to prevent this, we need to consume at least a gram of protein per pound of bodyweight during this program. So a 200 pound man would need 200 grams of protein a day and a 130 pound woman would need 130 grams of protein a day. Just

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