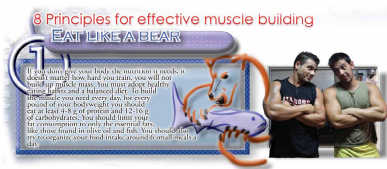


Eat like a bear

Written by

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Eat like a bear

If you don't give your body the nutrition it needs, it doesn't matter how hard you train, you will not build up muscle mass. You must adopt healthy eating habits and a balanced diet. To build the muscle you need every day, for every pound of your bodyweight you should eat at least 4-8 g of protein and 12-16 g of carbohydrates. You should limit your fat consumption to only the essential fats, like those found in olive oil and fish. You should also try to organize your food intake around 6 small meals a day.

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