



THE BUILD AND BULK PHASES: 25/50/25

2000 calories	Portions
Starches:	5
Legumes or Protein Liquids:	2
Vegetables or Balanced Liquids:	4
Fruits or Carb Liquids:	5
Proteins:	9
Fats:	4
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

2200 calories	Portions
Starches:	5
Legumes or Protein Liquids:	3
Vegetables or Balanced Liquids:	5
Fruits or Carb Liquids:	5
Proteins:	10
Fats:	5
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

2400 calories	Portions
Starches:	6
Legumes or Protein Liquids:	3
Vegetables or Balanced Liquids:	5
Fruits or Carb Liquids:	6
Proteins:	12
Fats:	5
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

2600 calories	Portions
Starches:	7
Legumes or Protein Liquids:	3
Vegetables or Balanced Liquids:	6
Fruits or Carb Liquids:	6
Proteins:	12
Fats:	6
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

2800 calories	Portions
Starches:	7
Legumes or Protein Liquids:	4
Vegetables or Balanced Liquids:	6
Fruits or Carb Liquids:	7
Proteins:	13
Fats:	6
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

3000 calories	Portions
Starches:	8
Legumes or Protein Liquids:	4
Vegetables or Balanced Liquids:	7
Fruits or Carb Liquids:	7
Proteins:	14
Fats:	7
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

3200 calories	Portions
Starches:	8
Legumes or Protein Liquids:	4
Vegetables or Balanced Liquids:	7
Fruits or Carb Liquids:	9
Proteins:	16
Fats:	7
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

3400 calories	Portions
Starches:	8
Legumes or Protein Liquids:	4
Vegetables or Balanced Liquids:	8
Fruits or Carb Liquids:	10
Proteins:	17
Fats:	8
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

3600 calories	Portions
Starches:	8
Legumes or Protein Liquids:	5
Vegetables or Balanced Liquids:	8
Fruits or Carb Liquids:	11
Proteins:	18
Fats:	8
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

3800 calories	Portions
Starches:	8
Legumes or Protein Liquids:	6
Vegetables or Balanced Liquids:	9
Fruits or Carb Liquids:	11
Proteins:	19
Fats:	8
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

4000 calories	Portions
Starches:	9
Legumes or Protein Liquids:	6
Vegetables or Balanced Liquids:	9
Fruits or Carb Liquids:	12
Proteins:	20
Fats:	9
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

4200 calories	Portions
Starches:	10
Legumes or Protein Liquids:	6
Vegetables or Balanced Liquids:	10
Fruits or Carb Liquids:	12
Proteins:	21
Fats:	9
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

4400 calories	Portions
Starches:	10
Legumes or Protein Liquids:	6
Vegetables or Balanced Liquids:	10
Fruits or Carb Liquids:	14
Proteins:	23
Fats:	9
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

4600 calories	Portions
Starches:	11
Legumes or Protein Liquids:	6
Vegetables or Balanced Liquids:	11
Fruits or Carb Liquids:	15
Proteins:	26
Fats:	11
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

4800 calories	Portions
Starches:	11
Legumes or Protein Liquids:	6
Vegetables or Balanced Liquids:	11
Fruits or Carb Liquids:	15
Proteins:	26
Fats:	11
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

5000 calories	Portions
Starches:	12
Legumes or Protein Liquids:	6
Vegetables or Balanced Liquids:	11
Fruits or Carb Liquids:	16
Proteins:	27
Fats:	11
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops



THE BEAST PHASE: 40/30/30

1800 calories	Portions
Starches:	1
Legumes or Protein Liquids:	2
Vegetables or Balanced Liquids:	4
Fruits or Carb Liquids:	1
Proteins:	19
Fats:	2
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

2000 calories	Portions
Starches:	1
Legumes or Protein Liquids:	3
Vegetables or Balanced Liquids:	4
Fruits or Carb Liquids:	1
Proteins:	21
Fats:	2
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

2200 calories	Portions
Starches:	1
Legumes or Protein Liquids:	3
Vegetables or Balanced Liquids:	4
Fruits or Carb Liquids:	2
Proteins:	23
Fats:	3
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

2400 calories	Portions
Starches:	1
Legumes or Protein Liquids:	3
Vegetables or Balanced Liquids:	4
Fruits or Carb Liquids:	3
Proteins:	26
Fats:	3
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

2600 calories	Portions
Starches:	2
Legumes or Protein Liquids:	3
Vegetables or Balanced Liquids:	4
Fruits or Carb Liquids:	3
Proteins:	29
Fats:	3
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

2800 calories	Portions
Starches:	2
Legumes or Protein Liquids:	3
Vegetables or Balanced Liquids:	5
Fruits or Carb Liquids:	4
Proteins:	31
Fats:	3
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

3000 calories	Portions
Starches:	2
Legumes or Protein Liquids:	3
Vegetables or Balanced Liquids:	5
Fruits or Carb Liquids:	5
Proteins:	34
Fats:	3
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

3200 calories	Portions
Starches:	2
Legumes or Protein Liquids:	4
Vegetables or Balanced Liquids:	5
Fruits or Carb Liquids:	5
Proteins:	36
Fats:	3
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

3400 calories	Portions
Starches:	3
Legumes or Protein Liquids:	4
Vegetables or Balanced Liquids:	5
Fruits or Carb Liquids:	5
Proteins:	39
Fats:	3
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

3600 calories	Portions
Starches:	3
Legumes or Protein Liquids:	5
Vegetables or Balanced Liquids:	5
Fruits or Carb Liquids:	5
Proteins:	40
Fats:	3
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

3800 calories	Portions
Starches:	3
Legumes or Protein Liquids:	5
Vegetables or Balanced Liquids:	5
Fruits or Carb Liquids:	6
Proteins:	43
Fats:	3
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

4000 calories	Portions
Starches:	3
Legumes or Protein Liquids:	5
Vegetables or Balanced Liquids:	5
Fruits or Carb Liquids:	7
Proteins:	46
Fats:	3
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

4200 calories	Portions
Starches:	3
Legumes or Protein Liquids:	6
Vegetables or Balanced Liquids:	5
Fruits or Carb Liquids:	7
Proteins:	48
Fats:	3
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

4400 calories	Portions
Starches:	3
Legumes or Protein Liquids:	7
Vegetables or Balanced Liquids:	5
Fruits or Carb Liquids:	7
Proteins:	50
Fats:	3
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

4600 calories	Portions
Starches:	3
Legumes or Protein Liquids:	8
Vegetables or Balanced Liquids:	5
Fruits or Carb Liquids:	7
Proteins:	52
Fats:	3
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops

4800 calories	Portions
Starches:	3
Legumes or Protein Liquids:	9
Vegetables or Balanced Liquids:	5
Fruits or Carb Liquids:	7
Proteins:	54
Fats:	3
Hardcore Base Shake:	1 scoop
Fuel Shot:	2 scoops