

Skip La Cour's
10 "STUPID" THINGS
BODYBUILDERS DO TO MESS UP THEIR
EATING HABITS



Six-Time Drug Free
National Bodybuilding
Champion

Check out these
three stupid books
that will help you -
Yes these are really
stupid books but
you will agree they
are the best!



BY SKIP LA COUR

Skip La Cour's **10 "STUPID" THINGS** **BODYBUILDERS DO TO MESS UP THEIR** **EATING HABITS**

It's doesn't matter how effectively, efficiently, and consistently you train in the gym. If you don't back up what you do there with sound nutritional practices, your results will be severely compromised.

The way you eat will either make you or break you.

Avoid these common mistakes and start gaining control over your eating habits. Overcome these challenges and start packing-on muscle and dumping body fat. Follow these solutions and begin taking your physique to the next level.

BY SKIP LA COUR

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10 "STUPID" THINGS BODYBUILDERS DO TO MESS UP THEIR EATING HABITS

Some bodybuilders sure do make some stupid mistakes when it comes to their eating habits!

Okay. I admit that "stupid" might be a little too harsh of a word to describe some of the most common eating challenges many bodybuilders face—but I bet it got your attention, didn't it?

Oftentimes, the mistakes we make when it comes to nutrition are simply the results of bad information. That bad information leads to compromised results. Compromised results lead to frustration and overwhelm. It's very difficult to make gains and enjoy the process when you are confused and overwhelmed, isn't it?

In order to create a profound impact to help you get the results you really want, I'll use the word stupid to describe these nutritional stumbling blocks. Hopefully, I'll make enough of an impression upon you and motivate you to make the necessary changes.

Don't just scan the following pages and hope that you're not doing anything I consider stupid. Read this article carefully and discover these simple and easy-to-follow eating tips that will launch your development into a new level of growth.

This equation will take you from the physique that you are settling for today to the amazing one you are determined to earn in the future:

Awareness + Effective Strategies + Commitment = Results

I want to first make you **aware** of what you are currently doing. How can you possibly make the improvements you want if you don't know where your

efforts are being compromised? You can't. Besides, many of the ineffective strategies you've been taught have been passed along from bodybuilder to bodybuilder; from training partner to training partner; and even from internet message board to internet message board—all of whose originators had the best intentions when they offered their advice. If you want to make improvements, you must be aware.

When you start using more **effective eating strategies**, you'll make the best use of your time, energy, and effort.

If you are on a regular training and eating program, then you are probably already committed to becoming the very best bodybuilder you can be. Am I right? Making the **commitment** to follow the effective strategies outlined is a critical component of this equation. I want you to channel that energy while using winning solutions and adopting an empowering mindset. I'll offer effective nutritional and mental strategies in this article that will produce **results**.

In short:

When you create **awareness** of what's currently taking you off track, employ more **effective eating strategies**, and use the **commitment** you already have, you'll give yourself the very best chance to proven improved **results**.

Awareness

Effective Eating Strategies

Results!

Here are what I have found to be the common mistakes many bodybuilders make when it comes to their eating habits:

1 Stupid Order of Priorities

You'll witness this problem when bodybuilders put almost all of their focus and effort into the way they train in the gym—and very little on the way they eat.

Here's the challenge:

"I don't know why I'm not growing. I train harder than everyone else in my gym. No one works harder than me. Ask anyone! It's frustrating to see people who don't train nearly as hard as I do build more muscular and leaner bodies than mine!"

Do you see people who train like animals in the gym—but their physiques simply don't reflect their efforts the way they should?

When it comes to weight training, they have learned and applied all of the most effective training programs, theories in exercise execution, and repetition range. They even know what the best exercise equipment is and why.

But when it comes to nutrition, they openly admit that they don't know as much as they should. They'll honestly reveal that they don't even follow through with what they do know. For whatever reasons, they don't mind being deficient in this critical component of the physique-enhancing process. Is it because they assume they can make up for poor eating habits with superhuman training efforts in the gym? If so, that's an incorrect assumption.

If you want to produce high-quality muscle and maintain lower body fat levels from the time and effort you invest in training, you must feed yourself properly. Your nutritional habits—not how you train in the gym—have the greatest impact on the development of your physique. Many experts feel the

way you eat accounts for as much as an astonishing 80 percent of the way you look. From my experiences, this figure is surprising accurate. If you want an impressive muscular body, you are going to have to pay close attention to what you are eating.

In fact, if I was faced with the dilemma of choosing between training or eating properly as my only vehicle to look and feel my very best, I would choose to eat properly. Sound nutrition is that important to your bodybuilding efforts. A heavy emphasis needs to be placed on studying winning nutritional strategies and executing those strategies on a consistent basis.

2

Stupid Misunderstanding of Simple Mathematics

This oversight happens when bodybuilders don't understand that they must burn more calories than they consume everyday when they want to lose body fat.

Here's the challenge:

"All I eat is chicken breasts, broccoli, brown rice and drink water but, no matter what I do, I can't get rid of this darn body fat."

It doesn't matter if all the food you eat is healthy, wholesome, or "clean" food. The total amount of the food you eat—no matter what kind of food that is—must add up to be lower than the number of calories your body efficiently burns each day.

The basic rule of weight management is you must burn more calories than you consume each day; each week; and each month if you want to lose weight.

If you want to build more muscle and gain quality weight, then you must strategically eat more food than you burn off each day; each week; and each month.

But, unfortunately, you can't just stop eating and expect to lose body fat and you can't just start eating like crazy if you want to gain quality weight.

You must eat the right amount of calories spread out evenly throughout the day. Those calories need to be allocated evenly in smaller, more frequent meals. And, all of those meals must be in the proper ratio of protein, carbohydrates, and fat to build muscle and lose body fat. You must follow these basic eating principles on a consistent basis to produce results.

3

Stupid Quests to Find the “Perfect” Diet

This mistake occurs when bodybuilders don't commit to an eating program because they're always looking for the “perfect” diet.

Here's the challenge:

“I need an eating plan that has the most adaptability to meet my specific, individual conditions. It can't be too strict because I have a very busy schedule. Can't I get by without sacrificing so much?”

Stop searching for the “perfect” diet. People are oftentimes distracted looking for an easier, less-painful diet that requires less discipline than the eating program they are currently on. If the diet doesn't work as quickly or effectively as they expected, they blame the diet—and not their standards or expectations.

Many diets appeal to different people for different reasons besides their level of effectiveness. The Aitkin's Diet, for example, may seem great to some people because they love to eat meat. The Zone Diet may seem ideal to other people because they love salads and vegetables. Even a strict, bland bodybuilding diet may appear to be the best option to some people because they like the fact that they aren't required to make decisions for themselves

on a continual basis or because they really enjoy the taste of meal replacements.

I believe that many people's obsession with finding the "perfect" diet has become a huge stumbling block. Unfortunately, the desire to discover a painless alternative to sacrifice and discipline that many people mistakenly believe is eluding them prevents them from even getting started.

By perfect, I'm referring to a diet that tastes good, allows plenty of food to be eaten, helps you shed body fat and build muscle—quickly and painlessly. Also, the perfect diet must not be so strict that you can't go off it every once in awhile, or whenever you want for that matter, without impeding your amazing progress. Now, I'm exaggerating about how accommodating some people hope an effective fat-loss diet will be for them—but I'm probably not exaggerating as much as you might think!

As I always say, "God puts a price-tag on everything." If you've accumulated some excess body fat and desperately want to get rid of it, you are going to have to pay the price. The price may be spending a little more time sweating on a treadmill, feeling hungry on occasion, skipping a few more of those "cheat meals" you have budgeted into your eating regimen, or all of the above. Whatever method you choose to lose body fat, there will be some sacrifice, discipline, and pain involved in the dieting process. I would be lying to you if I told you any differently. Anyone who tells you otherwise is just flat-out misleading you.

When it comes to dieting to lose body fat, there's no substitute for hard work. If you aren't burning enough calories, aren't dieting for a long enough period of time or are not incorporating a combination of these factors, your diet isn't going to work for you. It's not because you haven't found the "right" diet for your body yet and it's not because you are cursed with an incredibly slow metabolism.

It's not because you don't know enough about nutrition. It's not because you don't have enough bodybuilding and training experience. It's not because

you don't know enough about the finer intricacies of dieting. It's not because the ratio of protein, carbohydrates, and fat are 40-40-20 instead of 50-40-10 or even 40-30-20. It isn't because you are carbohydrate sensitive. It isn't because you can't afford the right nutritional supplements. It isn't because your body has hit a plateau either.

If you are carrying more body fat than you would like, the problem is that you are eating too much food to meet your objective—period. You must either eat less food or lower your standards for what you expect.

If you want to build high-quality muscle, then you must back up your efforts in the gym with frequent meals that include a good source of protein. You need to eat those meals on a consistent basis to see results.

To build high-quality muscle, you must eat the right amount of calories spread out evenly throughout the day. Those calories need to be allocated evenly in smaller, more frequent meals. And, all of those meals must be in the proper ratio of protein, carbohydrates, and fat to build muscle and lose body fat. You must follow these basic eating principles on a consistent basis to produce results.

4

Stupid Eating Plans That Are Too Difficult to Follow

You'll see this blunder when bodybuilders make their nutritional programs far too complex. They make their diets so complicated that they oftentimes don't follow through.

Here's the challenge:

"I rotate chicken, tuna, and beef every other day for my protein sources. I alternate my carbohydrate intake to low, moderate, and high levels in three day, four-day and five day splits. I always eat brown rice instead of white rice. And, I make sure I wake up in the middle of the night to drink a protein shake."

I have a great plan—but my problem is that I don't always follow through."

Keep your diet simple. Have you ever known people who always asking themselves "What am I going to eat for dinner tonight?" Some people put a lot of thought and effort just deciding what foods they are going to enjoy during a future meal. In my opinion, doing so makes the eating process far too complicated. The more complicated you make your nutritional program, the more difficult you'll make it to follow through with.

Just because a diet is simple doesn't mean its not effective. During the week, I intentionally keep my meals plain and simple. I don't get too fancy or complicated when it comes to eating. During this time, the main purpose for eating is to grow muscle and keep my body fat levels manageable. If I decide to relax at all with my habits, it will be during the weekends.

The less thinking and extra planning you have to do when it comes to feeding yourself properly the better. Try to look at eating as merely a method to build quality muscle, fuel great workouts, and keep your body lean and looking good—at least during your work or school week. If you need more variety or flexibility, have it on the weekends only.

5

Stupid Food Distribution

This error happens when bodybuilders gorge themselves with only a couple of large meals during day. Those meals are so large and infrequent that their body can't process all the calories efficiently.

Here's the challenge:

"I only have time to eat three meals a day—but I do make sure I eat all the calories I need to grow. I just eat more when I do get the time to eat."

One of the most important keys to building muscle, losing body fat, and

feeling energetic throughout the day is controlling your metabolism. Metabolism is the rate at which the nutrients in your food are processed once eaten. Those nutrients will be absorbed and assimilated into the body, converted and used for energy, or excreted as waste.

Eating meals throughout the day at specific times helps you engineer a more-effective, smoother running metabolism. If you can increase the efficiency of your metabolism, you will have a better chance of packing-on more muscle and fending off more body fat over time. The “mass” you eat will have a better chance to turn into “mass” on your body in the form of high-quality muscle—instead of fat.

The human body’s “famine defense mechanism” (what it does to avoid dying in the event there’s a long period of time without food) is to hold on to some body fat and keep it as a safety reserve at all times. If you can increase the efficiency of your metabolism, your body will become conditioned to lower levels of body fat. Think of your body telling itself, “I get fed so well and on a consistent basis, I don’t need to carry around this extra body fat. I won’t ever need it!”

Depending on how efficiently you feed the body, you will either increase its metabolic rate to supply you with more energy throughout your day or slow it down to conserve what little energy it has left. And if your body isn’t supplied with a steady stream of nutrients to use as energy, it will start shutting itself down, by giving your body less and less energy to work with. Your body uses this built-in safety mechanism to keep itself alive.

Whatever challenges your regular life or job schedule may create, a workable eating plan is indeed possible. You just need to make sure you begin each day with a specific plan-of-attack for the times you will eat each day.

If you are not feeling hungry when it’s time to eat your scheduled meal, it does not necessarily mean that you are eating too much food. When many people begin a well-structured diet consisting of the proper amount of calories, they often feel like they are eating too much food. Many times

when you haven't eaten enough food to meet your body's requirements your metabolism begins to run less efficiently. As a defense mechanism against depleting itself, your metabolism will slow down to match the amount of food you are eating.

Stick with your regimen of eating 5 to 7 meals a day as you have intelligently planned. It may take a couple of weeks for your metabolism to speed up to the efficiency it should be operating at to meet your bodybuilding goals. If you are persistent with your nutrition plan, your metabolism will eventually adjust to the increase in food that you are eating. The amount of food you are eating may make you feel full right now but it will soon feel like it's not enough food. You'll actually be hungry and anticipate when you get to eat your next scheduled meal.

6

Stupid Pre-Workout Eating Plan that Leaves the Muscles Starving for the Nutrients They Need to Grow

This mistake happens when bodybuilders don't eat anything before their workouts.

Here's the challenge:

"I never eat before I work out. I'll burn more body fat by training on an empty stomach. I can't figure out why I'm not building the amount of muscle I think I should."

Intense weight training and cardiovascular training literally drain the limited protein stores your muscles carry. Within a very short period of time after you start training, you'll be running on empty. That's incredibly detrimental to muscle growth and repair. Those harmful effects are magnified the more intensely you train during your workout. It's important that you have an efficiently burning source of protein in your body that can be quickly accessed during your workouts. The protein source should also be

consumed with a high-glycemic source of carbohydrates.

Training in general, whether it is cardiovascular or with weights, lowers your blood sugar levels. When your blood sugar levels have been lowered, they have difficulty getting the protein they need to maintain their size. Consuming high-glycemic carbohydrates spikes your blood sugar levels and actually forces the high-quality protein you consume with those high-glycemic carbohydrates into your ravenous muscles.

I took my nutritional habits to the next level when I started utilizing an intelligent pre-workout plan. If you want to make sure you preserve as much muscle mass as possible, you should start eating a small protein-based meal with high-glycemic carbohydrates before every one of your weight training and cardiovascular training sessions.

7

Stupid Post-Workout Eating Plan That Doesn't Start the Muscle Recovery Process When It's Most Needed

This problem occurs when bodybuilders don't eat immediately after their workouts.

Here's the challenge:

"I usually don't get a chance to eat until after I get home from the gym. By the time I get myself settled, a couple hours have passed."

For the same reasons that you must prioritize eating properly before you train, you must also execute an effective post-workout nutritional plan. You should consume a small meal comprised of a high quality protein source and high-glycemic carbohydrates after your weight training and cardiovascular training workouts. Doing so will protect the muscle you've already earned and immediately kick the massively-important muscle recovery process into gear.

If you tear it up in the gym the way you like to do during your workouts, your muscles are likely to be depleted of their valuable protein stores—even if you eat before the workout. Your blood sugar levels have been lowered while training as well. When your blood sugar levels have been lowered, the muscles will have difficulty getting the protein they need to maintain their size.

I've had certified personal trainers ask me why I would eat my VP2 Whey Isolate and Creatine HSC mixture right after beating myself up on the recumbent bike. "Aren't you hindering the fat-burning process that you started by doing cardio when you eat so soon afterwards?" they've asked.

I, too, used to believe that you shouldn't eat anything for a period of time after doing cardiovascular training. I must have read somewhere that doing so would cause your body to stop using your stored body fat as fuel as you intended. Instead, you would start using the food you just made available as fuel.

You don't really burn enough fat at the time you train or immediately afterwards to miss the opportunity to protect your starving muscles from damage caused by training.

Effectively burning body fat has far more to do with the number of calories you consume versus the number of calories you burn throughout the entire day. You will do a better job of shedding body fat when you focus on creating the proper deficit between the two during the day with intelligent nutritional habits.



Stupid Carbohydrate Avoidance

This challenge happens when bodybuilders go overboard eliminating carbohydrates that will help the muscle-building process.

Here's the challenge:

"I'm trying to lose body fat so I'm restricting my carbohydrates down to almost zero. The only problems is that I think I'm losing a lot of muscle"

Many bodybuilders who are trying to lose body fat choose to go on extremely low carbohydrate diets. Low-carbohydrate diets can help you shed body fat. There's no doubt about it. They are effective because low-carb diets can create a deficit between the calories you eat versus the calories you burn every day. That's the key to losing body weight (Refer back to Stupid Eating Mistake #2)

Unfortunately, some of the weight you lose on a low-carbohydrate diet will include some of the muscle you've worked so hard to put on—and not only unwanted body fat. You may not be satisfied with how much muscle you need to sacrifice on your way to dumping your fat. You can improve your muscle loss to fat loss ratio simply by making a few minor adjustments to your nutritional habits.

In the past, I too was a big advocate of low-carbohydrate diets. They helped me get ripped—but they didn't help me protect the muscle I had and you can forget about them helping me effectively build more muscle. A more efficient approach to dieting could have helped me get just as lean and assist in preserving and building muscle at the same time.

Drastically reducing the amount of carbohydrates you eat may not be as critical to losing body fat as you might think. In fact, eliminating carbohydrates

at important times of the day may prevent you from putting on as much muscle as you are capable of packing-on.

Carbohydrates serve as an essential part in the muscle-building process. Instead of trying to eliminate carbohydrates altogether, you should make sure you are eating the right types of carbohydrates at the right times of day.

I never realized how important eating the right carbohydrates at the right times of the day was to my muscle-building and muscle-preserving efforts. However, I evolved into an “efficient” eater. I learned to eat the right foods at the right times.

As I previously mentioned, when I started consuming high-glycemic carbohydrates before and immediately after my workouts, I began to build and preserve more muscle. I didn’t avoid the fat-burning glucose type of carbohydrates like I did in the past. “Sugary” or glucose types of carbohydrates are supposed to be bad for you as a bodybuilder, right? That’s what I’ve read. How about you?

Those high-glycemic, glucose carbohydrates were in my pre-workout and post-workout meals. Eating this type of carbohydrate at these times spiked my insulin levels and helped to force the much-needed protein I ate with them into the muscles.

When you are outside of a three-hour period of time outside your workouts, the you want to limit your carbohydrates to the ones that fall into the low glycemic index.

Vegetables are a great source of these types of carbohydrates. The great thing is that you can eat as much as you want. If I had anything close to resembling a “secret weapon” that I could offer in terms of nutritional practices, it would be to eat as many vegetables as humanly possible every day.

Besides providing an excellent, sustained source of energy, these fibrous

carbohydrates allow me to eat a larger amount of food by volume than starchy carbohydrates (such as rice, pasta, potatoes, etc.) and do so with a fewer number of calories.

Eating vegetables gives me more “bang for my buck” so to speak. I can practically eat as many vegetables as I wish during a meal and easily stay within my allowed daily caloric intake. The ability to eat more food by volume is a huge mental benefit when I’m forced to restrict my daily calorie consumption in an effort to lose excess body fat. Just about all the calories in the vegetables you eat are negated by the work it takes your body to digest them. The opposite is true when eating starchy carbohydrates. A person must be very careful not to include too many calories in starchy carbohydrates in his or her diet—which is not hard to do.

Because of the low glycemic value in vegetables, my insulin levels are managed much more efficiently than when I eat starchy carbohydrates. That means fewer “up and downs” in my energy levels, fewer mood swings, and less chance for excess calories I may eat to be stored as unwanted body fat.

Eating vegetables also slows down the digestive process. Slowing down the digestive process will ensure that my body efficiently utilizes the precious protein I eat and depend on to repair and build muscle tissue.

I’ll be the first one to admit that eating vegetables is not nearly as satisfying as eating a delicious bowl of rice or oatmeal. But after taking the time to wean myself off those starchy carbohydrates, I hardly notice the difference. Although some people believe fresh vegetables are best for you, don’t be afraid to take advantage of the convenience of frozen vegetables. There is only a slight difference in the nutritional values of frozen vegetables versus fresh ones. They are definitely easier to prepare and are relatively inexpensive. Busy people just don’t have time to clean and cut fresh vegetables. Instead of excluding these important foods, just take them out of the freezer and put them into your food container before you leave for work. By the time of your mid-morning meal, they should be thawed. If you have access to a microwave, delicious hot veggies will be ready to eat in only a few minutes.

9

Stupid Unrealistic Expectations

This mistake occurs when bodybuilders don't give the nutritional plan they've chosen adequate time to see results before switching to another one or giving up altogether.

Here's the challenge:

"I tried one of the popular eating plans a couple of weeks ago—but it just didn't work for me. It just wasn't right for my body type. I think I'm going to start this new diet I've been reading about."

You must give the diet you have chosen your full focus and attention in order to get the best results. Just about any diet, when implemented on a consistent basis, will work for you. But, you must have confidence in your diet in order for you to give it your full focus and attention.

People let themselves become confused easily and can't even get started on a nutritional plan without 100 percent certainty that the diet plan they are doing will work for them.

With all the diets available, it will be almost impossible for you to have 100 percent certainty and confidence in the diet you have chosen. Just when you think you are on the right path, you will hear or read about a new "miracle" diet. Just when you are ready to dig in and get going on a structured eating program, a person you know will tell you about all the amazing results they are getting with their diet—which seems very different than yours. Heck! Even if your diet is working, you will sometimes doubt if it is working well or fast enough.

Instead of focusing on the differences, try to discover how the diets are similar. You need to ask yourself, "What do these diets have in common?"

If you are not getting the results you want with your diet, you'll need to raise your standards. You either need to do a "little more of this" or a "little less of that."

Food selection, food quantities, meal frequency, meal timing, cardiovascular training intensity, cardiovascular training frequency, weight training, and weight training frequency are all factors that are 100 percent in your own control. Focus on finding the right combination of these factors that work best for you. You must determine what you must do more of and what you must do less of to reach your body improvement goals.

10

Stupid Blame Game

This slip-up takes place when bodybuilders blame their nutritional plan or poor genetics when they don't see the results they wanted.

Here's the challenge:

"That diet didn't work for me. The other diet didn't respond to my body type. And, my metabolism is really slow. I just can't seem to find the diet that works for me!"

Take 100 percent responsibility for your success and failure. In other words, if you are not getting the results you want, it's you and not necessarily your diet that's letting you down. It's not your challenging situation, genetic limitations, or time management dilemmas that are preventing you from reaching your goals. Your inability to do what it takes (or find out what it takes) to overcome your challenging situation, genetic limitations, or time management dilemmas is what must be addressed—and overcome.

People oftentimes blame their individual circumstances or genetic conditions for their lack of progress. If you are truly committed, you will eventually find a

way around any of your physical, mental, emotional challenges.

People will also sometimes unfairly compare themselves to other people. "They can eat anything they want and still look good while I eat like a bird and gain weight!" The route you may have to take may not seem as easy as someone else you know, but there is indeed a way to overcome your challenges.

You must realize that you are determining the quality of the physique you really want with the decisions you make. Everything worth having has some sort of "price tag" on it. Usually the more desirable something is to have, the higher the price. Maybe you don't want to pay the price necessary to have the physique you thought you really wanted. If you don't want to pay the price, that's fine. But you must accept the decision that you've made. Don't blame your lack of knowledge—blame your lack of desire. Don't blame your genetics or personal conditions—blame the fact that you decided not to overcome those challenges at this time.

These days, many people mistakenly believe that they are entitled to the better things in life. They feel as though they deserve to be treated a certain way by other people. And, they ought to be rewarded for their efforts or for being the kind of person they think they are.

The fact of the matter is the you actually get what you deserve in life--and you don't get what you don't deserve. You are ultimately responsible for what is happening in your life. Whether it's good or bad, YOU are the person who manifests the events in your life.

If you don't like how things are going, you must commit yourself to finding a way to make them better. However, this won't happen until you accept ultimate responsibility.

Here's a review of the "stupid" mistakes bodybuilders do to mess up their eating habits and effective strategies to overcome them:

- 1.** You must place a very high priority on the way you eat if you want to take your physique to the next level. The way you eat is far more important than the way you train. You're in the gym for about an hour a day. It's what you do during those other 23 hours of the day that are going to make the biggest impact on your progress.
- 2.** You must burn more calories than you eat if you want to lose body fat. It doesn't matter if almost all of the food you eat is good, healthy food, you must burn more than you eat or you'll get fat.
- 3.** Stop looking for the "perfect" diet. Nothing worth having in life comes without some sacrifice. Eating the way you must to build the body you want will be no exception. In the long run, it's the challenges that we face that makes what we have rewarding. How enjoyable would life be if everything was easy? When you start adhering to a particular eating regimen, anticipate the discipline, sacrifice, and discomfort that comes with the pursuit of any worthwhile goal.
- 4.** Keep your diet simple. That way, you'll give yourself a better chance to follow through and ultimately achieve successful results. If you must make your diet more complex, do so on the weekends only.
- 5.** Eat smaller, more frequent and well-balanced meals spaced evenly throughout the day. Your body will use the nutrients in your food more efficiently. You'll build more muscle and prevent body fat this way.
- 6.** If you want to make sure you preserve as much muscle mass as possible, you should start eating a small protein-based meal with high-glycemic carbohydrates before every one of your weight training and cardiovascular training sessions.
- 7.** You should consume a small meal comprised of a high quality protein

source and high-glycemic carbohydrates immediately after your weight training and cardiovascular training workouts. Doing so will protect the muscle you've already earned and immediately kick the massively-important muscle recovery process into gear.

- 8.** Carbohydrates serve as an essential part in the muscle-building process. Instead of trying to eliminate carbohydrates altogether, you should make sure you are eating the right types of carbohydrates at the right times of day. High-glycemic carbohydrates (potatoes, simple sugars are best before and after your workouts; low-glycemic carbohydrates like vegetables are great throughout the rest of the day.
- 9.** Be patient. If you are not getting the results you want with your diet, you'll need to raise your standards. You either need to do a "little more of this" or a "little less of that." You may also need to make these changes for a longer period of time.
- 10.** Don't blame your diet when you aren't getting the results you want. Take 100 percent responsibility for your success and failure. Just about any eating program can be effective—if you follow through on a consistent basis. If you aren't getting the results you want, assume that the problem is in your approach.

And remember, you will not start getting big until you start thinking big!

ABOUT SKIP LA COUR

Skip La Cour has established himself as a leader in the bodybuilding world with his outstanding physique and by teaching his effective training philosophies to others for over 20 years.

In his passionate effort to propel training, nutrition, supplementation, and mental strategies forward, he has written 10 books, produced eight DVDs, five audio seminar courses. He contributes articles to several international bodybuilding and fitness magazines. He has accomplished all of this and more while simultaneously becoming one of the world's best competitive drug-free bodybuilders.



La Cour's over 25 years of being heavily involved in the personal development/motivation business and over 20 years in the bodybuilding and fitness industry have given him the unique ability to create instant change for people who want to improve their body, mind, and spirit effectively, efficiently, and in the shortest period of time.

Competitive Bodybuilding Career

Skip La Cour has been training for more than 20 years and has been competing in bodybuilding contests for over 15 years. During that time span, La Cour has competed in 29 bodybuilding show around the world. At 5' 11", La Cour's competition weight ranges from 205 to 220 well-conditioned pounds.

Skip La Cour has won the NPC (National Physique Committee) Team Universe Overall titles twice (in 1998 and 2002). He was the very first man to win two overall titles. He has won the heavyweight class five different times (1995,



1998, 2000, 2002, and 2003). Those five victories are the most class wins in the history of the NPC Team Universe contest. He is also the only man who has competed in all of the first 10 of the NPC's top drug-tested annual amateur event.

Skip La Cour is also the first man to win the overall titles at both the NPC Team Universe and the Musclemania Natural Bodybuilding Championships—the two most competitive and most recognized drug-tested shows in the United States.

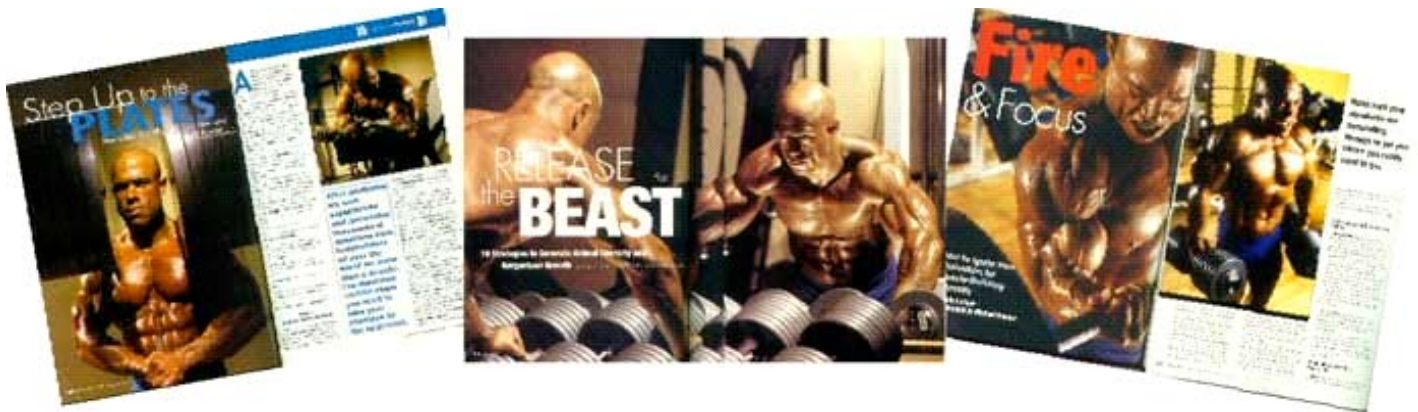
The Academy of Bodybuilding, Fitness and Sports Awards named La Cour "Natural Bodybuilder of the Year" in 1998 for his outstanding efforts.

Drug-free for life, La Cour first appeared on the national scene in 1994, when he won the Musclemania Natural Bodybuilding Championships, which aired on ESPN television. Two years earlier in 1992, he became the first man in the history of the AAU to win the Mr. California and Mr. Natural California in the same year.

Featured Magazine Writer

Skip La Cour is an accomplished bodybuilding writer. He has written hundreds of articles that have been published in bodybuilding and fitness magazines around the globe and translated into many different languages.

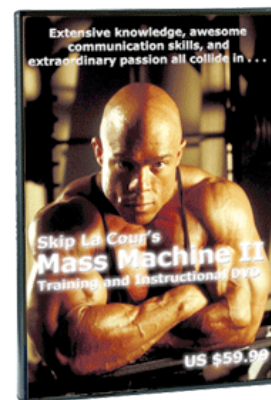
La Cour is a contributing writer for Iron Man Magazine. He is also a regular contributor to Natural Muscle, a monthly bodybuilding and fitness magazine.



La Cour's eBooks, DVDs, and Audio Seminar Courses

Skip La Cour's information products have successfully guided bodybuilders at every level in over 53 countries around the world for over 15 years.

His eBooks include: Thinking Big, Thinking Big: The Next Level Workbook, Thinking Big II: Aspiring to a Higher Level of Bodybuilding Achievement!, Skip La Cour's Daily Training Journal, Skip La Cour's Daily Training Journal 2000, Packing-On Muscle, Bodybuilding Nutrition, Extra Effort , and POWER!; his special report How I Packed-On 16 Pounds of Drug-Free Muscle in Just One Year!



La Cour's DVDs include: Skip La Cour's Mass Machine Hardcore, Skip La Cour's Mass Machine Heavy, and Intense!, Mass Machine II Training and Instructional, Dare To Dream!, Success is a Planned Event: A Day in the Life of Skip La Cour, Skip La Cour's Live! Bodybuilding and Training Seminar, Packing-On Muscle, and Warrior.

His audio seminar courses include: Bodybuilding & Training MASTERY: Step-By-Step – “The Mindset and Actions of a Champion”; Skip La Cour's ULTIMATE Bodybuilding Contest Preparation; The Business of Bodybuilding and Fitness: How to Earn Cash From Your Passion!; MANformation's Alpha Male Leadership Skills – “The Mindset and Actions of the Most Powerful Alpha Male Leaders”; and MANformation's Alpha Male Leadership Skills – MANformation II: “Get Your Swagger Back!

Skip La Cour's Mass Machine Nutrition

Skip La Cour Skip La Cour owns and operates MvM Nutrition LLC. MvM Nutrition LLC consists of two high-quality, cutting edge sports nutrition product lines:



Mass Machine® Nutrition is engineered for dedicated bodybuilders and advanced fitness enthusiasts striving to build muscle and lose body fat.

MANformation® Nutrition is specifically designed for men who are striving to improve their overall level of health and fitness, look and feel great, and do so in the context of a well-balanced life.

MANformation® - ALPHA LEADERSHIP STRATEGIES

Skip La Cour is the creator of the MANformation® personal development program for men. MANformation teaches men of all ages the qualities,



characteristics, and actions of the most powerful, charismatic, and influential Alpha males in the world. MANformation outlines Alpha Leadership strategies that transform you into the MAN you really want to be.

When you become more aware of these Alpha male characteristics; appreciate how they can affect the quality of your life; learn how to adopt them into your own personality; and practice these skills, you'll have more options in life. "Options" are all the things in life you REALLY want—and they are far more than all of those things in life that you merely settle for. Money, power, and sex are examples of the options in life many that men want, want more of, or a better quality what they already have.

Skip La Cour's Web Site:
www.SkipLaCour.com

Skip La Cour's Mass Machine Nutrition:
www.MassMachineNutrition.com

MANformation Alpha Leadership Strategies:
www.MANformation.com

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