

[REDACTED]

- Creates structure
 - Prevents morning overeating (low hunger signaling)
- Enhances insulin sensitivity = better nutrient partitioning (those carbs go to muscle, not fat)

🗝️ Keys to Success

- Keep your meals satisfying and repeatable (simplicity → consistency)
- Lean proteins, high volume carbs (potatoes, rice), enjoy life (chocolate is not a crime!)
- Track weight weekly → [REDACTED]
 - If weight stalls for 4 weeks, [REDACTED]

⚠️ Watch-Outs:

- Hidden calories in [REDACTED]
- Don't panic if your [REDACTED]
 - Alcohol: 2-3 drinks/week is fine. Don't cut [REDACTED]

3. **TRAINING PLAN**

📅 Weekly Training Schedule

- **MONDAY:** [REDACTED]
- **WEDNESDAY:** [REDACTED]
- **FRIDAY:** [REDACTED]
- **SATURDAY** [REDACTED]
- **DAILY:** [REDACTED]

This setup hits each muscle group [REDACTED]

[REDACTED]

🔑 KEY TRAINING CONCEPTS

** [REDACTED] | [REDACTED]

- Set 2:
- Set 3:
- **Rest

** [REDACTED] **:

Designed for Hypertrophy. [REDACTED]

- Set 1: [REDACTED]
- Rest [REDACTED]
- Set 2 [REDACTED]
- Repeat [REDACTED]
- Great for [REDACTED] **

Warm-Ups:

Only warm up for [REDACTED]

- [REDACTED]
- [REDACTED]

Avoid [REDACTED] **

📈 [REDACTED] PROGRAM

- ** [REDACTED] **
- [REDACTED]

