



YEAR-ROUND FOUNDATION STACK

Take these every day, every phase, all year.

SUPPLEMENT	DOSAGE	WHEN TO TAKE	WHY
Whey Protein (Thorne)	1–2 servings/day	Post-workout or between meals	Hit daily protein target
Multivitamin (Thorne 2/Day)	As directed on label	With breakfast	Cover micronutrient gaps
BCAAs (Thorne)	1–2 servings/day	During or after training	Muscle recovery, reduce soreness
Creatine (Thorne)	See phase-specific below	Morning, with any meal	Strength, power, muscle hydration

PHASE-SPECIFIC ADJUSTMENTS

What changes each quarter. Bold actions = do this now.

PHASE 1: BASELINE	PHASE 2: CUT	PHASE 3: MAINTAIN	PHASE 4: BUILD
January – March	April – June	July – September	October – December
Creatine: 5g daily Foundation stack only No additions No removals This is your baseline. Learn. Track. Build habits.	STOP Creatine (masks scale progress – water retention) ADD Weight Mgmt Stack CONTINUE protein, multivitamin, BCAAs	RESTART Creatine 5g daily STOP Weight Mgmt Stack Foundation stack only Lock in your new weight.	Creatine: 10g daily (doubled for building) ADD Glutamine 5g daily CONTINUE protein, multivitamin, BCAAs Time to grow.