



## 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
<p>January – March</p> <p><b>Creatine:</b> 5g daily</p> <p><b>Foundation stack only</b></p> <p>No additions</p> <p>No removals</p> <p>This is your baseline.</p> <p>Learn. Track. Build habits.</p>	<p>April – June</p> <p><b>STOP</b> Creatine (masks scale progress – water retention)</p> <p><b>ADD</b> Weight Mgmt Stack</p> <p><b>CONTINUE</b> protein, multivitamin, BCAAs</p>	<p>July – September</p> <p><b>RESTART</b> Creatine 5g daily</p> <p><b>STOP</b> Weight Mgmt Stack</p> <p><b>Foundation stack only</b></p> <p>Lock in your new weight.</p>	<p>October – December</p> <p><b>Creatine: 10g daily</b> (doubled for building)</p> <p><b>ADD</b> Glutamine 5g daily</p> <p><b>CONTINUE</b> protein, multivitamin, BCAAs</p> <p>Time to grow.</p>