



# 6 tips

for diets to dry and inflame !

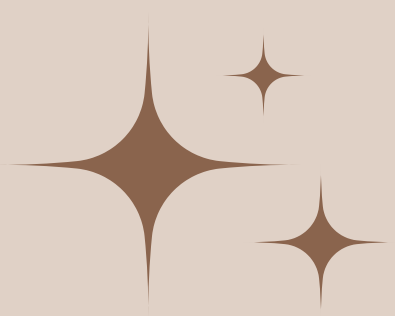




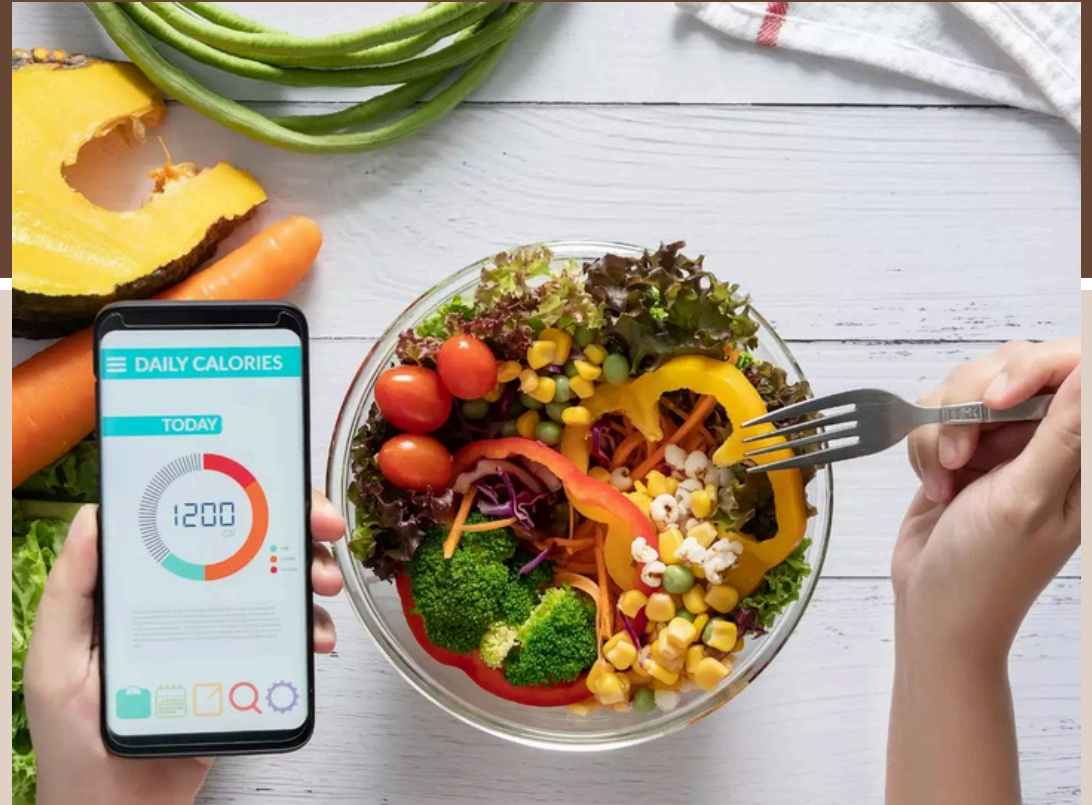
# 1 Focus on Macronutrient Balance



- Protein (Crucial for Both Drying & Inflating):
  1. Aim for 1.6–2.2 grams of protein per kilogram of body weight daily.
  2. Great sources: chicken, turkey, eggs, fish, lean beef, tofu, legumes, and protein shakes.
- Carbohydrates (Energy for Workouts):
  3. For drying, keep carbs moderate to low and focus on complex sources like oats, brown rice, quinoa, sweet potatoes, and vegetables.
  4. For inflating, increase carbs slightly, particularly around workouts to fuel performance and recovery.
- Fats (Hormonal Support):
  5. Consume healthy fats (20–30% of total calories): avocado, olive oil, nuts, seeds, and fatty fish.
  6. Avoid trans fats and limit saturated fats.



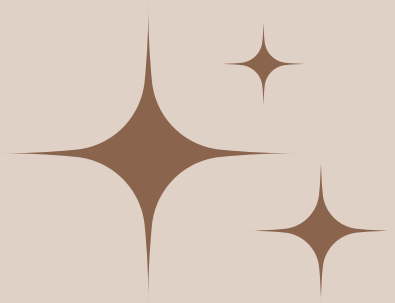
# 2 Adjust Calories for Your Goal



- Drying (Fat Loss):
  - Create a calorie deficit by consuming fewer calories than you burn.
  - A deficit of 300–500 kcal/day is ideal for sustainable fat loss.
- Inflating (Muscle Gain):
  - Create a calorie surplus by eating slightly more calories than you burn.
  - A surplus of 100–300 kcal/day ensures lean muscle gain with minimal fat.

For recomposition:

- Cycle calories (eat at maintenance or a slight deficit on rest days, and a slight surplus on training days).



# 3 Timing Your Meals



- Pre-Workout:

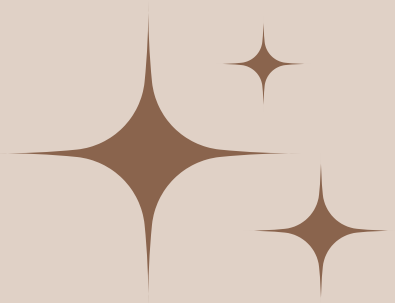
1. A combination of protein and carbs to fuel your session.
2. Example: Greek yogurt with fruit or chicken with sweet potato.

- Post-Workout:

3. Prioritize protein and carbs to enhance recovery and muscle synthesis.
4. Example: Protein shake with banana or grilled fish with rice.

- Smaller, Balanced Meals Throughout the Day:

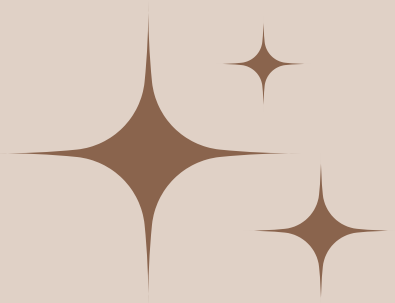
5. Aim for 4–6 meals/snacks spaced every 3–4 hours to stabilize energy levels and maintain muscle-building processes.





# 4 Hydration

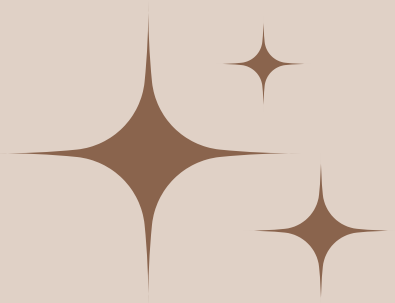
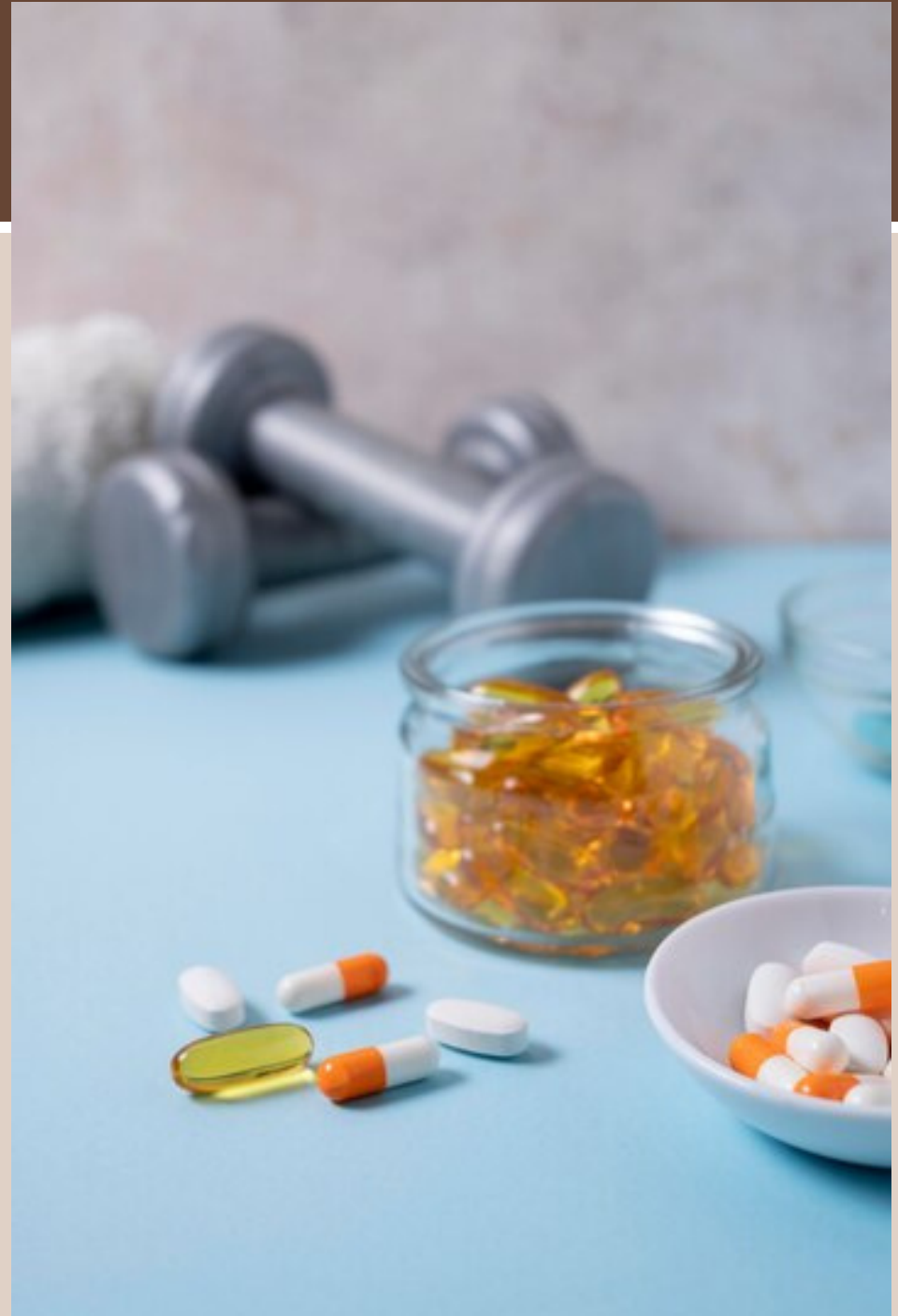
- Drink plenty of water—at least 3–4 liters/day, depending on your activity level.
- Consider electrolyte drinks if you sweat heavily during workouts.



# 5 Supplements

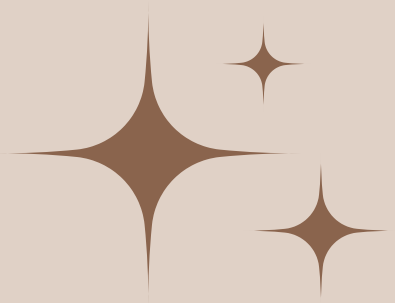
## OPTIONAL BUT HELPFUL

- Protein Powder: To meet protein needs conveniently.
- Creatine Monohydrate: Helps with muscle inflation by improving strength and water retention in muscle cells.
- BCAAs/EAA: For muscle recovery, especially during calorie deficits.
- Caffeine: Enhances focus and performance during workouts.



# 6 Focus on Whole Foods

- Opt for nutrient-dense, minimally processed foods
- Avoid added sugars, excessive salt, and trans fats.



# Sample Diet Plan

## Drying Day (Calories ~1800-2200):

- Breakfast:

3 egg whites, 1 whole egg, spinach, and 1 slice of whole-grain toast.

Snack:

1 apple + 10 almonds.

- Lunch:

Grilled chicken, quinoa, and mixed vegetables.

- Snack:

Cottage cheese + cucumber slices.

- Dinner:

Salmon, roasted broccoli, and cauliflower rice.

## Inflating Day (Calories ~2500-3000):

- Breakfast:

Oatmeal with banana, peanut butter, and whey protein.

- Snack:

Greek yogurt + granola.

- Lunch:

Lean beef, sweet potato, and asparagus.

- Snack:

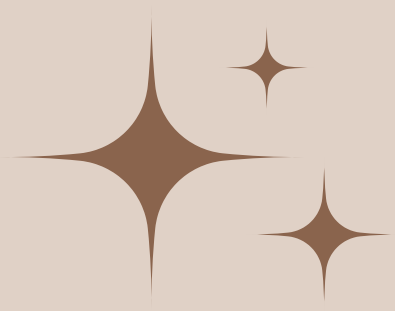
Protein shake + rice cakes.

- Dinner:

Grilled turkey, brown rice, and green beans.







**Would you like a detailed training plan  
to complement the diet? 😊**

Contact Us in the site !