

12-Week Research Cycle Timeline (For Educational Purposes Only)

Weeks 1–6

- Testosterone Enanthate or Cypionate – 300–500 mg/week
- Optional Oral: Dianabol 20–30 mg/day OR Turinabol 30–40 mg/day
- Arimidex 0.25–0.5 mg every other day (as needed)
- Liver Support: NAC, TUDCA, or Milk Thistle

Weeks 7–12

- Continue Testosterone Enanthate or Cypionate – 300–500 mg/week
- Optional: Masteron Propionate – 300–400 mg/week (for lean hardening)
- Monitor AI dosage based on side effects/symptoms
- Continue Liver Support if using orals

Weeks 13–16 (PCT)

- Begin 2–3 weeks after last Testosterone injection
- Clomid – 50/50/25/25 mg per day (Week 13–16)
- Nolvadex – 40/40/20/20 mg per day (Week 13–16)
- Focus on recovery, diet, and light training

12-Week Research Cycle with HGH Integration

Cycle Goal: Lean Muscle Growth, Fat Loss, and Recovery Enhancement

Weeks 1–12

- Testosterone Enanthate – 300–500 mg/week
- HGH – 2–4 IU/day (split: AM fasted + post-workout or pre-bed)
- Arimidex – 0.25–0.5 mg EOD (estrogen management)
- Optional Oral (Weeks 1–6): Turinabol 30–40 mg/day OR Dbol 20–30 mg/day
- Optional Masteron (Weeks 6–12): 300–400 mg/week for physique hardening
- Liver Support if orals are used: NAC, TUDCA, or Milk Thistle

HGH Timing & Effects

- Start with 1–2 IU/day, increase by 0.5 IU every 5–7 days to desired dose
- Morning dose (fasted) is ideal for fat loss focus
- Post-workout or bedtime dose enhances muscle recovery and growth
- Takes 4+ weeks for visible effects—consistency is key

Optional Add-Ons (Advanced Research Only)

- T4 – 25–50 mcg/day (offset potential GH-induced T3 suppression)
- Metformin – 250–500 mg/day (improves insulin sensitivity, aids lean recomposition)
- Insulin – Not recommended without supervision; highly advanced use only

12-Week Recomposition Meal Plan (Daily Template)

Daily Target: 2868 kcal | 237g Protein | 286g Carbs | 86g Fat

Meal 1: Breakfast (Pre-Work or Fasted Cardio)

- 4 whole eggs + 1 cup egg whites
- 1 cup oatmeal (dry) with 1 tbsp natural peanut butter
- 1 banana or apple

Meal 2: Post-Workout Shake

- 1.5 scoops whey isolate protein (35g)
- 1.5 cups almond milk or water
- 1 cup mixed berries
- 1 rice cake or 1/2 cup cream of rice

Meal 3: Lunch

- 6 oz grilled chicken or turkey breast
- 1 cup jasmine or brown rice
- 1–2 cups steamed veggies (broccoli, asparagus, spinach)
- 1 tsp olive oil or avocado drizzle

Meal 4: Afternoon Snack

- 2 boiled eggs + 1 oz almonds
- 1 rice cake or fruit (apple/orange)

Meal 5: Dinner

- 7 oz lean steak or salmon
- 1 cup sweet potato or quinoa
- Salad with olive oil vinaigrette or avocado (1/4)
- 1 cup green beans or mixed veggies

Grocery List for Recomposition Meal Plan

Proteins

- Eggs + Egg Whites
- Chicken Breast
- Ground Turkey
- Lean Steak
- Salmon or other fatty fish
- Whey Isolate Protein Powder

Carbohydrates

- Oatmeal
- Jasmine or Brown Rice
- Sweet Potatoes
- Cream of Rice
- Quinoa
- Rice Cakes
- Bananas
- Apples
- Mixed Berries

Fats

- Natural Peanut Butter
- Olive Oil
- Avocados
- Almonds

Vegetables

- Broccoli
- Asparagus
- Spinach
- Green Beans
- Salad Mix

Other Essentials

- Almond Milk (unsweetened)
- Salt-free Seasonings
- Meal Prep Containers