

*Shocking The Muscles into Growth*

# How To Build MASSIVE



# SHOULDERS

*6 Week Workout for Massive Shoulders*

*20 Mass Building Protein Snacks*

**MI LAURENCE**

How To Build Massive Shoulders:

6 Week Workout for Huge Shoulders, Shocking the Muscles  
into Growth, Building Massive Traps, Build Huge Shoulders,  
20 Mass Building Protein Snacks

Workouts for Muscle Building

*By*

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### **Building Big Shoulders**

Many bodybuilders aspire to create big shirt-busting arms and that is possibly the number one reason why many of us go to the gym. But big arms alone won't make your physique will stand out. Width and a V taper will. Put two men side by side with the same waist size and ask who is bigger? The guy with the wider shoulders wins. Wide shoulders will give your entire physique that herculean bronze-statue larger than life look.

You could have a number of great body parts but if your overall shape is narrow you'll look small. If your arms are huge and your shoulders small, you'll look narrow. The shoulders add overall proportion, add balance, create an aesthetically pleasing silhouette.

Sure big thighs, boulder like calves and breast-plate pecs look great, and certainly get notice, and you should develop them in conjunction with all the muscles of the body if you want the total body. But whatever your goal you will need to create width. Nothing that gets more notice than a taut V-Taper that every bodybuilder craves.

But getting that perfect V-Taper is not as easy as it seems otherwise everyone at the gym would have boulder like shoulders. Many guys go to the gym train for hours but don't make the progress they want, if any.

The reasons for not making the progress we want is varied and many. Maybe you have hit a plateau, maybe you have just started training or are returning to the gym, or hit a wall where your growth has just stopped and we can't seem to move

forward and get that size we crave. That is where this book comes in.

I've written many fitness books, mainly covering overall body development, gaining mass and size, leaning up, on the entirety of the musculature and especially covering diet plans.

With these two key pillars of knowledge I then wanted to write a book that focused on something more specific than overall development. I wanted to get into the fine detail of a specific body part.

I really enjoy training many body parts, in fact all the body parts but one of my favourite workouts is a shoulder workout. The more knowledge I have gained, the more research I have learnt, combined with my dietary investigation - led me to pairing down exercises I believe cause the most growth.

This led me to compiling this go-to guide. I certainly didn't want to write a mammoth 300 book that drones on and on for hours. Who has time to read that? There are enough of those about. I wanted to give you a fast 'go-to' guide to 6 weeks' worth of training – the type of book you can throw in your gym bag or have on your phone. Plus I wanted to include a whole selection of easy-to-make snacks and smoothies – pre and post workout nourishment. The type of food and drink that you can make before you go to the gym and when you get back when you're knackered. Fast and simple with a high protein hit to begin the recovery phase as soon as possible.

The next couple of chapters go into some more information regarding training techniques and dietary information to help pack on size. Then we will begin the workouts and ending with 19 high protein snacks and my bonus heavy-duty protein shake.



## **Optimal Nutrition = Optimal Gains**

As we all know building muscle size is a simple combination of hard training and nutrition. Put like that it sounds very easy. To go one step further with nutrition - we must consume more calories than we are burning in a single day - everyday. Otherwise there is no fuel to build additional muscle mass and we will never ever grow size.

Most people know how to workout. Most people know broadly the fundamentals for working each muscle group and allowing rest. But then many of us still struggle with packing on size.

I wanted to focus specifically on building big shoulders, the kind of shoulders that draw attention when you're wearing a t-shirt in the supermarket or on the beach. The kind where people come up to you in the gym and ask how you do it.

But it's not just a case of shoulder presses or lateral raises, as I would imagine you have probably been doing those moves. Crucially it's that and much more, it's about more exercises hitting the arms from different angles, it's time on a specific rep, time between sets, intensity and pre-and post-workout nutrition.

Most people fall down on nutrition. This is the first mistake a lot of newbies make when entering the world of muscle building. But not only newbies think they can train harder and still grow even though they aren't consuming enough calories. I've seen many guys who workout for years and make no gains just because they hadn't got their diet plan on point.



Bodybuilding is nutrition. Whether you want an extra two inches on your arms or you want to add 25lbs of overall muscle mass - it is all about the food you ingest.

Improving your shoulder workout technique is very important – and when to rest is also vital in creating the physique you want, but if your nutrition isn't nailed, it will all be for nothing. My pre and post-workout snacks will help your gains, but you must look at your overall diet too.

However there are a number of other factors you should consider too:

### **Common Causes of Training Plateaus**

- Using the same amount of weight/resistance in each session
- Performing the same exercises in the same order in each session
- Not fully taxing the muscle or working to failure
- Overtraining – not allowing the body enough time to recover. In this book we will train hard enough to rest for a week.

## **Diet for Huge Shoulders**

To build muscle you need to consume more calories than your body requires to maintain what it has. Every day. Every week. This is a simple concept but not everyone follows it and this can put a dent if not totally stop any type of progress.

### **What to include?**

Your diet should include a mix of protein, carbs and fats. The ratios vary from expert to expert and, but I go for a 40% Protein, 40% Carbs and 20% Fats. These figures can vary body to body. It's up to you to try things out and see how your body reacts.

Some nutritionists say following a solid diet is 50% of building size, others rate it as high as 90%! Yes 90% of what you look like is down to diet, and just 10% weight training. I'd personally say it's more of a 40% training, 60% diet. It's too easy to eat junk after training and use the training to justify it. I've lost count of how many colleagues straight after training go and have pizza and coke plus a protein shake. Are they making progress? Nope!

If we want to build a quality physique, and quality arms, we must be prepared to go all the way.

## **How much protein do you need?**

The RDA is 0.8 grams per kilogram of lean bodyweight (U.S. Food and Nutrition Board, 1980) for sedentary adults (1 kilogram=2.2 pounds)

However you should be aiming for 1.5- 2.4 grams of protein per kilogram of bodyweight. More towards the 2.4 grams will have a maximal effect on building muscle.

So weigh yourself right now – yes now!

Work out now what you should be consuming. Are you consuming enough to sustain your muscle goals? The answer is probably not.

So you need to up your protein intake with each meal and this may mean adding more eggs for breakfast, adding an extra chicken breast for lunch and an extra organic burger or salmon piece for dinner.

Many of the bodybuilders, trainers, and nutritionists agree on these rough figures. Ultimately you will need to find out how your body responds to more protein.

So we haven't even got to the workouts but with this change in your diet going forward you have just made a massive step forward in getting bigger shoulders. You can now provide the raw materials in which to create the muscle mass.

I've written a couple of books that cover diets for example this one includes a full body workout:

## **How To Build The Rugby Player Body**

<https://www.createspace.com/6252083>

This book focuses on Building Huge Arms:

## **How To Build Massive Arms**

<https://www.createspace.com/6907960>

This book includes quick and easy meals:

## **Bodybuilding Nutrition: 50 Meals, Snacks and Protein Shakes**

<https://www.createspace.com/6795960>

I wanted to not only include 6 weeks of hardcore workouts, but more importantly a quick reference for pre and post workout nutrition to give you that initial nourishment to kick-start the rebuilding process. You will find 20 recipes for protein shakes and snacks to get you started on and I encourage you to swap out ingredients and get creative to create many more. The critical piece of information is that you need one pre-workout snake/shake before and one after your workout.

## **Adding a Protein Punch**

I'm forever adding a little healthy punch to post-workout meals:

- Adding more whole or egg whites with Breakfast
- Fat Free grated cheese to lunch
- A table spoon of natural Peanut Butter with a protein shake.
- Three table spoons of Cottage Cheese with sliced Beetroot for a slow-release protein in the evening
- Handful of Cashew Nuts as a snack on the go
- Quinoa (contains all six essential amino acids) with Tuna for Lunch
- A Cup of Peas contain around 8 grams of protein

These are just a few easy to add examples to jump up your protein intake.

## **How Your Shoulder Muscles Work**

Let's just go into how the Shoulder muscles work so you know exactly how they function.

The shoulder is crucial to so many of the body's movements and knowing the anatomy of your muscles and bones, as well as the various functions of your shoulders, can help you train and grow your shoulders more efficiently. The shoulder is not a single joint, but a complex arrangement of bones, ligaments, muscles, and tendons that is better called the shoulder girdle. The primary role of the shoulder girdle is to give strength and range of motion to the arm.

## **Shoulder Construction**

### **Deltoids**

One of the best ways to think about your shoulder muscles is to imagine you're peeling layers off an onion. The first layer of muscle around your shoulder joint is called the deltoid.

The delt comprises of three muscle heads that work together most of the time. Any time you take your arm overhead - like an overhead press – then all three of your deltoid heads will move synergistically. We can, however, perform specific movements to further isolate each head of the deltoids.

3 heads of the Deltoid:

- **Anterior Head**

The anterior head is the segment of your deltoid on the front of your shoulder. It starts on the front of the clavicle, runs down and across, and attaches to your humerus. One of the key roles of the Anterior delt is creating shoulder flexion – this is the raising of your arm in front of your body like the standing front raise.

- **Middle Head**

This head lies next to the anterior head and is more central. It begins at the top of your scapula, or the acromion process, and attaches to outer portion of the humerus. Your middle or lateral delts create shoulder flexion and help create shoulder abduction which occurs when you perform a lateral raise.

- **Posterior Head**

The posterior head starts on the back of the scapula on what's called the scapular spine. It attaches on the humerus. Your posterior delts are isolated when you perform bent-over lateral raises.

## **Rotator Cuff**

If you peeled away the deltoids, underneath them you would find a deep layer called the rotator cuff. I'm sure some of you have heard bodybuilders mention the Rotator Cuff, but not everybody is familiar with what those muscles actually are.

The rotator cuff primarily creates stability. In other words, those muscles are always working to keep your humerus in the shoulder joint. The rotator cuff is also responsible for the internal and external rotation of your humerus.

If your shoulder and rotator cuff do what they're supposed to, you don't need a lot of isolated training to get the results you're looking for. Your rotator cuff consists of four muscles. The main function of these muscles is to stabilize your shoulder joint.

- **Infraspinatus**

The infraspinatus is the big muscle that spans the outside portion of your scapula.

- **Teres Minor**

Under the infraspinatus is a smaller muscle called the teres minor.

- **Supraspinatus**

This muscle runs from the scapula and attaches to the inside of the humerus.

- **Subscapularis**

The subscapularis muscle sits on the front of the shoulder blade.

Now you have a little more information on the muscles themselves, let's get blowing them up!

## **Shoulder Workout Week 1**

### **Pre-Workout:**



Something with quality carbs and high Protein like my Protein-Packed Oatmeal. Eat that 1 hour before your workout.

We'll start off with this workout designed to totally exhaust the shoulders in as short amount of time as possible. People talk about Intensity, I want you to wage war with this workout and indeed all the workouts. I also want you to thoroughly warm up, so do a 5 min run on a machine, 25 star jumps, etc basically get yourself fully warmed up.

I also want you to be fresh for each Shoulders workout so treat these workouts as separate workouts, not to be added to other workouts.

All workouts to be performed once a week. Let's go!

## **Shoulders**

I'm going to introduce you to an intense workout and show the difference between intensity and duration. Do these 3 exercises one after the other for 1 set, with a 5 second shake out in between. Rest about 1 minute between the 3 exercise set.

1

### **Dumbbell Press**

1 sets of 30

Use the Dumbbell press the weight up with 1 second blast up and lower under a controlled 3 second movement.

Shake out and don't let the weights go (max 5 seconds) – straight into:

2

### **Dumbbell Press**

1 set of 8

Cheat and squat down slightly and push up to standing position while pressing. Fight the weight coming down.

Shake out and grab a lighter weight (max 5 seconds) – straight into:

3

### **Lateral Raise**

1 sets of 20

Curl with both arms at the same time, supinating your wrists as you go up. Lower the weights slowly - fight it on the way down.

Shake out (max 5 seconds) – straight into:

4

### **Bent Over Lateral Raise**

1 set of 20

The KEY part is to control the lowering of the weight – this is where the failure and growth happens.

5

### **Bent Over Push Ups**

1 sets of 20

Rest 2 minutes – can you do another? If you've just started training, and are back from a layoff then this is enough. But if you're used to training, go again. In time do this 3-4 times.

### **Post Workout:**

The Mango Shake would be great after this, a sugar hit to raise insulin and 53 grams of protein.

## **Shoulder Workout Week 2**

### **Pre-Workout:**

Check out the Mexican Black Beans and Avocado

This week we're hitting different parts of the Delts and again to be performed once a week. We're reverting to a more standard style of workout. Minimal rests. Just shake outs between sets – no wandering around texting. Get it done.

1

**Standing Barbell Push Press**

3 sets of 15 reps (5 second shake out rest between sets)

Use the Barbell press the weight up with 1 second blast and lower under a controlled 3 second movement.

Rest 30 seconds:

2

### **Standing Military Press (Barbell Or Dumbbell)**

3 sets of 12 reps (5 second shake out rest between sets)

Use the Barbell press the weight up with 1 second blast and lower under a controlled 3 second movement.

Rest 30 seconds:

3

### **Dumbbell Lateral Raise**

3 sets of 12, 8, 8 reps (5 second shake out rest between sets)

This is a staple in every triceps workout I do. Keep the body up straight and bend from the elbow only. Allow the arm to come up slightly past perpendicular. This exercise should be done as heavy as possible, including two dropsets.

Rest 2 minutes:

6

### **Front Dumbbell Raise**

3 sets of 10, 8, 8 reps

This is a serious mass builder for the front delts. Raise one are the other for a 1 rep count.

Rest 1 Minute:

7

### **Machine Rear-Delt Fly**

3 sets of 12, 12, 15 reps

This is a great piece of kit in the gym. Pull the machine back and fight the move as it returns.

### **Post Workout:**

Try the Chocolate And Banana Shake for a brutal 53 grams of protein.

## **Shoulder Workout Week 3**

## **Pre-workout:**

Prepare this the night before - Grab-N-Go Protein Hit

We are stimulating for pure size here and focusing on supersetting presses with lateral raises.

Below is a combined set of 2 exercises that you do with only a shake out in between the time to get to each station. While you have those seconds shake out your arms and go again. The key is minimal rest. Do this 4 times.

1

### **Seated Overhead Dumbbell Press**

1 set of 12

Use two Dumbbells and press the weight with 1 second blast and lower under a controlled 2 second movement.

Shake out (max 5 seconds) – straight into:

2

### **Lateral Raise**

1 Set until failure

Aim for around 12 reps to failure but keep going.

Shake out (max 5 seconds) – straight into:

3

### **Seated Overhead Dumbbell Press**

1 set of 12

Use two dumbbells and press overhead.

Shake out (max 5 seconds) – straight into:

4

### **Lateral Raise**

1 set of 12

Back to the same weight for the lateral raises.

Shake out arms for 5 seconds – THEN:

5

### **Seated Overhead Dumbbell Press**

1 set to total failure

Use a slightly lighter weight and go all the way.

Rest for 2 minutes.

Now depending on your experience level, you can repeat this once, twice or even 4 more times.

### **Post-Workout**

Try this delicious shake - Choco Peanut Butter Smoothie.



## **Shoulder Workout Week 4**

### **Post-Workout:**

Try the Iced Breakfast Shake, packed full of carbs and protein and fast to make.

We are going heavy this week. Remember to warm up fully, nothing slows progress like a pulled muscle.

1

### **Lateral Raise**

4 sets of 5 reps

We are going heavy so you fail on the 5<sup>th</sup> or 6<sup>th</sup> Rep. This is stimulating new muscle fibres that are used to the old 8-12

reps. Keep it strict, try to avoid swinging and remember to bend your elbows.

Just a shake out of 5 seconds and then Superset each Set with:

### **Dumb Bell Press**

4 sets of 5 reps

Sit on a seated bench and press the weights using a 1 second push, and 2 second lower.

2 minute rest:

2

### **Front Dumb Bell Raises**

4 sets of 8 reps

Stand straight keeping your back straight and raise the dumbbell alternately.

Shake out for 5 seconds and Superset each Set with:

### **Bent-Over Raises**

4 sets of 8 Reps

Use Dumb bells, use a seat, lean over keeping your back straight and pull the weights out wide and back.

Rest 2 minutes:

3

## **Arnold Press**

3 sets to failure

This is a classic and worth watching a video to see the exact technique on youtube.

Shake out and Superset each Set with:

## **Upright Row**

3 sets to failure

Keep your body as vertical as possible—don't lean forward.

## **Post-Workout:**

Try a well-deserved Almond Blast Shake for a crushing 58 grams of protein.

## **Shoulder Workout Week 5**

## **Pre-Workout:**

Try my superb Sweet Cinnamon Quinoa Punch.

This changes this up from last weeks heavy-duty load. I'm focusing on high reps, creating new growth, keeping the muscles from getting one step ahead. Choose a just the bar at first and see how that feels after 100 reps. If it's too light then choose a weight that just edges up the difficulty but still allows 100 reps.

## Biceps

1

### **Barbell Press**

1 set of 100 reps

Use just the bar.

Shake it out for 30 seconds

2

### **Lateral Raise**

1 set of 100

Use the lowest plate weight. This will really burn those fibres.

Shake it out for 30 seconds

3

### **Alternate Dumb Bell Front Raises**

100 reps

Use just the dumbbell bars.

Shake it out for 30 seconds

4

**Seated Bent Over Raises**

As many as possible to failure

Seated, keep your back as vertical as possible.

Shake out for 30 seconds.

5

**Upright Rows**

1 set of 100 reps

Use the Bar Bell

Shake it out for 30 seconds

Shake out for 30 seconds.

6

**One Arm Lateral Raises**

1 set to total failure on each arm.

Rest and drink water.

How do you feel? Still hungry? Go again! Do the full workout again.

**Post-Workout:**

This will see you right - The Berry Super Shake.

**Shoulder Workout Week 6****Pre-Workout:**

For some tasty and fast get this down you - Peppermint  
Oatmeal Shake

This week will be a mix of heavy loads and 100 reps to totally  
fatigue the muscles. Are you ready for planet growth?

1

**Arnold Press**

5 sets of 5 reps

We are going heavy so you fail on the 5<sup>th</sup> or 6<sup>th</sup> Rep. This is stimulating new muscle fibres that are used to the old 8-12 reps.

Rest 1 minute:

2

### **Lateral Raise**

3 sets of 8, 8, 6 reps

Keep your back straight and raise with both arms.

Rest 1 minute:

3

### **Arnold Press**

1 Set until failure

Press and hold for 10 seconds at least then lower slowly If you can do more, do more until failure.

Straight into:

4

### **Seated Bent Over Raises**

As many as possible to failure

Seated, keep your back as vertical as possible.

Shake out for 30 seconds.

5

### **Standing Front Raise**

1 set of 100 reps

Use just the bar.

Done. You should have totally exhausted the Shoulders if you were really going for it.

### **Post-Workout:**

This will ease the pain and taste buds - Chocolate Cherry Shake.



## **1. Snack - Grab-N-Go Protein Hit**

This is a time-efficient Breakfast - prepare the night before - grab and go in the morning with a heavy duty 22 grams of protein.

### **INGREDIENTS**

- 1/4 - cup Rolled Oats
- 1/2 - cup Almond Milk
- 1/2 - scoop Chocolate Protein Powder
- 1 - Large Spoon of Natural Yogurt
- 1 - Banana
- 1 - tbsp Chia Seeds
- 1/2 - tbsp Cinnamon

### **DIRECTIONS**

Mix all ingredients together in a large bowl - slice banana on top and add more Protein powder and Yogurt if additional protein is needed.

Once finished place in plastic container in fridge overnight.

Grab and go in the morning for a fast start to the day.

The easy thing with this is you can take away the oats if you just want a protein hit and this becomes a mid-morning snack. Add more honey to it to spike insulin levels and it becomes the perfect post workout hit.

### **NUTRITION FACTS**

Recipe serves 1

Amount per serving

- Calories 306
- Total Fat 15.6 g
- Total Carb 32.1 g
- Protein 22.7 g

## **2. Snack- Mocha Pancakes**

Coffee Pancakes provide a sure-fire way to rev up your morning workout. The batter can be made the night before and chilled. Whole-wheat pastry flour or spelt flour can be substituted for oat flour.

You can grind up oats into a fine powder which has a denser supply of fibre, vitamins, and minerals than your typical all-purpose flour.

### **INGREDIENTS**

- Oat flour: 3/4 cup
- Plain or vanilla protein powder: 1/4 cup
- Cocoa powder: 2 tbsp
- Cinnamon: 1 tsp
- Baking powder: 1 tsp
- Baking soda: 1/2 tsp
- Large egg: 1
- Strongly brewed coffee (cooled to room temperature): 3/4 cup
- Vanilla extract (omit if using vanilla protein powder): 1 tsp
- Banana, mashed: 1/2 medium
- Hazelnuts or walnuts, chopped: 2 tbsp
- Unsalted butter or coconut oil: 2 tsp
- Raspberries: 1 cup

## **DIRECTIONS**

In a large bowl, stir together the flour, protein powder, cocoa powder, cinnamon, baking powder, baking soda, and a pinch of salt.

In a separate bowl, whisk together the egg, coffee, and vanilla extract. Stir in the mashed banana and nuts.

Add the wet ingredients to the dry ingredients, mix gently, and let the batter rest 15 minutes.

Melt butter or coconut oil in a skillet over medium heat. Pour 1/4 cup batter for each pancake into the pan, and cook for 2 minutes per side.

Serve the pancakes topped with raspberries, and drizzle them with pure maple syrup if desired.

## **NUTRITION FACTS**

Serving Size: 1/2 recipe, about 4 pancakes

Recipe yields: 2 Servings

- Calories: 425
- Fat: 13 g
- Carbs: 50 g (13 g fibre)
- Protein: 28 g

### **3. Snack - Protein-Packed Oatmeal**

The classic oatmeal breakfast - easy to prepare - excellent slow carbs 29 grams - big on 23 grams of protein with added powder.

#### **INGREDIENTS**

- 1/4 - cup Rolled Oats
- 1/4 - cup berries, choose your preference (I used Blueberries)
- 1/2 - cup water - or Oat Milk, Soya Milk, Coconut Milk - you're choice!
- 1/2 - scoop Protein Powder - choose your preference (I usually go for Vanilla)
- 1 - tbsp all-natural Peanut Butter

#### **DIRECTIONS**

Place the berries in a microwave-safe bowl and microwave for 30 seconds.

Remove and smash the berries with a fork.

Add oats, water, and protein powder.

Microwave the mixture for 1.30 minutes - then stir - microwave for another 1 minute.

Stir and top with peanut butter if you want even more protein. Or add more protein powder, but it can become a little thick

with too much. Also I've found i have to add more water/milk after the first microwave.

### **In a Saucepan**

This does taste better - Add oats and water/milk and protein powder to a saucepan - stir and heat up until it starts to boil. Then leave it for 5 minutes stirring occasionally. Then reheat and serve.

### **NUTRITION FACTS**

Recipe serves 1

Amount per serving

- Calories 317
- Total Fat 12.7 g
- Total Carb 29.4 g
- Protein 23.6 g





#### **4. Snack - Mexican Black Beans and Avocado**

Perfect pre-workout snack giving you a hefty 40 grams of carbs.

#### **INGREDIENTS**

- 1/2 - cup cooked Brown Rice
- 1/3 - cup cooked Black Beans
- 2 - heaping spoonful's of Salsa
- 1/4 - sliced Avocado
- 2 - tbsp plain Fat-free Greek Yogurt

A hot sauce of your choosing or something like Sweet and Sour - just a dash.

#### **DIRECTIONS**

This is ideal if you have ingredients left over. Mix all ingredients in a large bowl - serve and enjoy.

#### **NUTRITION**

Serving Size 1

Amount per serving

- Calories 292

- Total Fat 9g
- Total Carbs 40g
- Protein 12g

## **5. Snack - Fast Yogurt and Apricot**

A top-notch evening snack before bed to see you through the night with slow proteins and fats.

### **INGREDIENTS**

- 220 g - of Greek Style Yogurt
- 1-2 - palm-fulls of raw or roasted Almonds (unsalted and unsweetened)
- 1 - palm-full of dried Apricot
- 1 - packet of Stevia (zero calorie sweetener) or a bit of agave or Honey

### **DIRECTIONS**

Mix all the above ingredients in a large bowl - serve in a small bowl and eat up!

### **NUTRITION FACTS**

Serving Size 1

Amount per serving

- Calories 428
- Total Fat 23g
- Total Carbs 31g

- Protein 23g

## **6. Snack - Protein Banana Smoothie**

A stunning protein shake delivering 32 grams of protein.

### **INGREDIENTS**

- 500ml - of Water
- 1 - Scoop of Rice Protein
- 1/2 - Scoop of Pea Protein
- 2 - Bananas
- 0.5 - cup skim milk (OR almond, soy, coconut, or cashew milk)
- 10 - Almonds
- 1 - Handful of Ice

### **DIRECTIONS**

Add all the ingredients to a Blender and mix for 4 minutes. Pour into a shaker for on the go or a tall glass.

Tip - Don't neglect the ice - this really adds to the taste and density.

### **NUTRITION FACTS**

Serving size: 1 shake

Amount per serving

- Calories 320
- Total Fat 8 g

- Total Carbs 32 g
- Protein 32 g

## **7. Snack - Guacamole Hummus**

A great little dish giving you 22 grams of carbs - ideal with a protein shake.

### **INGREDIENTS**

- 1 - can Chickpeas
- 1 - Avocado
- 1 - Jalapeano
- 1/4 - cup chopped cilantro
- Juice from 1 Lime

### **DIRECTIONS**

Mix ingredients together in a large bowl until thoroughly mixed.

Then serve with vegetables, pita chips, or snack of your choice.

Combine with one of the smoothies for more of a protein hit.

### **NUTRITION FACTS**

Serves 4

Amount per serving

- Calories 200
- Total Fat 9 g
- Total Carbs 22 g
- Protein 7.5g



## **8. Snack - Sweet Cinnamon Quinoa Punch**

Walnuts and Quinoa mix to give you a 12grams of protein and 29 grams of carbs.

### **INGREDIENTS**

- 1/4 - cup Quinoa
- 1 - palm-full of Walnuts or Pecans 7-10 individual nuts)
- 1 - palm-full of Blackberries or Blueberries
- Sprinkle of Cinnamon

Sweeten with Stevia (zero-calorie, natural sweetener) or use agave nectar or Honey

### **DIRECTIONS**

Cook your Quinoa in a sauce pan as per instructions on packet. Drain once cooked.

Add the walnuts, blackberries, cinnamon and Stevia and mix it all together with a spoon. Serve hot!

### **NUTRITION FACTS**

Serving Size 1

Amount per serving

- Calories 418
- Total Fat 26g
- Total Carbs 29g
- Protein 12g

## **9. Snack - Protein Apple and Celery Smoothie**

The super shake - 32 grams of protein and 32 grams of carbs - no messing around here.

### **INGREDIENTS**

- 500ml - of Water
- 1 - Scoop of Rice Protein
- 1/2 - Scoop of Pea Protein
- 1 - apple
- 2 - Sticks of Celery
- 0.5 - Cup of skim milk (OR almond, soy, coconut, or cashew milk)
- 10 - Almonds
- 1 - Handful of Ice

### **DIRECTIONS**

Add all the ingredients to a Blender and mix for 4 minutes.  
Pour into Shaker for on the go or a tall glass.

***Tip*** - Add the ice – it really helps. You could also add a dollop of peanut butter instead of the almonds if you preferred.

### **NUTRITION FACTS**

Serving size: 1 shake

Amount per serving

- Calories 320
- Total Fat 8 g
- Total Carbs 32 g
- Protein 32 g

## **10. Snack - Peppermint Oatmeal Shake**

### **INGREDIENTS**

- 2 scoops chocolate protein
- 1 cup sugar-free vanilla ice cream
- 1 cup oatmeal
- 2 cups nonfat milk
- 1/2 cup water
- 1/2 tsp peppermint extract

### **DIRECTIONS**

Mix all the ingredients together in a blender – and serve!  
Simple as!

### **NUTRITION FACTS**

Serving size: 1 shake

Amount per serving

- Calories 340
- Total Fat 8 g
- Total Carbs 30 g
- Protein 48 g

## **11. Snack - Iced Breakfast Shake**

Blending whey protein and instant breakfast packs a dual carb and protein hit.

### **INGREDIENTS**

- 1 cup skim milk
- 1 scoop whey protein

- 2 tsp safflower oil
- 1 handful ice
- 1 banana
- 1 package instant breakfast

### **DIRECTIONS**

Mix all the ingredients together in a blender – and serve!  
Simple as!

### **NUTRITION**

Serving size: 1 shake

Amount per serving

- Calories 270
- Total Fat 12 g
- Total Carbs 30 g
- Protein 28 g

## **12. Snack - Almond Blast Shake**

This protein shake is a brilliant post-workout recovery drink, delivering a solid 58 grams of protein.

### **INGREDIENTS**

- 2 scoops vanilla whey protein
- 1-1/2 cups skim milk
- 1/2 cup dry oatmeal
- 1/2 cup raisins
- 12 slivered almonds
- 1 tbsp peanut butter

### **DIRECTIONS**

Mix all the ingredients together in a blender – and serve!  
Simple as!

### **NUTRITION FACTS**

Serving size: 1 shake

Amount per serving

- Calories 470
- Total Fat 12 g
- Total Carbs 45 g
- Protein 58 g

### **13. Snack – The Berry Super Shake**

This shake is packed with protein, fibre, healthy fats and probiotics.

#### **INGREDIENTS**

- 12 oz water
- 1 cup spinach
- 2 cups frozen mixed berries
- 1/2 cup plain low-fat yogurt
- 2 scoops vanilla protein powder
- 1 tbsp walnuts
- 1 tbsp ground flaxseed

#### **DIRECTIONS**



Mix all the ingredients together in a blender – and serve!  
Simple as!

### **NUTRITION FACTS**

Serving size: 1 shake

Amount per serving

- Calories 500
- Total Fat 11 g
- Total Carbs 54 g
- Protein 57 g

### **14. Snack – Chocolate And Banana Shake**

You'd never guess that a cup of spinach is hiding in this delicious chocolate and peanut butter shake.

### **INGREDIENTS**

1. 12 oz water, milk, or yogurt
2. 2 scoops chocolate flavored protein powder
3. 1 banana

4. 1 cup of spinach
5. 2 tbsp of natural peanut butter
6. 1 tbsp cacao nibs or dark cocoa powder

## **DIRECTIONS**

Mix all the ingredients together in a blender – and serve!

## **NUTRITION**

Serving size: 1 shake

Amount per serving

- Calories 585
- Total Fat 22 g
- Total Carbs 38 g
- Protein 59 g

## **15. Shake - Chocolate Cherry Shake**

### **INGREDIENTS**

- 12 oz water, milk, or yogurt
- 2 scoops chocolate flavored protein powder
- 2 cups of sweet dark cherries, pits removed
- 1 cups of spinach
- 1 tbsp of walnuts
- 1 tbsp ground flax
- 1 tbsp cacao nibs or dark cocoa powder

### **DIRECTIONS**

Mix all the ingredients together in a blender – and serve!  
Simple as!

### **NUTRITION FACTS**

Serving size: 1 shake

Amount per serving

- Calories 530
- Total Fat 13 g
- Total Carbs 47 g
- Protein 56 g

## **16. Snack - Superfood Shake**

Deeply colored fruits and vegetables like beets and cherries and jammed with healthy nutrients that can boost athletic performance and help muscle recovery.

### **INGREDIENTS**

- 1/2 cup frozen cherries
- 8 oz water
- 1/2 cup chopped raw beets
- 1/2 cup frozen strawberries
- 1/2 cup frozen blueberries
- 1/2 banana
- 1 scoop chocolate whey protein
- 1 tbsp ground flaxseed

## **DIRECTIONS**

Mix all the ingredients together in a blender – and serve!  
Simple as!

## **NUTRITION FACTS**

Serving size: 1 shake

Amount per serving

- Calories 329
- Total Fat 4 g
- Total Carbs 52 g
- Protein 28 g

## **17. Snack – The Power Shake**

This shake packs 33 grams of healthy protein.

## **INGREDIENTS**

- ¼ cup low fat cottage cheese
- 1 cup blueberries (fresh or frozen)
- 1 scoop vanilla protein powder

- 2 tbsp flaxseed meal
- 2 tbsp walnuts, chopped
- 1½ cups water
- 3 ice cubes

### **DIRECTIONS**

Mix all the ingredients together in a blender – and serve!

### **NUTRITION FACTS**

Serving size: 1 shake

Amount per serving

- Calories 389
- Total Fat 17 g
- Total Carbs 34 g
- Protein 33 g

## **18. Snacks – Choco Peanut Butter Smoothie**

Drink this for the perfect afternoon snack. It's packed with protein, fibre, and antioxidants and peanuts!

### **INGREDIENTS**

- Water as needed
- 2 tbsp flaxmeal
- 1 tbsp unsweetened cocoa powder
- 1 tbsp natural peanut butter
- 1 scoop chocolate whey protein powder

### **DIRECTIONS**

Mix all the ingredients together in a blender – and serve!

### **NUTRITION FACTS**

Serving size: 1 shake

Amount per serving

- Calories 347
- Total Fat 17 g
- Total Carbs 19 g
- Protein 33 g

## **19. Snack - Mango Shake**

53 grams - A high calorie, high impact shake ideal for post or pre workout when you've really killed it with the weights.

### **INGREDIENTS**

- 2 scoops vanilla whey protein powder
- 1 cup frozen chopped mango
- 1 oz of walnuts
- 12 oz orange juice
- Ice as needed

### **DIRECTIONS**

Mix all the ingredients together in a blender – and serve!

### **NUTRITION FACTS**



Serving size: 1 shake

Amount per serving

- Calories 700
- Total Fat 20 g
- Total Carbs 74 g
- Protein 53 g

### **Bonus - Snack - Summertime Blast**

A bonus shake which is high carb hit to replenish lost energy jam-packed with healthy fruits and high vitamin C.

### **INGREDIENTS**

- 2/3 cup seedless watermelon
- 1 scoop of Vanilla Isolate Whey
- 2 tsp lemon juice

- 1/2 cantaloupe
- 1 banana
- 1/4 cup pineapple
- 2/3 cup ice
- 4 to 5 fresh basil leaves

### **DIRECTIONS**

Mix all the ingredients together in a blender – and serve!

### **NUTRITION**

Serving size: 1 shake

Amount per serving

- Calories 182
- Total Fat 1 g
- Total Carbs 47 g
- Protein 28 g

**To Kill it – Maximising Gains**

How do you really kill it? How do you really maximise your workouts? It's very simple – Dietary Preparation.

One of the biggest mistakes people make is not planning ahead and this is crucial to building muscle mass. Letting your body go without quality fuel will stunt your progress if not completely stop it. There really is no point hammering away in the gym to not provide your body with the right nutrients to grow.

### **The Big Shop**

Firstly you can do a big shop on a Sunday and buy enough food to last until the following Sunday. How much exactly will depend on your nutritional needs. But I'd look at these meals and buy a fair amount and probably more than you need. Once you've done a few shops you'll know exactly what you need. Then you can prepare meals on the Sunday for the next few days so you're not caught short.

### **3 Day Shop**

Another way is to buy enough food to last from Sunday until Wednesday and prepare meals for all those days on the Sunday. Then on the Wednesday I would plan and buy ingredients for Thursday through to Sunday. You will then never find yourself short of key foods to help keep your macro-nutrients at optimal level. Once you've done this a few times it will become second nature and you'll always have the right food to hand.

Something I do now is buy all my fruit and vegetables from the local market. Firstly the prices are much cheaper, and more

importantly the quality is superb. It's all fresh and delicious. Plus if you eat eggs you can buy those too from a farmer.

Ordering online means you can purchase most of your food and get it delivered with ease.

So that's the end of my book! I just wanted to thank you for checking out my book and i hope you enjoy the workouts and recipes here.

Please give my book a review, it really helps me and allows me to continue to write useful content for building muscle.

The workouts and recipes are guides for you to experiment with. Remember to warm up properly, also never workout with an injury.

Finally I hope this book helps you with your muscle building gains and while aiding a healthy lifestyle.

-M

### **How To Build The Rugby Player Body**

<https://www.smashwords.com/books/view/655303>

### **Build Massive Biceps**

<https://wwwcreatespace.com/6907960>