



Lean Mass Plan

- What to eat to gain lean, hard muscle mass!
- Supplements to Cover!
- Tips & Information

SUPPLEMENTS LOWEST PRICES
www.popeyescanada.com

SUPPLEMENTS LOWEST PRICES GUARANTEED





POPEYE'S FOUNDATION OF GAINING

www.popeyescanada.com

Lean Mass Plan

Essential Fatty Acids (EFA) Benefits:

- In liquid form provide a massive supply of incredible clean calories for the body
- EFA's play a role in the formation of nerve tissue development
- Omega 3's (fish source preferred) act as an anti-inflammatory (reduce swelling) – great when resistance training!

Vege-Greens Benefits:

- Normalizes body pH level; this is critical when gaining size
- Improves immune function - great for removing exercise induced free radicals (damaged cells)

Multi-Vitamins Benefits:

- Increased training increases usage of key vitamins and nutrients
- Multi's provide increased energy by reducing deficiencies
- Look for formulas that include BCAA's for maximum recovery
- Strengthens overall immune function

SUPPLEMENTS LOWEST PRICES
www.popeyescanada.com



Post Exercise Gainer

Combining anabolic Whey protein & slower acting Casein, use this as a great post workout lean gainer.

Heavy Gainer

For individuals requiring additional calories, heavy gainers provide a potent 3:1 ratio of carbs to protein.

Sustained Release

Keep it anabolic! Combine proteins EFA's and fibre to release amino's while you sleep to maximize recovery.

Sample Guidelines for Gaining Muscle Mass...

How many calories should I eat to gain weight? The answer depends upon a number of factors such as age and activity level. A very effective way of looking at "calories" is to look a metabolic range calculation that your Popeye's associate can help you determine:

Calorie Consumption Ratio: Calorie Range (9-20)

Protein: 40%
 Carbohydrates: 40%
 Fats: 20%
 Pro & Carbs: 1g = 4 calories
 Fats: 1g = 9 calories

Male, 20 Years @ 5'10" 200lbs Exercise Level: Heavy

Calories: $200 * 18 = 3600$
 Protein (40%) = 360g (1440 cal)
 Carbohydrates (40%) = 360g (1440 cal)
 Fat (20%) = 80g (720 cal)
 Per Meal (Pro/Carbs/Fat) = 60g/60g/13g

Male, 40 Years @ 5'8" 150lbs Exercise Level: Moderate

Calories: $150 * 16 = 2400$
 Protein (40%) = 240g (960 cal)
 Carbohydrates (40%) = 240g (960 cal)
 Fat (20%) = 53g (480 cal)
 Per Meal (Pro/Carb/Fat) = 40g/40g/8g