

Diet Plan for Building Muscle Mass

Most ambitious bodybuilders and weight trainers will learn everything there is to know about weight lifting and do whatever it takes in the gym for results. They will work butts off pumping iron and endure pain that the common man would coward from. However, one of the major causes of failure for even these overzealous trainees is not having a proper diet plan for building muscle mass. They might intend to eat correctly, but they just can't get around keeping it consistent. I know because this is something that I battled with myself for a long time. When I finally sat down and got serious, I finally got to the core of why most weight trainers fail in this department: improper planning. Most of us can decide to start eating right, and some of us are even good at righting down goals and how we need to achieve them. But, if we don't construct a diet plan for building muscle mass on a day to day basis, this can be a plan for disaster for most of us. The reason why we need to plan our meals before each day is because this is the best way to battle any of the major obstacles that keep us from being consistent. Obstacles such as hunger, finding yourself in a situation where you don't have any food prepared for several hours, such as school, work, a long car ride, temptations to eat fast food, and many others. The reason why these obstacles are so hard to combat is because of the very nature of hunger. Along with sleep and water, eating is an absolute vital necessity for survival. And since our bodies are designed to alert us when one of these are lacking, it does so very intensely. That is why when we are extremely tired we MUST sleep, or when we are extremely thirsty we MUST drink, and when we are extremely hungry we MUST eat. The pains from lack of these are too intense to bear for too long. So if we don't properly plan beforehand our meals each day, then the urge to just eat whatever is most tempting or convenient will easily overcome our goals for gaining mass. On top of that our bodies are also designed for one single purpose: survival. Your body doesn't give a flip if you want to gain muscle mass, it's designed solely on keeping you alive. That is why it is important that you have a proper diet plan for building muscle mass and that you plan your meals on a day to day basis. The better planned and prepared you are, the easier it will be to stay consistent with your diet. Then, on a positive note, since we are creatures of habit, once you stick to a diet schedule for about 21 to 30 days, it will become a habit and the process will be much easier! Here are some tips on how to plan your meals: -Plan on paper! Get a day planner if you don't already have one and plan your eating schedule around your other daily activities - Prepare your meals the night before and store them in separate plastic containers if possible so when your meal time comes it will be ready to go - Go grocery shopping with a specific intent on for your meals so you can plan out your week in advance - Invest in some meal replacement shakes in case you have a busy schedule and are rarely at home - never leave home without a meal handy just in case! - List out your ten favorite and simplest meals according to your diet so that you can rotate through them to avoid boredom and keep it interesting

About the Author

A source for exercise, health and nutrition advice, with information on building muscle mass, weightlifting and sports.

Source: <http://productsherbal.com>