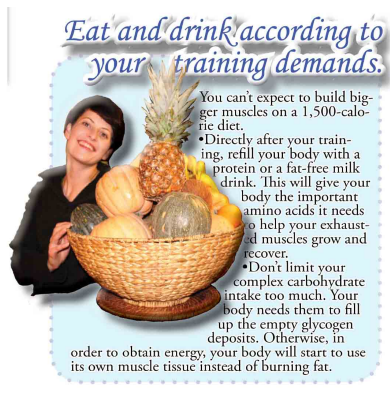


Eat and drink according to your training demands

Written by

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Eat and drink according to your training demands

You can't expect to build bigger muscles on a 1,500-calorie diet.

Directly after your training, refill your body with a protein or a fat-free milk drink. This will give your body the important amino acids it needs to help your exhausted muscles grow and recover.

Don't limit your complex carbohydrate intake too much. Your body needs them to fill up the empty glycogen deposits. Otherwise, in order to obtain energy, your body will start to use its own muscle tissue instead of burning fat.

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