

Keep an eye on your nutrition!

Written by
DATE_FORMAT_LC2 -

Keep an eye on your nutrition!

Try to limit your intake of fat, refined carbohydrates, and sugars in your diet. Avoid fast food, sweets, drinks full of sugar (cola), and white bread.

Give your muscles protein to grow

If your main goal is to build muscles, then eat protein-rich food with a low fat content, such as seitan, vegan protein shakes, beans, and lots of vegetables. Make sure your body is always supplied with all the necessary nutrients. The best way to do this is by eating 6 small meals a day.