

HASFIT

'TOP SECRET'
MUSCLE AND WEIGHT GAIN DIET



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TOP SECRET
MUSCLE AND WEIGHT GAIN DIET

To your health and happiness,

Joshua "Coach" Kozak

*If You Want To **Grow**, Then You Have To Eat!*

HASfit's *Top Secret Muscle and Weight Gain Diet* is what you've been looking for! You need an easy to use system to get bigger and build muscle while staying lean. Oh yeah, and you want it for free! We designed this system to be easy for you to integrate into your daily routine and keep it there. By eating healthy carbs and lots of protein, we keep you in the muscle building zone all day! You'll be eating 5x per day and shopping around the outside of the grocery store buying fresh and unprocessed foods.

Keys To Success:

1. Print the Meal Plan page and put it on your refrigerator.
2. Read the entire plan and refer back to it often.
3. Protein at every meal!
4. Don't miss your post-workout nutrition. Your body requires refueling.
5. Don't be a stranger! Ask our trainers questions at [Facebook.com/hasfitness](https://www.facebook.com/hasfitness)
6. Plan your meals ahead of time.

If you are on-the-go, then make your meals ahead of time and bring them with you. Buy easy snacks like nuts and protein bars that you can take with you wherever you go. Not having time cannot be an excuse if you are to be successful. How dedicated are you?

How Much Protein Do I Need To Eat?

Great question! EVERYONE has a different opinion on how much protein you need to gain muscle. I've read anywhere from only 40g to a monstrous 3 x your bodyweight! If you don't eat enough protein, then your muscles are malnourished and atrophy. But if you consume too much protein, then you put a major strain on your liver and kidneys. So what are you supposed to do? ... After over a decade of training athletes, parents, bodybuilders, a Heisman Trophy Winner, and skinny teenagers I've come up with a proven system to get you the perfect amount of fuel needed to add mass. The secret is to fuel the body most on high activity level or hard workout days and pull back on recovery or off days.

THE TOP SECRET FORMULA

The formula is really easy to use! Just multiply your bodyweight by 1 for lbs. or 1.55 for kg. and then add your activity level. The meal plan gives a range of how much protein to eat at each meal. Add your protein intake from each meal in grams to get the total recommended grams to build muscle for your bodyweight.

Grams of Protein Per Day = (Bodyweight in lbs. x 1 **OR** Bodyweight in kg. x 1.55) + Activity Level

Activity Level 1 = OFF Day No Workout **ADD 0g**

Activity Level 2 = High Intensity or High Volume Workout (Harder workout) **ADD 50g**

Activity Level 3 = Low Intensity or Low Volume Workout (Easier workout) **ADD 25g**

Example: If I weighed 150lbs and I had a hard workout that day then I would consume 200g of protein (150lbs + 50 for Hard Workout) spread throughout the day.

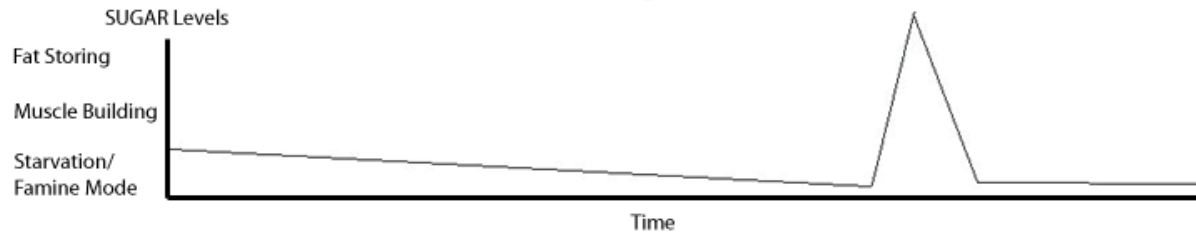
Why Do I Have To Eat 5x Per Day?

You may be asking yourself, why do I have to eat 5x per day? Gaining weight is all about keeping your body fueled throughout the day. If you go longer than 3 hours without eating your body starts to enter what is called a catabolic state. A catabolic state is simply a state of muscle breakdown. We want to keep you in an anabolic state, meaning muscle buildup. Frequent eating also helps keep you lean by regulating your sugar (or insulin) levels. If they are too high, then your body is storing the extra sugar as fat. If you haven't eaten in hours, then your sugar levels are low and your body is in starvation mode. During starvation mode your body will eat away at your muscle for fuel. It is impossible to gain muscle in the starvation mode!

Our goal is to keep you in an anabolic state all day long. By eating every 2-4 hours, consuming lots of protein, and eating foods with low glycemic levels (foods that don't spike your sugar levels) we are able to keep your body in the muscle building state! If you are used to eating only 1 or 2 meals per day, then this is going to be a major adjustment for your body. It may be difficult to eat frequently over the first week as your body adjusts, but keep forcing yourself to eat and it will get easier! After the first week you will notice your body will feel more energized, your mind will feel sharper, and you will be gaining weight! Check out this graph that demonstrates how eating frequently will result in staying in an anabolic state and more time spent in the muscle building zone.

The **MUSCLE BUILDING** Zone

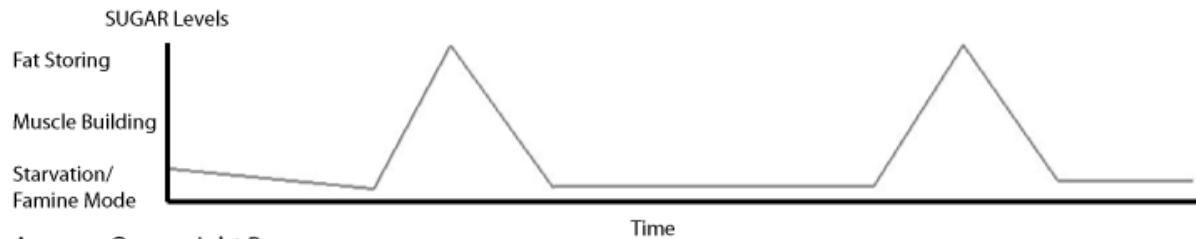
The Skinny **Fat** Diet



The Skinny Fat Diet:

Skinny Fat is what you call someone who is small and frail with a lot of belly fat. They have no muscle tone. They starve themselves all day staying in famine mode and then they eat one huge meal to spike their sugar levels. They spend 0 time in the muscle building zone.

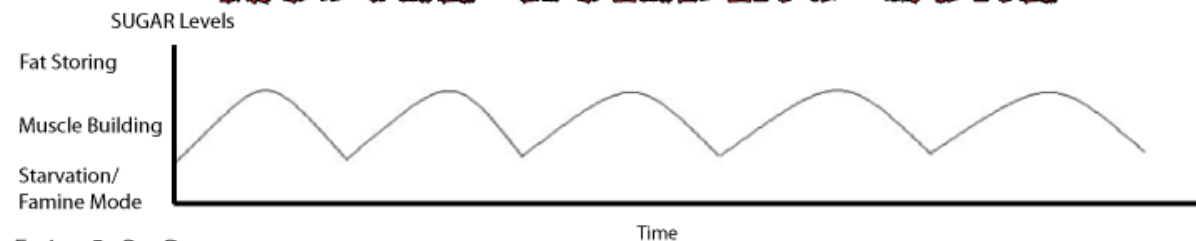
AVERAGE OVERWEIGHT PERSON



Average Overweight Person:

Only eating two or three times per day means only spending half of your time in the muscle building zone at best. If you want to GROW, half just isn't going to cut it!

MUSCLE BUILDING ZONE



Eating 5x Per Day:

Frequent eating of smaller, protein filled meals keeps your muscles fueled throughout the day. Consuming protein and low glycemic carbs (non starchy or sugary carbs) also helps keep your sugar levels under control to keep you lean. This strategy will keep you in the muscle building zone all day long!

Meal Plan Directions:

There are six meals outlined per day. You are required to eat all 3 main meals (breakfast, lunch, and dinner) and any 2 of the 3 snacks. Only consume a Post Workout meal on days you exercise. Each meal outlines your best food choices, but you can eat outside of the choices as long as you eat the correct amount of protein and carbohydrate. It does not require calorie or fat counting, but does require you monitor your protein and carbs. Total grams of protein and carbs are counted for each meal. Choose as many food options as necessary to equal the allotted grams. Green vegetables count as 0 carbs. Your proteins and carbs choices all count towards the total number.

Meal Example: 6 oz turkey (30g protein / 0 carbs) +2 slice wheat bread (10g protein / 40g carbs) + 1 apple (0g protein / 17g carbs) = 40g protein / 57g carbs

Meal 1: Breakfast

Protein 25-45 grams:

Best Choices: Eggs, meat, protein powder or bar, bacon, sausage, milk, cheese, or soy

Carbohydrates 50-80 grams:

Best Choices: Oats, grits, wheat bagel, wheat bread, or fruit

Meal 2: Snack

Protein 30-60 grams: Best Choices: Complex protein meal replacement powder or bar, tuna, chicken, yogurt, nuts, cheese, cottage cheese, pork, turkey, deli meats, beans, or legumes.

Carbohydrates < 10 grams: Only the carbs that come with your protein choice, no additional carb choice. Try to keep them under 10 g.

Meal 3: Lunch

Protein 30-60 grams: Best Choices: Tuna, chicken, cottage cheese, pork, turkey, fish, deli meats, lean red meats, beans, legumes, or cheese

Carbohydrates 40-60 grams: Best Choices: Fibrous and green vegetables, wheat bread, brown rice, mixed vegetables

Meal 4: Snack

Same As Meal 2: Snack

WORKOUT

Get your free workouts at [HASfit.com](https://www.hasfit.com)

Meal 6: Post Workout

Protein 15-40 grams: Best Choices: Coach Kozak's Chocolate Peanut Butter No Bake Cookie Post Workout Shake, OR Whey protein shake or bar

Carbohydrates 30-60 grams: Sugary carbs like maltodextrin (found in protein powder), Gatorade, orange juice, or fruit

Meal 5: Dinner

Protein 30-60 grams: Best Choices: Tuna, chicken, cottage cheese, pork, turkey, deli meats, fish, lean red meats, soy, veggie burgers, beans, legumes, or cheese

Carbohydrates: Best Choices: Yams, wheat pasta, brown rice, fruit, wheat bread, corn, white potatoes

40 grams on non workout days

60-120 grams on workout days

Meal 4: Snack

Same As Meal 2: Snack

Coach Kozak's Chocolate Peanut Butter No Bake Cookie Shake

Coach Kozak's Chocolate Peanut Butter No Bake Cookie Shake is not only delicious, but also satisfies your post-workout nutrition requirements perfectly. You need fast acting carbs and protein right after a tough workout to rebuild your muscles. Whey protein is quickly digested and perfect for post-workouts. Sugary carbs right after your workout will help replenish glycogen storage in the muscles to increase recovery times. This treat perfectly fulfills your post workout needs. *Enjoy!*

Ingredients in blender:

Low carb chocolate whey protein 25g, 2 tbsp peanut butter, ½ cup dry oats, 1 cup ice, ½ cup water or milk

OPTIONAL MUSCLE BUILDING SUPPLEMENTS: Add 5g Glutamine and 10g BCAA's

Nutritional Facts (will vary depending on your particular tastes and products):

Protein: 37g w/o milk OR 45g w/ milk

Carbohydrates: 40g w/o milk OR 52g w/ milk

THE NO LIST

Do not eat the following:

1. *If you get belly fat quickly* then avoid white starches including: white bread, white rice, white pasta, white potatoes, corn, and sugar. *If you can't gain a pound*, then go ahead and eat them!
2. Beverages with calories
 - a. No soda.
 - b. Juice only postworkout
 - c. Only unsweetened tea
 - d. Limit alcohol consumption as it inhibits muscle growth ... How bad do you want to grow?
3. Fried Foods
4. Carb + Fat Meals
 - a. Meals should be based around Protein + Carbs, or Protein + Fat.
 - b. The worst meals combine Carbs + Fat, e.g. ice cream, pizza, alfredo pasta
 - c. Protein must be present in each meal.
5. Sugary snacks or chocolate.

PSYCHOLOGICAL

YOU vs you

As with all things in life, your level of success depends solely on your level of commitment. If you give 10% percent commitment, then you will get 10% results. If you are disciplined, then you will be extremely successful. You now have the tools and the knowledge, but do you have the willpower and mental strength to achieve your goals? Consider this a test, a personal challenge. YOU vs.you. There is no such thing as an overnight transformation, but consider how long it took you to get to where you're at now. The gratification you will feel after accomplishing this goal will far surpass any pleasure received from a late night ice cream binge. When you reach the end of this journey, you will be a stronger person for it.

Quick Protein Guide

Meats

Lean Red Meat (6 oz)	40g
Turkey (6 oz)8g
Chicken (6 oz)	30g
Fish (6 oz)22g
Deli Meat (4 slices)	10g
Tuna (1 serving)	15g
Egg (1 egg)	6g

Dairy Products

Milk (1 glass)8g
Yogurt (1 serving)6g
Cheese (1 slice)6g
Chicken (6 oz)	30g
Fish (6 oz)22g

Nuts

Mixed Nuts (4 handfuls / ½ cup)	15g
Roasted Peanuts (½ cup)	17g
Peanut Butter (2 tb)	6g

Beans and Legumes

Lentils (½ cup)	10g
Chickpeas / Garbanzo Beans (½ cup)	8g
Pinta, Kidney, Lima, and Navy Beans (½ cup)8g
Soy (½ cup)	15g
Split Pea (½ cup)8g
Hummus (½ cup)	10g

Counting Carbs

Nutrition Facts labels on packaged foods tell you how many carbs are in a particular food. But many healthy, fresh foods don't come with labels, such as fresh vegetables or fruits. Or you may be eating out and not able to look at the package. Learn the serving sizes of carbohydrate-containing foods that you eat often. Use this chart to look up the serving sizes of many common foods.

Remember:

1 serving of these foods = about 15 grams of carbohydrate

Grains (starches)

Bagel	¼ (1 oz)
Bread (white, whole-wheat, pumpernickel, rye)	1 slice (1 oz)
Crackers (white flour)	6 crackers
Graham crackers (2½ inches sq)	3 crackers
Muffin (small)	1/5 muffin (1 oz)
Oats (cooked)	½ cup
Wheat Pasta	1/3 cup
Pita bread (6 inch)	½ pita
Popcorn (low-fat)	3 cups
Pretzels	¾ oz
Rice (white or brown)	1/3 cup
Tortilla (6 inch, corn or flour)	1 tortilla
Tortilla chips	9–13 chips (¾ oz)

Starchy Vegetables and Beans

Beans (garbanzo, pinto, kidney, white) and peas	½ cup
Baked beans	1/3 cup
Corn	½ cup
Lentils	½ cup
Peas (green)	½ cup
Potato (baked, boiled, or mashed)	½ cup or 1 medium (3 oz)
Winter squash	1 cup

Fruits

Apple (small, unpeeled)	1 apple (4 oz)
Applesauce (unsweetened)	½ cup
Apple juice	½ cup
Banana (small)	1 banana (4 oz)
Blueberries or blackberries	¾ cup
Cantaloupe (small)	1/3 melon (11 oz)
Fruit cocktail	½ cup
Grapes (small)	17 (3 oz)
Orange (small)	1 orange (6½ oz)
Orange juice	½ cup
Peach	1 medium (6 oz)
Peaches (canned in syrup or juice)	½ cup
Pear (large)	½ (4 oz)
Pineapple (canned)	½ cup

Raisins 2 Tbsp
Raspberries 1 cup
Strawberries 1¼ cup whole berries

Dairy Products

Ice cream ½ cup
Milk (skim, 1%, 2%, whole) 1 cup
Pudding (fat-free or whole) ½ cup
Soy milk (fat-free or low-fat) 1 cup
Yogurt (fat-free, plain, or fruit-flavored) 6 oz
Yogurt (frozen, fat-free) 1/3 cup

Clean Eating Grocery List



Compliments of HASfit.com. Visit HASfit for healthy recipe ideas.

Whole Grains and Unprocessed Legumes

- Brown rice
- Quinoa
- Millet
- Freekah
- Buckwheat
- Barley
- Groats
- Steel-cut or rolled oats
- Sprouted grain bread, wraps, or tortillas
- Lentils
- Black beans
- Chickpeas
- Black eyed peas

Vegetables

- Spinach
- Kale
- Swiss chard
- Collard greens
- Broccoli
- Brussel sprouts
- Cauliflower
- Cabbage
- Carrots
- Beets
- Onions
- Peas
- Garlic
- Asparagus
- Mushrooms

Oils and Condiments

- Extra-virgin olive oil
- Coconut oil
- Sesame oil
- Black pepper
- Pink Himalayan Sea Salt or regular sea salt
- Dijon mustard
- Stevia
- Coconut palm sugar
- Apple cider vinegar
- Balsamic vinegar
- Maple syrup
- Honey
- Low sodium vegetable or chicken stock
- Low sodium Tamari sauce (gluten free)
- Low sodium soy sauce

Dairy and Dairy Free

- Greek yogurt
- Low-fat or skim milk
- Almond milk
- Hemp milk
- Coconut milk
- Low-fat cottage cheese
- Low-fat cheeses

Protein

- Grass fed lean meats
- Skinless chicken or turkey
- Low nitrate and minimally processed deli meats
- Eggs
- Salmon
- Tuna
- Herring
- Black cod
- Whole soy foods (tofu, tempeh, edamame, or soy nuts)
- Plant based or whey protein powders

Healthy Herbs and Spices

- Cinnamon
- Rosemary
- Thyme
- Basil
- Ginger
- Cilantro
- Parsley
- Turmeric
- Chili peppers
- Garlic
- Curry powder
- Cayenne
- Cacao powder or cacao nibs

Seeds and Nuts

- Walnuts
- Hemp seeds
- Chia seeds
- Flaxseeds (ground flax is also good)
- Almonds (to include almond butter)
- Cashews
- Natural Peanut Butter
- Raw/unsalted sunflower seeds
- Sesame seeds
- Pumpkin Seeds

Beverages

- Water
- Teas – Green, Oolong, unsweetened, etc
- Kombucha
- Coconut water
- Flavored Watered

Fresh fruits

- Blueberries
- Goji berries
- Strawberries
- Raspberries
- Blackberries
- Pomegranates
- Pink grapefruit
- Lemons
- Pears
- Banana
- Peaches
- Pineapple
- Oranges
- Avocado
