



What SUPPLEMENTS do you NEED?

Just like you can't out train a bad diet, you can't out supplement a bad diet. Can you make progress without supplements? Absolutely, but when I commit to something, I want to be the best I possibly can. I want to make the most out of my effort in the gym, and the most out of my recovery outside of the gym. That's why I recommend supplementing with necessary products to perform at the most optimal level.

When diet, training, and supplementation are on point you will make strides like never before. Emphasizing the point made earlier, they are called supplements for a reason because they will help supplement your training and diet.

If you are shopping on a budget get these before you get some fancy pre or intra-workout drinks. I recommend these foundation supplements to everyone I work with:

- Protein powder- There are many different types of protein. Some that digest at different rates compared to others. Post workout I would stick with an isolate or concentrated blend so you get nutrients in ASAP. Some have different lactose contents, so if you are sensitive or intolerant consider that when purchasing.
- Multivitamin- It is impossible to get everything you need in your diet more than likely. Take a vitamin to make sure you aren't deficient in any vitamin or mineral.
- Fish oils- The cheapest insurance policy you can buy to make sure you are getting enough essential omega 3 fatty acids (especially if you don't consume that much fatty fish such as salmon). Fish oils are also great for heart, skin, and joint health.
- Fiber- Fiber is very important. It is very difficult to get both insoluble and soluble fiber requirements through the diet. Consider taking Metamucil or something similar with the main ingredient being psyllium husk. Fiber will help blood sugar, cholesterol, digestion, regularity, and most importantly bind to toxins in the elimination of waste from the body.

If you want to perform at a higher level add these:

- Pre workout - Maximizing focus, endurance, and energy for an intense workout.
- BCAA's- (pre, intra, post, or between meals)- Providing the body an opportunity to stay anabolic. This increases protein synthesis, endurance, natural energy, metabolism, muscle preservation, and recovery. These were key to me maintaining muscle while doing cardio for my competitions. Aminos halfway through a strenuous workout will help you power through and finish with intensity. This is also great to supplement when you are feeling extremely sore or dehydrated.
- Creatine (best taken pre or postworkout)- Creatine is the most researched/scientifically proven supplement known to man. Contrary to popular belief, creatine pushes water in your muscle for strength and endurance. It does not just bloat you. Three to five grams a day works best for most people.
- Post workout carb powder- I add this to my protein powder. This helps replenish glycogen stores and shuttle needed nutrients into the muscle.
- Thermogenic fat burners- These can slightly boost metabolism for a few hours by heating the body up. Caffeine along with other properties can help to suppress over eating, and provide an energy boost when consuming lower carbs.
- Non-stimulant fat burners- Containing no caffeine. Will not impact cortisol stress levels like some thermos will. A better alternative to those sensitive to caffeine and with health problems such as high blood pressure.
- Probiotics- Aid in the healthy digestion of nutrients. Good bacteria helps reduce bad inflammation inside the gut.
- Apple cider vinegar- Not normally considered a supplement, but many health benefits have been noted such as improving insulin sensitivity, alkalizing the gut, preventing acid reflux, and lowering the glycemic index on some carbohydrates.
- Vitamin D- Some studies suggest that 90% of Americans are deficient in Vitamin D. Vitamin D is an inexpensive supplement that aids in immune health and reduction of inflammation.
- Natural testosterone boosters- For MEN ONLY. Increased free testosterone will increase the muscle protein synthesis rate. Increasing MPS will volumize existing muscle cells, which may lead to acquisition of lean muscle tissue.

Sample Supplement Plans!

(Below are plans that I have followed in the past. Assess your tolerance first when dealing with products that contain caffeine)

Bulking plan:

Apple cider vinegar 2-3 tbsp per day

Breakfast

- 2 fish oil
- 1 multivitamin
- 1 probiotic (optional, but aids in digestion and gut health)

Pre workout

- pre workout drink

Intra workout (halfway thru if workout longer than 60 mins)

- BCAA's

Post workout

- Whey or Isolate protein
- Fortify carb powder (1-2 serving)
- 5g creatine

Bedtime

- Casein/Whey
- 1 multivitamin
- 2 fish oil
- 1 probiotic
- Vitamin D
- Sugar free Metamucil fiber

Shredding plan:

Apple cider vinegar 2-3 tbsp per day

Breakfast

- 2 Omega Shreds fish oil
- 1 multivitamin
- 1 probiotic (optional, but aids in digestion and gut health)
- 1 up to 2 fat burners (assess tolerance)

Lunch

- 1 fat burner

Pre workout

-Pre workout drink (assess tolerance based on fat burner)

Intra workout

-BCAA's (halfway thru if workout longer than 60 mins)

Post workout

-Whey or Isolate protein

-Fortify carb powder (1/2 serving)

(optional depending on macro allowance)

Bedtime

-2 Omega Shreds fish oil

-1 multivitamin

-1 probiotic

-Casein/Whey

-Vitamin D

-Sugar free Metamucil fiber

You can call Complete Nutrition for all your other supplement needs in Bowling Green at [270-904-2229](tel:270-904-2229) and **tell them I sent you for 22% off**. They will ship for free and match bodybuilding.com prices (so actually 7-8 bucks cheaper since it is free shipping).

- Supplements only supplement. Remember that. There are no magic pills. You still have to work, and you still have to eat whole foods according to your needs.
- Considering going through a meal prep service? I am hooked on Muscle Meals. By far the most affordable meal prep service I have come across since I have started bodybuilding. Contact me if you are interested, and I can text you a menu of the options. My contact for Muscle Meals to get my clients a discounted rate is Andris Carlisle 205-267-2161. Text him if you want to place an order and he will set up the logistics. Mention that you are one of my clients and you will get up to 50% off menu price and free shipping depending on what you order.

Legal Disclaimer

This program is not intended as medical advice or any type of counseling therein. These are mere suggestions and samples based on years of experience. Before starting any exercise or nutrition plan you should seek guidance from your physician. If you choose not to consult with your physician in reference to the recommendations of this program, you are agreeing to accept full responsibility for your actions. By using any program available, you recognize that despite all precautions stated by dreamweaverfit.com, use of recommendations create potential risks of injury or illness and you assume such risks and waive, relinquish, and release any claim you may have against anyone associated with dreamweaverfit.com, in connection with, or as a result of, the use or misuse of any program available. Results may vary depending on food intake, physical exertion, and metabolic rate. Any service may be refused if a potential conflict of interest exists. This program is intended for the purchaser. Any sharing of material is strictly prohibited and open to legal action and attorney fees.