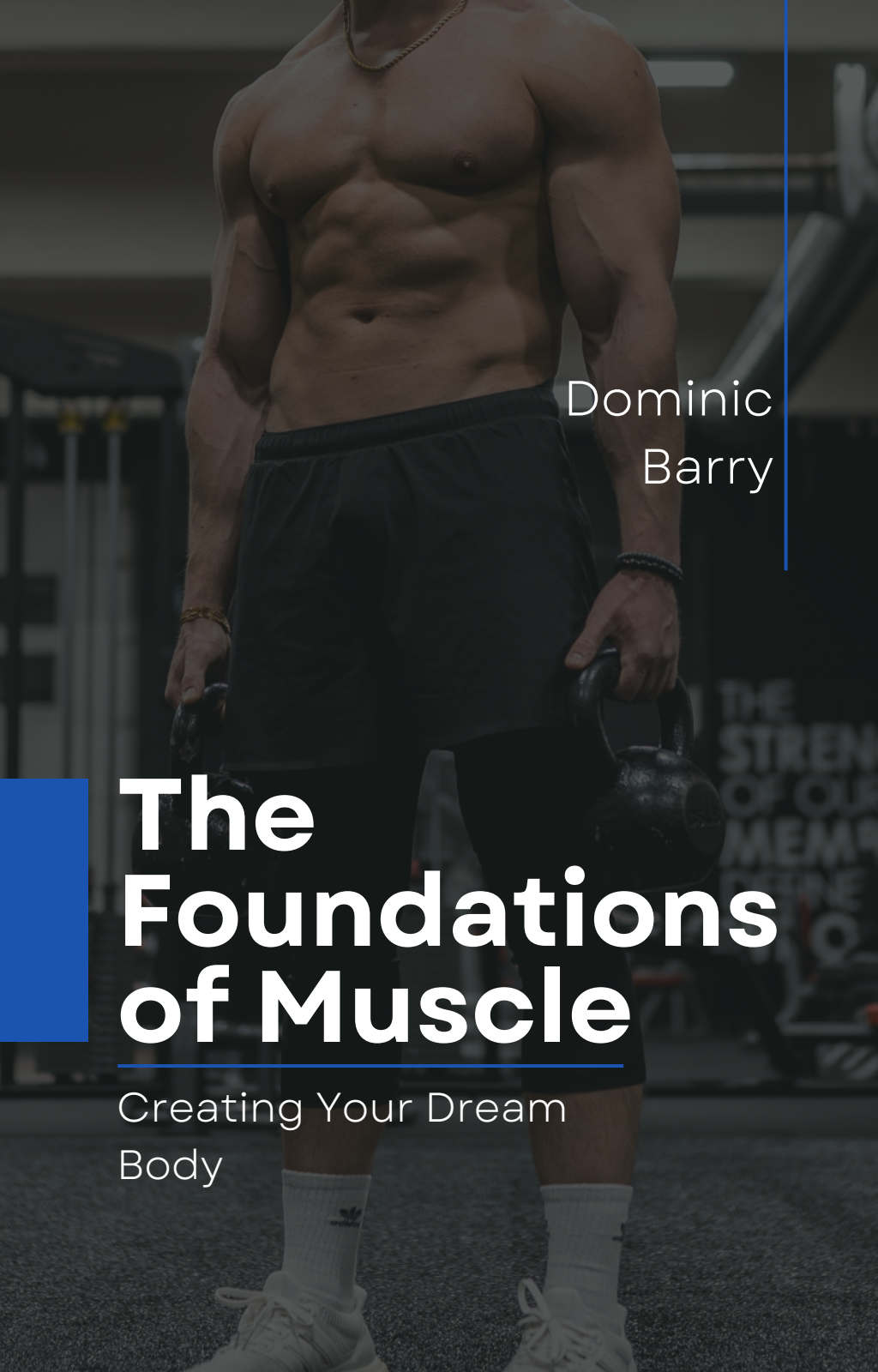


A full-body photograph of a very muscular man standing in a gym. He is shirtless, showing his well-defined abdominal muscles and chest. He is wearing black athletic shorts, white socks, and white sneakers. He is holding a kettlebell in each hand. The background is slightly blurred, showing gym equipment. A blue vertical line is on the right side of the image.

Dominic  
Barry

# The Foundations of Muscle

Creating Your Dream  
Body

# How to use this guide:

This is a brief guide on what I recommend for guys wanting to break into fitness. It will cover what you need to know before you even go to the gym to make sure you're getting the most out of every workout.

These are the things I learned when I started lifting years ago, and now I'm passing it all on to you ;)

# Stepping up your eating game

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If your goal is to put on muscle, you're food intake is going to have to evolve.

This doesn't mean you have to be miserable and only eat salad and protein shakes though. You can still enjoy your food AND know that you're moving toward your fitness goals with each bite.

Win win.

The most important thing to keep in mind is that food is just a numbers game.

Most people will make it more complicated than it needs to be and stress about how to calculate calories.

You're not most people though are you?



You actually take action instead of just talking about what you want. Hell, you got this book ;)

It's very simple. If you burn more calories than you eat, you will lose weight. And if you eat more calories than you burn, you will gain weight.

## **Simple.**

There's even a short calculation that can be done to figure out how much you need to be eating for your individual body.

To start, we need to figure out your maintenance calories. Put simply, your maintenance calories are the number of calories you need to eat a day to stay at the same weight you are right now.

Assuming you're working out 3-6 days a week, your maintenance calories would be your current body weight times 15.

Maintenance calories = your body weight (in pounds) x 15

For example, let's say you currently weigh in at 165 pounds, your maintenance calories would be as follows:

$$\text{Maintenance calories} = 165 \times 15 \\ = 2,475$$

So as of right now you're consuming around 2,475 calories a day. Not bad, but we could do better.

To figure out how much you need to eat in order to pack on muscle mass, let's do another calculation.

For this example I'll continue using 165 lbs.

$$\text{Calories to gain muscle} = 165 \times 0.00375 \times 3,500 = 2,166$$

This means you need to be eating 2,166 extra calories a week.

From here we just divide 2,166 by 7, to see how many more calories you need to eat a day.

$$2,166 \text{ divided by } 7 = 309$$

Finally, we can add that to your maintenance calories.

Your total daily calories = 309 +  
2475 = 2,784

Boom, that's all.

Now you know how many  
calories to eat in a day to start  
making gains **fast!**

Be sure to give yourself time  
with this. You don't need to  
instantly cram down a boatload  
of food at the expense of your  
health. Start slow, taking a few  
days or even a week to build up  
to this new number.

I know guys who brag about eating until they throw up like it's a badge of honor.

Sure, I've been stuffed at times, but I have never thrown up from trying to hit my calories.

**Extra Tip:** Protein shakes are a great way to hit your daily calories in a pinch.

If it's late, and you have an early morning and can't stay up cooking, just chug one of these.



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