

Subject line: Stop eating like a weight loss guru with tapeworm

If you're like me when I first started bodybuilding...

You're SKINNY.

It's not because you have an "insane teenage metabolism."

And it's not because you have "skinny genetics."

It's because you DON'T EAT ENOUGH.

I know what you're thinking:

"But I eat 3 meals a day!"

That's what I like to call a "normie diet"

As a bodybuilder, you need to eat as much as possible to make room for muscle growth.

This is where lots of people get confused.

They'll take this information and "dirty bulk" on 10 burgers from McDonald's.

Don't be that guy.

After 10 years of bodybuilding, I've crafted the perfect diet that's healthy and gives you more gains than a dirty bulk.

But first,

Here are 4 things my diet ISN'T:

1. It isn't just about calories. My diet goes beyond calories and counts factors like fat and protein.
2. It isn't the same food every day. You get to pick the food as long as it applies to the diet guidelines.
3. It isn't limited to certain people. Because everyone's body is different, my diet plan is modifiable to fit your needs.
4. It isn't just supplements. My diet was crafted with real food to meet your dietary needs to become a bodybuilder.

If you're ready to escape skinny-dom and become the massive bodybuilder of your dreams,

Click here to bury stagnant growth in the grave and uncover the secrets to limitless muscle growth.