

COACH JOHANN CSCS

Keys to adding Lean Mass  
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Protein truths | adding volume to meals

*We add mass through weight training and supported performance with healthy, habitual and quality nutrition.*

Much of the protein industry begs you to ask questions like, “when should I consume my protein? which is the best type, casein or whey? should I use plant-based or animal based or even bone broth as my source?”

*Truly it doesn't matter! It matters for bodybuilders. For the rest of the ninety-seven percent of the world protein is protein and metabolized the same mostly. Of course, micronized blends are easier to digest. Check out my [Protein sources Master Guide](#) for more.*

Stay away from processed stuff, stay away from chemicals you can't pronounce, but eat your protein as much as you can. We probably want to get all around twenty to twenty-five grams per meal when add lean mass.

As for the timing of protein consumption: it's optimally beneficial directly after your workout, *but largely it does not matter at all*. I mean if you stop eating at a certain time, that's not going to impact your metabolism any differently than if you eat after a certain time.

Yes, your body is ready to shut down because of your circadian rhythms at night, for example, because you start work early the next morning, but your metabolism only cares a little bit. It doesn't save protein to be metabolized in the morning.

Your metabolism is focused on the amount of calories you get in and what proportions and thus adding or subtracting foods after a certain time only affects your gastric load and then your relationship to hunger because of it. So if you eat a huge meal before you go to bed, you might not be hungry the next morning.

That's it.

Other than that, stay away probably from processing if you can avoid it.

But the quality of protein you ingest, doesn't matter. Most proteins on the market are complete proteins. In looking for twenty plus grams per meal, you will more than likely acquire **complete proteins**.

Remember that after a workout, we're ready to **store** and build more glycogen, which we blew out during **HiiT workouts** and **cardio** or **anaerobic** work.

Pre-Workout meals often fill a timeframe with which to add snacks.

These vary based on the type of workout of which general rules are:

- Add more simple sugars before cardio, less for weight training in orders of about 100 calories (or 75%)
- Take in about 50 calories of protein
- Totalling about 150 – 250 calories

