

# JIM STOPPANI'S 12-WEEK SHORTCUT TO SIZE

## SUPPLEMENTATION TIMING AND DOSAGE

### UPON WAKING

**WHEY PROTEIN:** 20-40 grams

**MULTIVITAMIN:** 1 dose

### WITH MEALS

**FISH OIL:** 2-3 grams; 3 times per day

**CLA:** 1-3 grams

*\*Consider taking more Whey Protein as meal replacement*

### BEFORE WORKOUT

**PRE-WORKOUT\*** (30-45 min. before)

\*Pre-Workout should supply at least:

5 grams BCAAs

1.5-5 grams creatine

1.5-3 grams beta-alanine

1.5-2 grams betaine

**WHEY PROTEIN:** 20 grams (30 min. before)

### AFTER WORKOUT (WITHIN 30 MINUTES)

**WHEY PROTEIN:** 20-40 grams

**CASEIN PROTEIN:** 10-20 grams

**CREATINE:** 2-5 grams

**BETA-ALANINE:** 1.5-3 grams

**BCAAs:** 5 grams

**BETAINE:** 1-3 grams

**POST-WORKOUT CARBS (VITARGO):** 1 dose

### BEFORE BED

Casein Protein: 20-40 grams

## NOTES

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