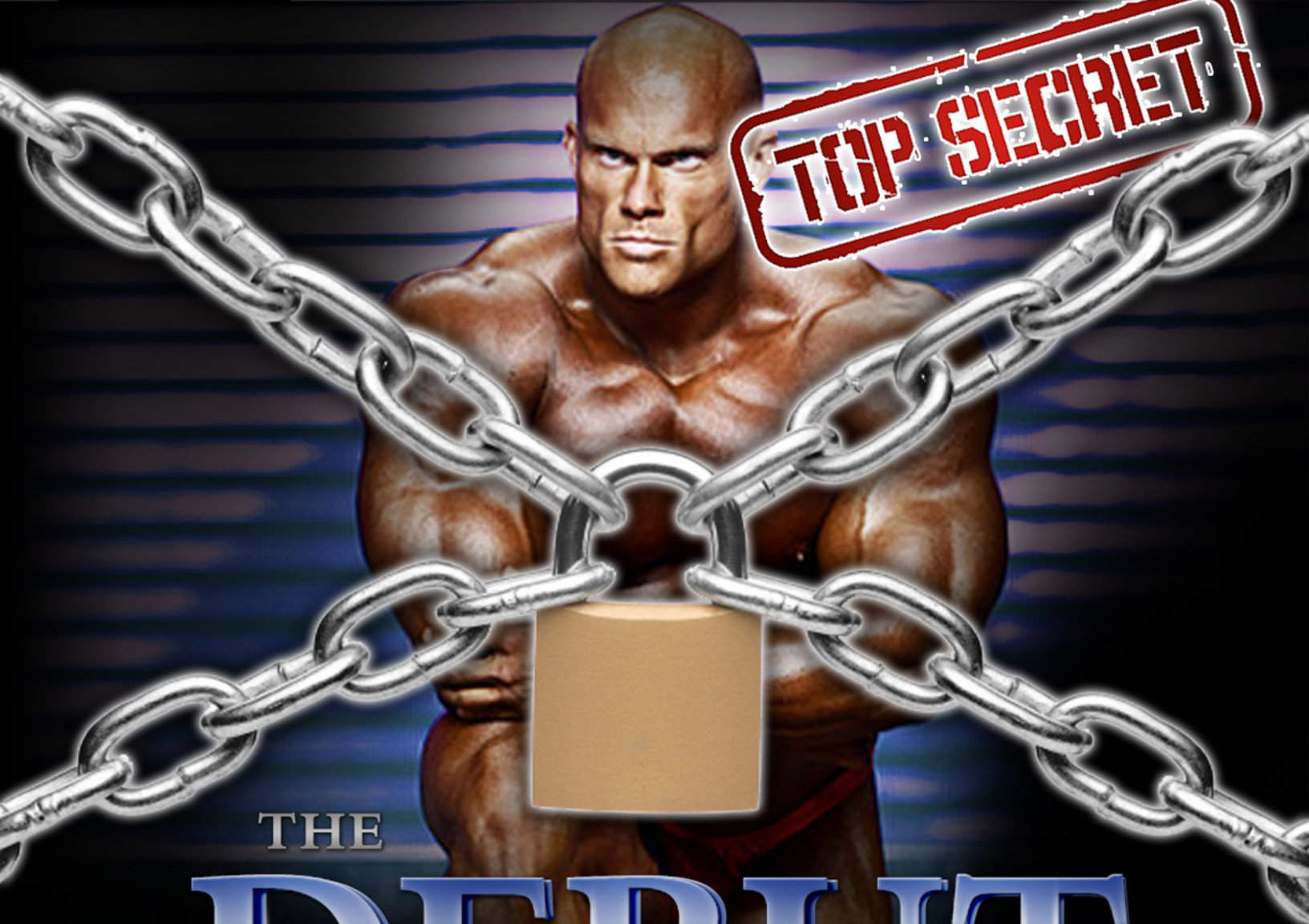


TOP SECRET



THE
DEBUT

BEN PAKULSKI'S '21-DAYS OUT'

OLYMPIA DIET



Ben Pakulski

OFFICIAL Mr. Olympia Diet 2012

Welcome to the final 3 weeks of contest prep.

The reason I chose to share these files with you is because this is the time when most people mess up their prep. The goal of this document is not to give you an exact blueprint to follow, but to allow you to see trends and logic for what should be done in the final 3 weeks before the contest.

The approach taken within this document is the exact approach I used while prepping for the 2012 Mr Olympia contest. Although not my greatest showing to date, the principle set forth within this document are logical, intelligently created and extremely effective. My sub-perfect conditioning was a result of my overzealous approach to training and clearly overtraining far beyond what my body was capable of recovering from in 3-4 days of a carb up phase. Normally this amount of time is sufficient.

The document begins at 3 weeks out. I was very close to contest condition already at this point with about 3lbs of bodyfat to lose.

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3 WEEKS OUT.

I take in an extra 100-130g of carbs on training days, then I do on non training days.

Non training I take in about 40-50g additional fats to replace the calories of having fewer carbs on those days.

Here is the breakdown of each of those days.

HIGH CALORIE TRAINING DAYS

Week of Friday Sept 7-Thursday Sept 13, 2012 (HIGH Carb/Training days)

TIME / MEAL

6am 2g vitamin C, 500mg ALLMAX ALA, 25g Aminocore BCAA, 8g high EPA
12oz beef fish oil, 2 servings greens,
8oz broccoli 15g psyllium husk fiber blend

TIME / MEAL

9am Calcium D glucarate, DIM, 3g CLA, 3g ALLMAX liquid carnitine
12oz white fish
6oz brussel sprouts

TIME / MEAL

10am WORKOUT #1 PRE WORKOUT-2 Poliquin Focused Response, 2 scoops aminocore, 2 scoops muscleprime

TIME / MEAL

Noon POST WORKOUT-
2g vit C, 300mg Allmax ALA, 30g Allmax Krush, 1 scoops ISOFLEX
whey isolate, 20g EAA

TIME / MEAL

1pm 1500mg Betaine HCL
12oz fish Calcium D Glucarate, DIM. 3g glycocarn
8oz sweet potato

TIME / MEAL

4pm Calcium D glucarate, DIM, 3g CLA, 3g ALLMAX liquid carnitine, 6g fish
12oz turkey breast oil
6oz sweet potato
6oz broccoli

TIME / MEAL

530pm WORKOUT #2 PRE WORKOUT-2 Poliquin Focused Response, 3 scoops aminocore, 1 scoops muscleprime

TIME / MEAL

730pm POST WORKOUT- 2g vit C, 300mg Allmax ALA, 30g Allmax Krush, 1 scoops ISOFLEX whey isolate, 20g EAA. 2 servings cytogreens

TIME / MEAL

8pm 600mg magnesium, 50mg zinc, 1000mg Betaine HCL, 3g CLA
12 oz fish
1/2cup quinoa

TIME / MEAL

11pm 6g fish oil, 600mg magnesium, 50mg zinc, 2g vit C, 10g EAA, 15g fibre
12oz bison steak blend, 15g glutamine, 100billion probiotics
12oz broccoli
or spinach

LOW CARB NON TRAINING DAYS

Friday Sept 7- Thursday Sept 13 2012. (Low Carb/NON training days)

TIME / MEAL

6am 2g vitamin C, 500mg ALLMAX ALA, 25g Aminocore BCAA, 8g high EPA
12oz beef fish oil, 2servings greens,
8oz broccoli 15g psyllium husk fiber blend
2oz macadamia nuts

TIME / MEAL

9am Calcium D glucarate, DIM, 3g CLA, 3g ALLMAX liquid carnitine
12oz white fish
6oz brussel sprouts

TIME / MEAL

12 Noon 1500mg Betaine HCL
12oz fish Calcium D Glucarate, DIM. 3g glycocarn
8oz green veggies
2tablespoons coconut
oil

TIME / MEAL

1pm NAP 1hr

TIME / MEAL

3pm Calcium D glucarate, DIM, 3g CLA, 3g ALLMAX liquid carnitine, 6g fish
12oz turkey breast oil
6oz sweet potato
6oz broccoli

TIME / MEAL

6pm 2g vit C, 300mg Allmax ALA, 20g EAA. 2 servings cytogreens. 600mg
12 oz fish magnesium, 50mg zinc
1/2cup quinoa
6oz green veggies

TIME / MEAL

9pm 600mg magnesium, 50mg zinc, 1000mg Betaine HCL, 3g CLA, 6g fish
12oz bison steak oil, 2g vit C. 50mg zinc
12oz broccoli or spi-
nach
2 tablespoon olive oil

TIME / MEAL

11pm
15g glutamine, 15g
fibre blend, 1 scoop
isoflex, 100billion
probiotics

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TWO WEEKS OUT.

I cut down total volume of food per meal, but add in an extra meal to keep the calories approximately consistent. Although I do consume slightly fewer overall calories at this point.

HIGH CALORIE TRAINING DAYS

Week of Friday Sept 14-Thursday Sept 20, 2012 (HIGH Carb/Training days)

TIME / MEAL

6am
8oz beef
10oz broccoli
2g vitamin C, 500mg ALLMAX ALA, 25g Aminocore BCAA, 8g high EPA fish oil, 2servings greens, 15g psyllium husk fiber blend

TIME / MEAL

8am
8oz white fish, 8oz brussel sprouts
Calcium D glucarate, DIM, 3g CLA, 3g ALLMAX liquid carnitine

TIME / MEAL

10am WORKOUT #1
PRE WORKOUT-2 Poliquin Focused Response, 2 scoops aminocore, 1 scoops muscleprime

TIME / MEAL

Noon
POST WORKOUT-2g vit C, 300mg Allmax ALA, 1 scoops ISOFLEX whey isolate, 20g EAA.

TIME / MEAL

1pm
8oz fish, 6oz sweet potato
1500mg Betaine HCL
Calcium D Glucarate, DIM. 3g glycocarn

TIME / MEAL

2pm
NAP(1hr)

TIME / MEAL

330pm
8oz turkey breast
6oz sweet potato, 8oz broccoli
Calcium D glucarate, DIM, 3g CLA, 3g ALLMAX liquid carnitine, 6g fish oil

TIME / MEAL

430pm WORKOUT #2
PRE WORKOUT-2 Poliquin Focused Response, 3 scoops aminocore, 1 scoops muscleprime

TIME / MEAL

630pm
POST WORKOUT- 2g vit C, 300mg Allmax ALA, 1 scoops ISOFLEX whey isolate, 20g EAA. 2 servings cytogreens.

TIME / MEAL

7pm
8 oz fish
1/2cup quinoa
4oz avocado
600mg magnesium, 50mg zinc, 1000mg Betaine HCL, 3g CLA

TIME / MEAL

9pm
8oz fish, 6oz broccoli or spinach

TIME / MEAL

11pm
8oz bison steak
8oz broccoli or spinach
6g fish oil, 600mg magnesium, 50mg zinc, 2g vit C, 10g EAA, 15g fibre blend, 15g glutamine, 100billion probiotics

LOW CARB NON TRAINING DAYS

Friday Sept 14- Thursday Sept 20 2012. (Low Carb/NON training days)

TIME / MEAL

6am
8oz beef
8oz broccoli
1oz macadamia nuts
2g vitamin C, 500mg ALLMAX ALA, 25g Aminocore BCAA, 8g high EPA fish oil, 2servings greens, 15g psyllium husk fiber blend

TIME / MEAL

8:30am
8oz white fish
6oz brussel sprouts
Calcium D glucarate, DIM, 3g CLA, 3g ALLMAX liquid carnitine,

TIME / MEAL

11am
8oz fish
8oz green veggies
2 tablespoons coconut oil
1500mg Betaine HCL
Calcium D Glucarate, DIM. 3g glycocarn

TIME / MEAL

12pm
NAP 1hr

TIME / MEAL

1:30pm
8oz turkey breast
6oz sweet potato
6oz broccoli
Calcium D glucarate, DIM, 3g CLA, 3g ALLMAX liquid carnitine, 6g fish oil

TIME / MEAL

4pm
8 oz fish
1/2cup quinoa
6oz green veggies
2g vit C, 300mg Allmax ALA, 20g EAA. 2 servings cytogre-ens. 600mg magnesium, 50mg zinc

TIME / MEAL

6:30pm
8oz fish
6oz broccoli
or spinach
2 tablespoon olive oil
600mg magnesium, 50mg zinc, 1000mg Betaine HCL, 3g CLA, 6g fish oil, 2g vit C. 50mg zinc

TIME / MEAL

9pm
8oz beef, 8oz green veggies

TIME / MEAL

11pm
15g glutamine, 15g fibre blend, 1 scoop isoflex, 100billion probiotics

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DEPLETION Phase starts the Friday before the show. (7days out)

The workouts are low intensity with the goal of depleting as much glycogen as possible WITHOUT breaking down the muscle. My body doesn't have enough nutrients or calories at this point to recovery from intense workouts, so I don't use any forced reps and avoid doing too many sets of the same exercise which could cause muscle damage. Exercise variety and as many angles as possible is the goal of the depletion workouts.

5 days of depletion is considered very long. 3 days is typical. I start early and give myself the option of 5 total days to deplete. If I accomplish a full deplete early, I start carb loading a day early(Tuesday instead of Wednesday). I gauge level of depletion by physical assessment in the mirror, and try to avoid losing over 4-5lbs in this period. Although you will lose a lot of water, and glycogen weight when carbs are extremely low (this is normal).

DEPLETION PHASE

Week of Friday Sept 21-Tuesday Sept 25, 2012 (DEPLETION)

TIME / MEAL	
6am 8oz beef 10oz broccoli	2g vitamin C, 500mg ALLMAX ALA, 25g Aminocore BCAA, 8g high EPA fish oil, 2servings greens, 15g psyllium husk fiber blend
TIME / MEAL	
8am 8oz white fish, 8oz brussel sprouts	Calcium D glucarate, DIM, 3g CLA, 3g ALLMAX liquid carnitine
TIME / MEAL	
10am WORKOUT #1	PRE WORKOUT-2 Poliquin Focused Response, 2 scoops aminocore, 1 scoops muscleprime
TIME / MEAL	
Noon	POST WORKOUT-2g vit C, 300mg Allmax ALA, 20g EAA.
TIME / MEAL	
1pm 8oz fish 10oz broccoli	1500mg Betaine HCL Calcium D Glucarate, DIM. 3g glycocarn
TIME / MEAL	
2pm	NAP(1hr)
TIME / MEAL	
330pm 8oz turkey breast 8oz broccoli	Calcium D glucarate, DIM, 3g CLA, 3g ALLMAX liquid carnitine, 6g fish oil
TIME / MEAL	
430pm WORKOUT #2	PRE WORKOUT-2 Poliquin Focused Response, 3 scoops aminocore, 1 scoops muscleprime
TIME / MEAL	
630pm	POST WORKOUT- 2g vit C, 300mg Allmax ALA, 1 scoops ISOFLEX whey isolate, 20g EAA. 2 servings cytogreens.
TIME / MEAL	
7pm 8 oz fish 4oz avocado	600mg magnesium, 50mg zinc, 1000mg Betaine HCL, 3g CLA
TIME / MEAL	
9pm 8oz fish, 6oz broccoli or spinach	
TIME / MEAL	
11pm 8oz bison steak 8oz broccoli or spinach	6g fish oil, 600mg magnesium, 50mg zinc, 2g vit C, 10g EAA, 15g fibre blend, 15g glutamine, 100billion probiotics

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Carb up for me usually starts on Wednesday before the show. I will keep protein and fats exactly where they were while depleting, while SLOWLY titrated carbs back into my body.

This year, because I got so depleted from overtraining(unintentionally...IT IS the Olympia!), I started my carb load on Tuesday because I knew I would have to be a little more aggressive due to the fact that my body had become so depleted.

Meal 1 of the day is always no carb so as to establish better insulin sensitivity and allow for greater neural drive for my morning workout(which I do after meal 1 on Wednesday and Thursday). The carb up starts about 30minutes into that first workout each day. I only ever do 3 consecutive carb meals. After this point, I do a low/no carb meal so as to not run into insulin resistance. I will eat every 2-2.5hrs throughout the day regardless of the number of meals I consume. I simply run a 1/3/1/3 ratio of non carb meals to carb meals.

Youre only as good as the food you USE. You can eat 1500g of carbs a day and still be flat as a board (trust me ive done it) if your body isn't using the carbs well due to insulin resistance.

Tuesday 300g carbs (1200calories from carbs)

Wednesday 600g carbs (2400 calories from carbs)

Thursday 900g carbs (3600 calories from carbs)

Friday 900g carbs (only carb load until 3pm for 9pm prejudging)

Friday (the day of the show) 3-9pm only protein and fats(the 6hrs before stage). Small portions. Eating carbs any longer than that will not help you store glycogen. They will largely still be digesting. By this point your glycogen stores should be full. An empty stomach will allow you to benefit from a small amount of sugar before stage to volumize blood and pump up better.

LOADING DAYS PROTEIN/FAT INTAKE

(carbs are added over and above this)

Wed Sept 26-Friday Sept 28 (SHOW DAY)

TIME / MEAL

6am
8oz beef
8oz broccoli
1oz macadamia nuts

2g vitamin C, 500mg ALLMAX ALA, 25g Aminocore BCAA, 8g high EPA fish oil, 2servings greens, 15g psyllium husk fiber blend

TIME / MEAL

8:30am
8oz white fish
6oz brussel sprouts

Calcium D glucarate, DIM, 3g CLA, 3g ALLMAX liquid carnitine

TIME / MEAL

11am
8oz fish
8oz green veggies
2 tablespoons coconut oil

1500mg Betaine HCL
Calcium D Glucarate, DIM. 3g glycocarn

TIME / MEAL

12pm NAP 1hr

TIME / MEAL

1:30pm
8oz turkey breast
6oz broccoli

Calcium D glucarate, DIM, 3g CLA, 3g ALLMAX liquid carnitine, 6g fish oil

TIME / MEAL

4pm
8 oz fish
6oz green veggies

2g vit C, 300mg Allmax ALA, 20g EAA. 2 servings cytogens. 600mg magnesium, 50mg zinc

TIME / MEAL

6:30pm
8oz fish
6oz broccoli or spinach
2 tablespoon olive oil

600mg magnesium, 50mg zinc, 1000mg Betaine HCL, 3g CLA, 6g fish oil, 2g vit C. 50mg zinc.

TIME / MEAL

9pm
8oz beef, 8oz green veggies

TIME / MEAL

11pm
15g glutamine, 15g fibre blend, 1 scoop isoflex, 100billion probiotics