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Tue, 19 Jun 2018 10:12:00 GMT - News, articles, pictures, videos & advice on everything related to bodybuilding - nutrition, supplementation, training, contest preparation, and more. Bodybuilding is specifically defined for purposes of this subreddit as the sport that involves preparing yourself for a competition (includes bikini, fitness, figure and physique).

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- The old days of following a pro bodybuilder 6-meal per day style diet are long gone. Research has proven that meal frequency and meal timing don't really matter that much. How much protein, fat and carbs you eat at the end of each day are what really matter.

The Ultimate Muscle Building Diet - Jason Ferruggia -

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