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## Nutrition to Aid in Building Max Muscle

Nutrition is the foundation of your overall health and the key to building **Max Muscle**. Every time you put the right fuel into your body, you're sending it a powerful signal to respond with strength, energy, and muscle growth.

When your goal is to put on Max Muscle, the **first secret** is to **fuel your body with protein-rich foods**. Your body uses these foods to produce **ATP (adenosine triphosphate)** — this is the energy source your muscles rely on for heavy lifts. When you give your body the right nutrients, you empower it to build and repair lean muscle tissue effectively and efficiently.

The chart below shows examples of **macro-nutrients** that work together to support muscle growth. These are the five key categories:

- **Complex Carbohydrates**
- **Fibrous Carbohydrates**
- **Simple Carbohydrates**
- **Proteins**
- **Essential Fatty Acids**

Each category includes 14 sample foods to help guide your choices, but this list is not all inclusive. You can substitute other foods with similar nutritional values as needed.

As you stay consistent and fuel your body with **high-quality macro-nutrients**, you'll begin to see your body respond—**gaining lean muscle mass, increasing strength, and moving closer to achieving your Max Muscle potential**. Remember, your nutrition is what sets the stage for the results you desire.

Fuel your body like a Champion and watch it transform!

**God bless you,  
Coach Ron**



## Foods That Aid In Muscle Growth

<b>Complex Carbohydrates</b>	<b>Fibrous Carbohydrates</b>	<b>Simple Carbohydrates</b>	<b>Protein</b>	<b>Essential Fatty Acids</b>
Oatmeal	Broccoli	Grapefruit	Eggs	Flaxseed
Sweet Potatoes	Kale	Apples	Protein Powder	Almonds
Brown Rice	Asparagus	Blueberries	Chicken Breast	Olive Oil
Barley	Spinach	Cantaloupe	Salmon	Avocado
Multigrain	Salad Greens	Oranges	Turkey Breast	Walnuts
White Potatoes	Tomatoes	Bananas	Canned Tuna	Coconut Oil
Whole Wheat	Peppers	Peaches	Nuts	Salmon
Wheat Pasta	Onions	Grapes	Pumpkin Seeds	Peanuts
Beans	Cucumbers	Strawberries	Tofu	Wheat Germ Oil
Quinoa	Zucchini	Pineapple	Steak	Olives
Couscous	Carrots	Blackberries	Bison	Peanut Oil
Pumpkin	Green Beans	Plums	Codfish	Hemp Seed Oil
Squash	Peas	Pears	Greek Yogurt	Pecans
Fresh Beets	Cauliflower	Acai Berries	Rainbow Trout	Cashews

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