

Diet & Staying Lean

How to put on muscle without getting fat. No calorie counting, no weighing food, no tracking macros — I've never done any of it, and I've never gone above 15% body fat.

The secret is simple: **eat enough that you're putting on muscle, but not so much that you start looking fat**. That's the entire strategy. Everything below is just how you check you're getting it right.

The only thing you track

One number, once a week. That's it.

STEP 1

Weigh yourself once a week — same day, same time, same conditions.

STEP 2

Check it's climbing steadily. About **250 g (0.25 kg)** a week is the sweet spot.

STEP 3

Gaining faster than that? Eat slightly less. Not moving? Eat slightly more.

STEP 4

That's your whole diet system. No apps, no scales, no macros.

The three things that matter IN ORDER

1 • Protein

You don't need to track it. Whenever you're picking a meal off a menu or doing groceries, just prioritise protein. Make it the thing you build the plate around.

2 • Calories

You should be in a **small surplus**. You don't need to count — if the scale is climbing steadily each week, you're in one.

3 • Everything else

Eat carbs, they fuel your training. Eat relatively healthy. Don't live on junk food. That's genuinely the whole list.

Supplements

Almost all of it is a waste of money. This is the entire list of what's worth buying.

Creatine monohydrate

5 g daily, any brand, any time of day. Doesn't matter when you take it or whether you train that day. Just be consistent with it.

Protein powder

Useful if you struggle to hit your protein reliably and don't have time to sit down for a proper meal. It's a convenience, not a requirement.

Everything else — fat burners, test boosters, BCAAs, pre-workout stacks, the rest of it — is unnecessary. Creatine and protein powder. That's it.

Two mistakes to avoid

Don't cut if you're starting skinny

Build the muscle first. A lean version of a small body is still a small body. If you're genuinely carrying a lot of fat right now, lose that first — then come back and run this.

Don't bulk and get fat

You don't need a dirty bulk. Putting on muscle while staying lean is possible — it just means eating for a steady 250 g a week instead of as much as you can.