Your Lean Muscle Nutrition Blueprint
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What’s up Beast!

Congratulations on signing up to be a part of the BeastFamily!

Mark this day because today is the first day of your new life – a life in which you will not only look but feel better. On this journey, you will understand that fitness is more than a superficial pursuit, it is a lifestyle that allows you to live your life on your terms, with confidence and in control of every aspect. As a Beast, you will live your life to the MAX!

Thank you for joining the team and sharing your stats. I know how much courage it took for you to take this step, and I salute you for taking the initiative.

Before we get started on this journey, I want to ask you to take a few moments to read over this program carefully.

Please keep in mind that everything I put in place for you – the workouts, the meal plans, the support, etc. - merely serve as a tool for you to maximize your potential. At the end of the day, it’s YOU versus YOU – the more you dedicate yourself to the program and the harder you work on becoming the best you can be, the faster you’ll see results…results that will compile.

My goal is for you to fall in love with fitness and to utilize the lessons that this continued transformation will teach you to grow in all aspects of your life.

You will realize that this diet, which I’ve carefully put together for you, will not only transform your physique, but will allow you to feel better all around.

After a few days, you will:
• have more energy
• have fewer aches and less joint pain (inflammation is often triggered/increased by unhealthy eating habits)
• experience a skyrocketing sex-drive
• feel lighter and more “in-tune” with your body
• have the drive to pursue your happiness

Thank you for trusting me to be your guide on this exciting journey!

Fabian Petrina

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www.basementbeast.com
What is Food to a Beast?

As a Beast, food is NOT your “guilty pleasure.” It is the fuel that rockets your body and mind to peak performance – one of the building blocks to your new epic life! This, of course, doesn’t mean a Beast can’t enjoy food! Food will still be an exciting and fun part of your life. The difference? The healthy choices I am giving you in this plan will allow for the food you eat to have two purposes – taste good and be the fuel for the transformation to your Beastly Body.

For the sake of these first 12 weeks, we’ll just focus on **calories and macronutrients**. As you progress into the next programs, such as the **BasementBeast Xtreme Shred** and **BasementBeast Mass** programs, we will expand on this and introduce new information, concepts, and tricks to help you achieve your ideal physique even faster and with less headaches and stops-and-starts.

**Calories** = how we measure the energy in food. Calories support everything from basic survival to Beastly performance.

**Macronutrients** = aka “macros” are the parts of food we get calories from and include carbohydrates, protein, and fat. We need macros in large amounts, hence the name.

**Carbohydrates aka “carbs”** = our main fuel source and include sugars, starches, and fiber. As a Beast, we will ensure maximized muscle gain and fat loss by timing your carb consumption cautiously. It took me years to get this process down right, and I am now excited to share it with you. When you really nail this part, it gets much easier to stay lean and ripped year-round without the “bulking/cutting merry-go-round.”

- Major sources: grains, starchy vegetables, fruit, some dairy, added sugars
- 1 gram has 4 calories

**Protein** = the raw material needed to build and maintain most bodily structures. Consisting of 20 Amino Acids, your body uses protein to repair damaged muscle cells, which allows them to grow and get stronger – to transform your body’s composition and carry more lean muscle mass. As you, being a Beast, put your body through rigorous exercise, protein is an essential part of your diet.

- Major sources: animal products, meat substitutes, soy foods, beans, lentils
- 1 gram has 4 calories
**Fats** = a reserve fuel, help absorb some vitamins, hold our cells together, and are used to make chemical messengers within the body. Unlike most “get ripped” programs, which have you shy away from fats, the Beast plan will incorporate healthy fats in your daily meals to speed up your body’s transformation.

- Major sources: animal products, nuts and seeds, avocado, olive, coconut
- 1 gram has 9 calories
How many calories do I need?

To answer that, we have to involve a bunch of math - and, since my goal is to teach you rather than just have you follow along, I give you the opportunity to learn the science behind the macros in the **Advanced Nutrition Blueprint**.

To get to business, however, I’ve kept things simple in this Lean Muscle Nutrition Blueprint…

Simply use the [BasementBeast Calorie Calculator](https://www.basementbeast.com), which we’ve custom built for you.

Once there,

1. Select the workout program you’re following (in this case the 12 week transformation)
2. Enter your Age, Height and starting Weight
3. Boom - there you have your daily caloric intake and macro breakdown
4. Repeat steps 1-3 every 3 weeks as your weight changes.
How many calories do I need (cont)

“Shredding Up”

There are 3500 calories in a pound, so if you want to lose weight just subtract 500-700 calories. This will result in 1-2 pounds of weight loss per week. Anything more than this and you can run into health problems and you’ll end up “eating away” your hard-earned muscle. Plus, it’s just not sustainable long-term.

We’ll go into more detail on this during the BeasementBeast – Xtreme Shred program

“Bulking”

Just like weight loss, putting on weight requires extra calories. But anyone can gain weight as fat just by eating more. Beasts, however, pack on mass and build strength because they put in the hard work and put the right fuel in their bodies.

We will go more into this in the BeasementBeast - Mass program
Your Meals

When planning meals, eat more carbs with your first two meals and spread your protein, and fat evenly over four meals.

**Choose foods that are not processed as often as you can.**

Cooking as much of your own food as possible will only help you in the long-run, and you can use many of our videos online to help you get started.

I made cooking videos for you specifically for that purpose - just [click here](#) :)
Serving Sizes for Common Sources of Beastly Fuel

| Protein Serving Sizes (foods in green text are vegan) (provide 7 grams of protein each) |
|---------------------------------|---------------------------------|----------------------------------|----------------------------------|
| **3 ounces -cooked (about the size of the palm of your hand)** | **1/2 cup (about the size of 1/2 a baseball)** | **2 tablespoons** | **1 cup (about the size of a baseball)** |
| Lean beef | Cooked kidney beans | Textured vegetable protein (TVP) | Skim (fat-free) milk |
| Lean pork | Cooked black beans | Tempeh | Soy milk (unflavored) |
| Chicken, no skin prior to cooking | Cooked pinto beans | Seitan | Cashew milk (unflavored) |
| Turkey, no skin prior to cooking | Cooked garbanzo beans (chickpeas) | Protein powders (refer to label) | Almond milk (unflavored) |
| Fish or shellfish | Cooked white beans | | Oat milk (unflavored) |
| | Cooked black-eyed peas | | Mac Nut milk (unflavored) |
| | Cooked lentils | | |
| | Cooked split peas | | |
| | Cooked edamame | | |
| | Uncooked tofu | | |
| | Fat-free cottage cheese | | |
| | Liquid egg whites or egg substitute | | |
### Carbohydrate Serving Sizes
*(provide 15 grams of Carbs each)*

<table>
<thead>
<tr>
<th>Carbohydrate</th>
<th>Fruits</th>
<th>1 cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup (cooked in water)</td>
<td>Fruits</td>
<td>1 cup</td>
</tr>
<tr>
<td>(1/4 cup) Rice, all varieties</td>
<td>Apple – tennis ball size</td>
<td>Cooked acorn squash</td>
</tr>
<tr>
<td>(limit white)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oatmeal, regular or instant</td>
<td>Apricot – 3 small</td>
<td>Cooked pumpkin</td>
</tr>
<tr>
<td>Grits, regular or instant</td>
<td>Berries, any variety – 1 cup</td>
<td>Cooked kabocha squash</td>
</tr>
<tr>
<td>Quinoa</td>
<td>Grapes – ½ cup or 17 small</td>
<td>Cooked butternut squash</td>
</tr>
<tr>
<td>Barley</td>
<td>Kiwi – 2 medium</td>
<td></td>
</tr>
<tr>
<td>Pasta, all varieties (mostly</td>
<td>Lemon or lime (juice) – 1 small</td>
<td></td>
</tr>
<tr>
<td>whole grain)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potatoes, all varieties, with</td>
<td>Mango – ½ large</td>
<td></td>
</tr>
<tr>
<td>or without skin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mashed potatoes (no added fat</td>
<td>Melon, any variety – 1 cup</td>
<td></td>
</tr>
<tr>
<td>or milk)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green peas</td>
<td>Orange – 1 tennis ball size</td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td>Papaya – ½ medium</td>
<td></td>
</tr>
<tr>
<td>Beans, all varieties (also</td>
<td>Peach – 1 tennis ball size</td>
<td></td>
</tr>
<tr>
<td>count as protein)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lentils (also count as protein)</td>
<td>Pear – 1 tennis ball size</td>
<td></td>
</tr>
<tr>
<td>Split peas (also count as</td>
<td>Pineapple – 2 medium slices</td>
<td></td>
</tr>
<tr>
<td>protein)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Plum – 3 small</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Banana – ½ large</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Raisins – 2 tablespoons</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 teaspoon (oils)</td>
<td>½ ounce (2 tablespoons)</td>
</tr>
<tr>
<td>----------------</td>
<td>------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>Canola</td>
<td></td>
<td>12 almonds</td>
</tr>
<tr>
<td>Corn</td>
<td></td>
<td>9 medium cashews</td>
</tr>
<tr>
<td>Olive</td>
<td></td>
<td>6 hazelnuts or macadamia nuts</td>
</tr>
<tr>
<td>Peanut</td>
<td></td>
<td>4 medium Brazil nuts</td>
</tr>
<tr>
<td>Safflower</td>
<td></td>
<td>17 peanuts (out of shell)</td>
</tr>
<tr>
<td>Soybean</td>
<td></td>
<td>7 pecan or walnut halves</td>
</tr>
<tr>
<td>Sunflower</td>
<td>Nut or seed butter – only 1 tablespoon</td>
<td></td>
</tr>
</tbody>
</table>
A Note on Labels…

When looking at nutrition labels, the parts highlighted are what you should pay attention to. Reading labels makes keeping track of calories, carbs, protein, and fat easy!

Now that we went through all the parts, let’s look at what I am eating…

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 servings per container</td>
</tr>
<tr>
<td><strong>Serving size</strong></td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td><strong>Calories</strong></td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Trans Fat</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Total Sugars</td>
</tr>
<tr>
<td>Includes Added Sugars</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
</tr>
</tbody>
</table>

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
A Day Of Eating…

So let’s take a look at what a day of eating could look like …

Keep in mind that, when I’m on the go, I do my best to eye-ball portion sizes. It would be good practice for you to get a scale to begin with so you can learn to visualize serving sizes and, eventually, just eye-ball portions fairly quickly.

It doesn’t need to be 100% accurate – the closer you stick to your macros, the faster you’ll get results, but you will get great results by eating within your meal plan even if you’re off by a few calories here and there.

So – let’s take a look:

**Breakfast:** 441 calories – 50% carb (55 grams), 35% protein (39 grams), 15% fat (7 grams)
- 1 cup cooked oatmeal
- 1 cup unsweetened soymilk
- 1 cup raw blueberries
- 1 cup scrambled liquid egg whites using cooking spray

**Lunch 1:** 535 calories – 40% carb (54 grams), 40% protein (54 grams), 20% fat (12 grams)
- 3 ounces cooked lean ground turkey
- ½ cup low-sodium canned black beans
- ½ cup cooked corn
- ¼ cup fat-free shredded cheddar cheese
- 2 cups mixed greens
- ¼ cup salsa
- 50 grams (1/3 of a medium) avocado

**Lunch 2:** 495 calories – 46% carb (57 grams), 41% protein (51 grams), 13% fat (7 grams)
- 2 oz cooked whole wheat pasta
- ½ cup marinara sauce
- 1 cup sliced mushrooms, cooked
- 1 cup spinach, cooked
- 6 ounces cooked chicken breast, no skin, not cooked in oil

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Dinner: 521 calories – 36% carb (47 grams), 34% protein (44 grams), 30% fat (19 grams)
   6 oz baked salmon, no fat added
   ½ of a medium baked potato
   1 container (5 oz) plan, fat free Greek yogurt (as sour cream)
   10 asparagus spears, steamed

Total: 1992 calories (40% carb, 38% protein, 22% fat)
Look at all this food! I will achieve my goals if I keep this up!
But I still listen to his body and monitor my weight
**Breaking it Down**

To maximize your results, I've created a [Progress Log in your Membership Portal](#) to help you stay on track and to give you a more detailed breakdown of the day-to-day of this program along with this Lean Muscle Nutrition Blueprint and many other tools.

First and foremost – your workouts….

I know we all have crazy schedules, but it would be ideal to complete your **20-minute workout session first thing in the morning**. Get up, wash your face, have a cup of coffee to wake up, and murder that workout!

Why so early?
An early morning workout will maximize your fat loss and muscle gain because:

- it will “kick-start” your metabolism into overdrive for the rest of the day allowing your body to burn more fat while pumping nutrients into your muscles
- your natural growth hormone levels are at a peak when you first wake up
- you will have the most energy being that you’re not exhausted from work, kids, or daily pressures.

An added bonus: **the hardest part of your day, the killer workout, will be done – and it’ll be done before your coworker’s alarm clock rings.**

Again, we all have crazy schedules. Sometimes working out first thing in the morning is not possible - and that’s okay! Get it in in the afternoon or before bed. As long as you get it in, you'll see results.

To give you an overall breakdown of how your BEASTLY WEEK will look like, take a look at the below table:

<table>
<thead>
<tr>
<th>Meals To Eat</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td><strong>Leg Focus</strong></td>
<td>Breakfast</td>
<td>Breakfast</td>
<td><strong>Back Focus</strong></td>
<td>Breakfast</td>
<td>Breakfast</td>
<td>Breakfast</td>
</tr>
<tr>
<td>1st Lunch</td>
<td><strong>Chest Focus</strong></td>
<td>1st Lunch</td>
<td>1st Lunch</td>
<td><strong>Shoulder/Arm Focus</strong></td>
<td>1st Lunch</td>
<td>1st Lunch</td>
<td>1st Lunch</td>
</tr>
<tr>
<td>2nd Lunch</td>
<td></td>
<td>2nd Lunch</td>
<td>2nd Lunch</td>
<td></td>
<td>2nd Lunch</td>
<td>2nd Lunch</td>
<td>TREAT MEAL</td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
<td>Dinner</td>
<td>Dinner</td>
<td></td>
<td>Dinner</td>
<td>Dinner</td>
<td></td>
</tr>
</tbody>
</table>

- Check Your Email and the private [Facebook Group](#) for Tips, Tricks, Motivation and Updates :}

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Some Q’s Clients Have Had

Let’s take a few moments to cover some of the basic questions I come across when first taking on new clients.

Please remember that, if you have any questions about anything in this guide - or about your individual situation - please post to post them on our Basement Beast Facebook Group and I, another Beast, or a member of my team will answer them for you. There are no silly questions. In fact, if you have the questions, it is likely that one of the other Beasts has the same question – so pay it forward…and ask.

What if I am Vegan or Vegetarian?

No problem! I salute you for being so dedicated to your diet.

I have a lot of Vegan and Vegetarian options below and even have recipes and cooking videos specifically for you, so check your portal 😊

In the chart above, I also listed Vegan protein sources for you in GREEN to make it all a bit easier 😊

Do I have to diet every day for the rest of my life now?!?

HECK NO!

As a Beast, you work hard and play hard – because a balanced life is key to having a healthy and fast transformation.

So – what does “work hard/play hard” mean when it comes to dieting?

As you saw in the “Breaking it Down” section above, you will get to enjoy a cheat meal once a week. Forbidden foods are much more tempting, and completely depriving yourself of them will only lead to rebellion and self-sabotage down the road. That being said, limiting treats to once a week is still very hard. Lifestyle change is the hardest thing to do, but with patience and diligence, your habits (and tastebuds) will adjust to a new normal.
YES - you can have the occasional slice of birthday cake, cocktail, mom’s home cooking, or Burger and milk shake as a once-a-week occurrence. This will not hinder your progress. As a matter of fact, when you follow the diet I have made for you “to the T” for 6 days, a “rest” on day 7 is not only welcome, but needed as a physical and mental tool to keep the diet going.

When executed correctly, this Lean Muscle Nutrition Blueprint is going to deplete your body for six days and then the once weekly cheat meal will “kick start” your metabolism for another week of GAINZ. This unique system will allow you to pack on pounds of solid lean muscle mass while maximizing fat loss.

What if I’m out with friends or family?

As members of Team Basement Beast, we pride ourselves on enjoying a healthy and balanced life while getting lean, jacked, and alpha. This includes being flexible enough to accompany your colleagues, friends, and loved ones to restaurants, dinner parties, etc. After all, when you work hard, you get to play hard!

The trick to making this happen? BE SMART AND PLAN.

Don’t want to stress about what to eat at your brother’s wedding? Make something for yourself to bring with you or eat before you go. Save your treat day for the wedding! Ask what kind of food there will be so you can make a plan for what and how much of the treats you are going to enjoy. Just don’t go crazy.

Need to find a restaurant to take your parents to for their anniversary? Instead of tracking down a place with healthy options, just make reservations at their favorite place and put in a special dietary request. You’d be surprised how much people are willing to work with you if you are polite.

Traveling and don’t even have a fridge at your hotel? Pack your own snacks for the flight, and check what food is near your destination. You can also order prepared meals to be delivered to you at a certain date.

With the variety of foods offered for each meal, you can always find something on the menu that is close to what your meal is meant to be. So, keep a copy of this meal plan

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on your phone and jump through the menu to find something that’s in line with what your plan is.

The main thing to keep in mind:

You made the choice to dedicate yourself to this transformation. No one is forcing you to do this…and, in reality, no one cares if you succeed or not. IT IS YOUR DESIRE TO SUCCEED IN THIS AND YOU ARE IN CONTROL OF YOUR TRANSFORMATION.

The harder you work, the better your results will be.

What if I am traveling and can’t cook?

In April of 2018, I had to travel from Las Vegas to London to compete in the WBFF World Championships. From there, straight to LA for a shoot, then Toronto for another shoot, and, finally, Cologne for FIBO. All within the span of three weeks. I did not miss a single meal, nor did I deviate from my diet.

How?

Before flying out, I made arrangements with different meal prep companies to have them cook my exact meals for me. As soon as I would arrive at my hotels, my meals were there waiting for me. I was able to travel across the globe twice in 3 weeks while sticking to my diet.

Yes – I’m a professional bodybuilder and this is an extreme example, but the purpose is to show you that you can always plan ahead and it’s never as hard as it seems to make it work out.

Let me give you another scenario…

A few months ago, I helped my client Errol lose just north of 30 pounds of fat and pack on solid muscle in just 10 weeks. He did not know how to cook and did not want to learn. So, what did we do?

He lives near a Whole Foods and stopped by the deli section after work twice a week to get his pre-cooked chicken and fish. He then purchased a few packs of Spring Mix and some low-calorie dressing. It took him next to no time or effort to stick with his diet – despite the fact that he never cooked a day in his life.

My point?
There are meal prep services, healthy restaurants, and grocery stores in every corner of the world – so there’s no excuse to not BE THE BEST YOU.

**If you want this to work, make it work.**

That being said, if you’re on vacation, which we all need and deserve, it is okay to take a few days off from training and dieting to relax, unwind, and reset. Often times, this will be even be beneficial for you, as it will encourage you to work harder when you get back into your routine. We’re all human and this program is about creating a lifelong journey, so enjoy your life and be balanced.

**What if I get sick?**

If you get sick, please give your body a break. Eat what your body tells you to eat and rest. The more we learn to listen to our bodies, the better we feel. Having a healthy mind/body connection is the key to being a Beast.

**What if I have allergies or other dietary restrictions?**

We offer specialized meal plans to suit your needs. Simply contact us at nutrition@basementbeast.com and we will put you in touch with one of our licensed nutritionists.

**What if I don’t see results right away?**

Even though this is the best program for a rapid transformation available to date, results are not “instant.” Furthermore, you see yourself every day, so slight changes are not going to be as evident to you.

For this reason, I’ve created a Workout Log within the Basement Beast Membership area for you to track your progress. You will take progress pics every Monday and you will weigh yourself every Monday and Wednesday Morning (before eating).
When you “hit a wall,” take a look at your log and your progress pics – I guarantee that you will notice a trend – a trend toward your Beastly Body Physique.

Remember – none of this (the diets, workouts, etc.) work unless you do – so bust ass, stick to the plan, and trust the process!

**What if I want to get a head start?**

After you have a solid diet and workout in place (which you now do), the easiest way to accelerate your results is to optimize your hormones, specifically your testosterone.

Check out [The Triple-T Protocol](#) for a safe and healthy way to maximize your body’s natural testosterone production, absorption, and utilization.

In this protocol, I lay out a safe and effective way for you to raise your natural testosterone production, absorption, and utilization using “tricks” and “secrets” I learned over the years as well as three herbal supplements that have had a tremendous impact on me and my clients in their transformation.
To summarize…

I know this is a lot to take in…but you got this!!

And, to make it a bit easier for you, I’ve created a few cooking videos for you to help you in your meal prepping because I am here for you from start to finish. Simply go to the Nutrition Section of your Membership website and you will find a few ideas to whip up some delicious meals.

If you have any more questions or want to learn more, please check in with us on the Facebook Group – I’m on there twice a day to help out and offer support to Beasts like you. Remember: there are no silly questions and I WANT to hear from you as much as possible. We’re in this together. On that note, while you’re in the Facebook group, also give some “virtual high-fives” to your Beastmates to encourage them on their progress. It’s all about community.

Alright…now there’s nothing to it other than getting started!

I’m proud of you for making the decision to join the Basement Beast Movement.

Let’s Kill It!!!

Fabian Petrina

Fabian Petrina