

Protein - bulking up

C N I E T O R P W O L Z X R Y M W Z Q N Y K X F
Y K Y U M H N O I T I R T U N E W S V I E Z P M
V Z U H W A S L A C I M E H C O J D D U H N J A
Q W H V G V O D J Z E S Z S P C T S P I W V Y E
C L E U Z Y C L Q M S L E D B L L E O A I B H R
Y O K I K R T A K U K N C G Y D H U V V E Z T T
Z M N L G B T F S Q M V D S W B J S Z M J F S Q
I E K D E H Q L J E D F B J U R A S C W H V G T
O T Y E I Y T Q A O I O W F X M D I V H J A C Z
L A L H F T W L Z I D N U X Q R E T Q B F M N O
J B F J T N I W I Y T B Z G A N N C N L Y I Z T
Q O E R X Q N O B F X N G C A L O R I E S N X D
K L M B G Y W U N T T T E X O T B S D J I O G Z
F I Y A W E I I F A G I Q S P I E U I I W A X S
V S Z B O L R N J B L E N C S H U I L P V C R G
Z M N S D H W X Y U Y M P G V E T O D K M I Y L
P E E I E Q A Q G S T I M U L A T I O N I D U G
G Q N C I X J E U G E C H B S L M S O G W N R Y
Q G E P Z N O N E S S E N T I A L J T A C S G G
I R X L Y P J Y J Y Y M C B C V T H M Y G L L R
I A E D J B E O Q O D T Y L R D P O U Z I X X E
S T N E I R T U N O R C A M L N V F V G U K P N
B O D Y M A S S A R V X E D L L Y Z T P I B S E
L X S U P P L E M E N T S K P C N K C C O H B Z

macronutrients
conditional
metabolism
nutrition
tissues
muscle

weightlifting
stimulation
body mass
calories
casein
diet

bodybuilding
supplements
chemicals
bulking
energy
whey

nonessential
amino acid
essential
protein
enzyme
gym